



YMCA OF SAN DIEGO COUNTY
**COMMUNITY
WELL-BEING
& BELONGING**

Y ACTIVE ADULTS | AUGUST CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please register at our front desk or online</p>				<p>1 Crocheting and Knitting Circle 12:00pm-1:30pm</p>
<p>4 Coffee Talk 9:30am-12:00pm</p> 	<p>5 Mahjong 9:30am-12:30pm and 1:00-3:30pm</p>	<p>6 Double Deck Pinochle 1:00pm-4:00pm Men's Perspective Group 7:00pm-8:00pm</p>	<p>7 Mexican Trains 10:30am-12:00pm Pickleball Beginner Clinic 10:00am-11:30am</p>	<p>8 Haiku 12:30pm-1:30pm</p>
<p>11 Coffee Talk and Birthday Celebration 9:30am-12:00pm</p> 	<p>12 Mahjong 9:30am-12:30pm and 1:00-3:30pm</p> 	<p>13 Double Deck Pinochle 1:00pm-4:00pm</p>	<p>14 Watercolor Workshop 11:00am-12:30pm</p>	<p>15 Book Club 10:00am-11:30am Crocheting and Knitting Circle 12:00pm-1:30pm Pickleball Beginner Clinic 2:30pm-4:00pm</p>
<p>18 Coffee Talk 9:30am-12:00pm</p>	<p>19 Mahjong 9:30am-12:30pm and 1-3:30pm Death Cafe' 10:00am-11:30am</p>	<p>20 Double Deck Pinochle 1:00pm-4:00pm Men's Perspective Group 7:00pm-8:00pm</p>	<p>21 Mexican Trains 10:30am-12:00pm Watercolor Workshop 11:00am-12:30pm Y Movie "LION" 1:30pm-3:30pm</p>	<p>22 Haiku 12:30pm-1:30pm</p>
<p>25 Coffee Talk 9:30am-12:00pm</p>	<p>26 Mahjong 9:30am-12:30pm and 1:00-3:30pm</p>	<p>27 Double Deck Pinochle 1:00pm-4:00pm</p>	<p>28 Watercolor Workshop 11:00am-12:30pm</p>	<p>29 Intermediate Pickleball Clinic 8:00-9:30am CPR Class 1-3:00pm</p>

For more information, contact: Barb Madsen • bmadsen@ymcasd.org • 619-298-3576

ymcasd.org/missionvalley