

JANUARY 2023

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1	2	3	4	5	6	7
8	9 Carter BloodCare Blood Drive (9:00AM-1:00PM)	10	11 Coffee with the Y (9:00AM-11:00AM)	12 AOA Art Class (2:00PM-3:00PM)	13 AOA Game Day (11:00AM-1:00PM)	14
15	16	17 AOA Book Club (10:00AM-12:00PM)	18 Coffee with the Y (9:00AM-11:00AM)	19 AOA Health and Resources Fair (9:00AM-1:00PM)	20 AOA Movie Matinee (11:00AM-1:00PM)	21
22	23	24 AOA Book Club (10:00AM-12:00PM)	25 Coffee with the Y (9:00AM-11:00AM)	26	27 AOA Game Day (11:00AM-1:00PM)	28
29	30	31 AOA Book Club (10:00AM-12:00PM)				



Active Older Adult Event Schedule

THE BEDFORD CENTER YMCA



PROGRAM DESCRIPTIONS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Active Older Adult Book Club

Come enjoy learning and reading with fellow book readers. Participants will decide on different books to read and discuss them with other participants in the book club.

Carter BloodCare Blood Drive

Plan to give back to the community through donating blood. Blood Drive will be from 9:00AM-1:00PM

AOA Health and Resources Fair

Many Active Older Adults are not aware of the resources available to them in the community. This event will provide the knowledge needed to remain active and independent. All seniors and their families are welcome. We hope to see you there!

Coffee with the Y

A chance for older adults to meet their fellow YMCA members. They will also get the chance to meet with the Active Older Adult Coordinator and contribute feedback about the AOA program and address any concerns.