



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA HEALTHY LIVING CENTER SOCIAL PROGRAMS

## SUMMER 2019

### Center Seamers

Is quilting your passion? Bring your materials and machines twice a week to work on your creation with other quilters.

Beginner to experienced skills welcome.

**Monday & Friday: 9:00 am**

Member: FREE • Non member: \$20/month

### Art Group

Paintings and drawing. Bring your canvases, paints, supplies, creativity and enjoy an afternoon with fellow artists.

**Tuesday: 1:00 pm**

Member: FREE • Non member: \$10/month

### Crochet & Needlework

Hooks, Needles and Yarn Oh My! Come, sit, visit and spend some time knitting and crocheting to your hearts content.

Beginner to advanced skill levels welcome

**Wednesday: 1:00 pm**

Member: FREE • Non member: \$10/month

### Swedish Weaving

Would you like to learn a new type of needlework without needing your passport? Swedish Weaving is a type of surface work embroidery (fabric art) on monks cloth. All you need is monks cloth, yarn and a needle.

**Tuesday: 1:00 pm**

Member: FREE • Non member: \$10/month

### Happy Hookers

What to do with all of those grocery bags? Learn how to turn them into a useful item. You will learn how to cut them and then crochet them into mats & pillows for the homeless & veterans. Come join this rewarding group!

**Thursday: 9:30 am**

Member: FREE • Non member: \$10/month

### Mexican Train Dominoes

Get on board with this fun domino game.

**Tuesday: 1:00 pm**

Member: FREE • Non member: \$10/month

### Chicken Scratch Dominoes

This game of dominoes has also been called Chicken Foot! This is a fast paced & exciting game. You will hear some clucking if you listen carefully. Beginners to advanced players are welcome.

**Friday: 1:00 pm**

Member: FREE • Non member: \$10/month

### Cribbage

This exciting game consist of cards, pegs & you! Beginners welcome.

**Monday: 2:00-3:00 pm**

Member: FREE • Non member: \$10/month

### Hand & Foot

You don't have to wear gloves or take off your shoes to play this fun card game. This is a Canasta type card game with 4 to 6 decks of cards used. If you don't know how to play, stop in and watch. Before you know it, you will be sitting down and having a great time!

**Tuesday & Friday: 1:00 pm**

Member: FREE • Non member: \$20/month

### BINGO

Everyone loves bingo! Join every Thursday for some White Elephant Bingo. Only \$.25 per card! Bring a White Elephant gift & get ready for your numbers to be called. Potluck on the last Thursday of every month.

**Thursday: 12:30 pm**

Member: FREE • Non member: \$20/month

### Bridge

Love to play Bridge? Join us and FINESSE your way to a great time! Beginners are Welcome!

**Wednesday & Friday: 12:00 pm**

Member: FREE • Non member: \$20/month

### Joker

Don't lose your marbles! Joker is a fun game with cards, board & marbles. If you don't know how to play, beginners are welcome and will learn that very first day.

**Thursday: 1:00 pm**

Member: FREE • Non member: \$10/month

### 30 Point Pitch

Hearts, Spades, Diamonds, Clubs - what is your suit? 30 Point Pitch is just like regular pitch, only with more points. You and your partner will bid and compete against 2 players at your table. Beginners welcome!

**Wednesday: 1:00 pm**

Member: FREE • Non member: \$10/month

## More social programs on the back!

Register at the YMCA Healthy Living Center Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)

## **Mahjong**

Mahjong is a tile based game. All it takes is skill, strategy, calculation and a bit of luck.

**Friday: 10:00 am**

Member: FREE • Non member: \$10/month

## **Brain Aerobics**

Give those brain cells a workout and have a little fun along the way. You will put your memory, logic & reasoning skills to the test.

**Thursday: 1:00 pm**

Member: FREE • Non member: \$10/month

## **Wood Carving**

Learn how to turn a piece of wood into a carving. This instructor led course will help you get started. This is for Beginners. (Supply costs and specific tools may be required. More information available in your first class.)

**Wednesday: 12:00 pm**

Member: FREE • Non member: \$10/month

## **PROGRAM CONTACT:**

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