

# WINTER 2020 ACTIVE OLDER ADULTS

Updated 11/20/2019



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MID-WILLAMETTE FAMILY YMCA

3201 SW Pacific Blvd, Albany, OR 97321

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[www.ymcaalbany.org](http://www.ymcaalbany.org)

## BOOK EXCHANGE

Bring in your gently used books, jig saw puzzles, and audio books to share with others. Everyone should enjoy the gift of reading! Held every 3rd Wednesday of the month from 7:30am - 3pm in the Community Room.  
January 22 • February 19 • March 18



## SENIOR CARD GAMES

Come socialize and enjoy some company. Put on by our members, this social is a great way to meet new people. You can bring a snack or your favorite game to share!

Every Monday at 10am in the Community Room

## NEW!! FREE & OPEN TO THE COMMUNITY & MEMBERS

### Better Bones & Balance for Beginners

This is a free community class, open to the community, guests, and members. A YMCA membership is not required to attend.

Mondays, Wednesdays, Fridays 9-9:50am  
& Tuesdays, Thursdays 12:15-1:05pm



## NO HOST COFFEE HOUR

Bring a treat to share, and enjoy some time in fellowship. The YMCA provides plastic ware, plates, and coffee. This event is free for all YMCA members and guests! Held in the Community Room off the lobby every 4th Wednesday of the month from 9-11am  
January 29 • February 26 • March 25

## LUNCH & LEARN POTLUCK

Meet us in the Conference Room for some sweet treats and great company! Bring a dish to share with the group, and we'll provide beverages, plates, and silverware. No registration necessary. Open to all members! Fourth Friday of the month!

Fridays at 11:30am on:

January 31	Samaritan Evergreen Hospice
February 28	NONE (Sweetheart Potluck)
March	TBA

## BINGO

Come for some fun! We're hosting some friendly competition bingo games... with prizes! Join us in the Community Room every 3rd Tuesday of the month at 11:30! It's free! Register at the Welcome Center!

January 21 • February 18 • March 17

## BECOME A MENTOR

When you are a mentor, you can make a real difference in the life of a young person who is experiencing significant challenges. Mentor youth who are in need of role models.  
**BECOME A MENTOR. CHANGE TWO LIVES.**  
Interested in getting involved?

Mentoring or Lunch Buddies programs!

Mentoring Assistant  
Emily at 541-926-4488.

