

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>July is National Ice Cream month and National Picnic month</i>			AOA Water Class 9:00 a.m. - 9:50 a.m. Zumba Gold Exercise Class 9:00 a.m. - 9:50 a.m. Silver Sneakers 11:00 a.m. - 11:45 a.m. Arthritis Water Class 6:00 p.m. - 6:50 p.m.	Arthritis Water Class 9:00 a.m. - 9:50 a.m. AOA Water Class 11:00 a.m. - 11:50 a.m. Afternoon "Card Sharks" 1:00 p.m.
Arthritis Water Class 9:00 a.m. - 9:50 a.m. AOA Water Class 11:00 a.m. - 11:50 a.m. Forever Fit Class 7:45 p.m. - 8:30 p.m.	AOA Water Class 9:00 a.m. - 9:50 a.m. Zumba Gold Exercise Class 9:00 a.m. - 9:50 a.m. Silver Sneakers 11:00 a.m. - 11:45 a.m. Arthritis Water Class 6:00 p.m. - 6:50 p.m.	Arthritis Water Class 9:00 a.m. - 9:50 a.m. AOA Water Class 11:00 a.m. - 11:50 a.m. Forever Fit Class 7:45 p.m. - 8:30 p.m.	AOA Water Class 9:00 a.m. - 9:50 a.m. Zumba Gold Exercise Class 9:00 a.m. - 9:50 a.m. Silver Sneakers 11:00 a.m. - 11:45 a.m. Arthritis Water Class 6:00 p.m. - 6:50 p.m.	Arthritis Water Class 9:00 a.m. - 9:50 a.m. AOA Water Class 11:00 a.m. - 11:50 a.m. Afternoon "Card Sharks" 1:00 p.m.
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*All Group Exercise and Aquatics class schedules and descriptions are available at the Courtesy Counter or online at www.ymcasi.org.

See other side for more information.

Afternoon “Card Sharks”: Fridays at 1:00 p.m. Join other “card sharks” and fill your Friday afternoons with excitement and fun! Play whatever you like...Rummy, Bridge, or just sit back & enjoy! Lots of fun for everyone! “Card Sharks” will meet in the Teen and Family room. Please sign up at the Courtesy Counter. **Fees: Members: FREE Non-Members: \$2**

Book Club: Tuesday, July 27th at 11:30 a.m. (July featured book: *Fine Sarah’s Key* by Tatiana de Rosnay) Stimulate your mind and share your passion for reading. Come join us the last Tuesday of the month to discuss the month’s selection. The books will be chosen by club members prior to the next month. The book club will meet in the 3rd floor administration break room.

Fees: Members: FREE Non-Members: FREE

Lincoln Amphitheatre: Tuesday, July 20th, 5:00 p.m.-1:00 a.m. at Clark County; 5:15 p.m.-12:45 a.m. at Floyd County
We will be going to Lincoln Amphitheatre to see LINCOLN: Upon the Altar of Freedom – a show that pays tribute to our 16th president, Abraham Lincoln. LINCOLN is performed in the majestic 1,500-seat roofed Lincoln Amphitheatre nestled amongst the trees in Lincoln State Park. Hear President Lincoln’s own words as he struggles to preserve the Union. Your heart will ache as the slave choir’s pure voice soars to the heavens as it leads Lincoln through this moving experience. This trip includes transportation via motor coach, pre-show activities, a meal catered by Black Buggy (one of the southern Indiana’s finest home-styled restaurants), and the showing of LINCOLN: Upon the Altar of Freedom. Please sign up at the Courtesy Counter at either the Clark or Floyd County branch. **Fees: Members: \$45 Non-Members: \$50**

Upcoming:

As requested we will have an AOA area out in the atrium. This space will be dedicated to promoting programs and activities for all active older adults. Please keep a look out for our AOA area and let us know if you have any questions.



YMCA of Southern Indiana • 33 State Street • New Albany, IN 47150 • (812) 283-YMCA

If you have any questions, please call Crystal Simmons at 283-9622.