



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVE OLDER ADULTS | MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Board Games 9-11am
4 Coffee Club 8:30 - 10:00am	5 Book Club 9:00 - 11:00am	6 Sing-A-Long 1st Wed of every month 11:30 - 12:30pm	7	8 Board Games 9-11am
11 Coffee Club 8:30 - 10:00am	12 Coffee Crawl 9:00-10:00am	13	14 Lucky Potluck 11:30-3:30	15 Board Games 9-11am
18 Coffee Club 8:30 - 10:00am	19 Book Club 9:00 - 11:00am	20	21 Movie Club 1:00-3:00pm	22 Board Games 9-11am  Birthday Celebrations 11:30-1:30PM
25 Coffee Club 8:30 - 10:00am	26 Coffee Crawl 9:00-10:00am	27	28	29 Board Games 9-11am

\*All activities take place in the Dewind Room (2nd Floor) unless otherwise noted.\*

For more information, contact: Matthew Takahashi | [matthew@ymcasm.org](mailto:matthew@ymcasm.org) | 310 393-2721 ext 116

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