



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA HEALTHY LIVING CENTER EVENTS

SUMMER 2019

Wednesday Night Ballroom Dance

Waltz, fox trot, salsa & more. Every Wednesday night, the ballroom is filled with the big band sounds that make you want to dance.

Wednesday: 7:00-9:30 pm

Member: \$6 • Non member: \$12

Mobile Food Pantry

Sponsored by The YMCA Healthy Living Center, Trailblazers & Foodbank of the Heartland (Subject to change).

Last Thursday of the month: 11:30 am-12:30 pm

FREE - Iowa residents only

Health Fair

Join us as we offer our annual free community Health Fair with over 45 Health Care Professionals

Friday, May 10: 8:00 am-12:00 pm

Free & open to the community

Pella Tulip Time Festival Trip

Active Older Adult charter bus day trip. Visit the Welcome Center for more information.

Friday, May 3

\$99/person

Diabetes Support Group

First Thursday of the month: 10:00 am

Wings of Hope

Second & fourth Monday of the month: 6:15-7:00 pm

Book Club

Second Monday of the month: 12:30 pm

Member: FREE • Non member: \$6 drop in fee

Genealogy Group

First Tuesday of the month: 10:00 am-12:00 pm

Member: FREE • Non member: \$6 drop in fee

Technology Class

Second & fourth Thursday of the month: 1:00 pm

Member: FREE • Non member: \$6 drop in fee

PROGRAM CONTACT:

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Register at the YMCA Healthy Living Center Welcome Center or online: www.metroymca.org