



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA HEALTHY LIVING CENTER EVENTS

SPRING 2020

Mobile Food Pantry

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

4th Tuesday of the month: 10:30-11:30 am

FREE - Iowa residents only

Y Bluffs Bridge Club

Council Bluffs first American Contract Bridge League Club.

Free Lessons: Thursdays at 10:45-11:15 am.

Thursday: 11:30 am

Member: \$7/person • Non member: \$8/person

Diabetes Support Group

First Thursday of the month: 10:00 am

Wings of Hope

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

Genealogy Group

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

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

Make It & Take It

Crafting with MaryAnn. Learn a new craft and enjoy fellowship with other crafters.

2nd Wednesday of the month: 9:00 am

Member: FREE • Non member: \$10

Mark Your Calendar! We will be hosting our annual free community Health Fair on Friday, May 15.

Ballroom Dances

Wednesday Nights: 7:00-9:30 pm

Member: \$6/person • Non member: \$12/person

PROGRAM CONTACT:

Lois Turner, Health & Wellness Director
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Register at the YMCA Healthy Living Center Welcome Center or online: www.metroymca.org