



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sing-A-Long 1st Wed of every month 11:30 - 12:30pm	2 Ping Pong (Beginner) 10:00-11:00am	3
6 Coffee and Board Games 11:30-1:00pm	7 Ping Pong (Int./Adv) 9:30-10:30am Book Club 11:30 - 1:00pm	8	9 Ping Pong (Beginner) 10:00-11:00am Brain Health 10-12:00PM	10
13 Coffee and Board Games 11:30-1:00pm	14 Ping Pong (Int./Adv) 9:30-10:30am	15	16 Ping Pong (Beginner) 10:00-11:00am Brain Health 10-12:00PM	17
20 Coffee and Board Games 11:30-1:00pm	21 Ping Pong (Int./Adv) 9:30-10:30am Book Club 11:30 - 1:00pm	22	23 Ping Pong (Beginner) 10:00-11:00am Brain Health 10-12:00PM Movie Club 1:00-3:00pm	24
27 Coffee and Board Games 11:30-1:00pm	28 Ping Pong (Int./Adv) 9:30-10:30am	29 Birthday Celebrations 11:30-1:30PM	30 Ping Pong (Beginner) 10:00-11:00am Brain Health 10-12:00PM	31

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

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

ymcasm.org