



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

Trivia - Knowledge is Power!

Enjoy an afternoon of fun, trivia and laughter. You will impress and dazzle everyone with your knowledge in this multi-round competition. Random draw for tables, no teams accepted so this is a great way to meet new friends.

Thursday, June 6: 2:00-3:30 pm

Member: FREE - register online or at the Welcome Center

The Longest Day Alzheimer's

Join us for the Longest Day at the YMCA and help the Alzheimer's Association raise funds and awareness for the Longest Day. Wear purple, enjoy a free will donation lunch, purchase a quilt ticket, walk a mile in their shoes and share a memory! The day with the most light is the day we fight!

June 19

Visit the Welcome Center for more details.

YMCA Ambassador's Annual Ice Cream Social (all ages!)

Join us for ice cream, fun and fellowship! Check with the Welcome Center in early July for full details!

July 2019 - date TBD.

Visit the Welcome Center for more details in early July.

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