



ACTIVE AND AGELESS

FEBRUARY ACTIVE OLDER ADULT PROGRAMS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Coffee Talk 8-10am Pickleball 8am-12pm	4 Coffee Talk 8-10am Pickleball 10am-1pm	5 Coffee Talk 8-10am Pickleball 8am-12pm	6 Coffee Talk 8-10am Pickleball 10am-1pm	7 Coffee Talk 8-10am Pickleball 8am-12pm	8
9	10 Coffee Talk 8-10am Pickleball 8am-12pm	11 Coffee Talk 8-10am Pickleball 10am-1pm	12 Coffee Talk 8-10am Pickleball 8am-12pm	13 Coffee Talk 8-10am Pickleball 10am-1pm Educational Series, 12:30 PM	14 Coffee Talk 8-10am Pickleball 8am-12pm	15
16	17 Coffee Talk 8-10am Pickleball 8am-12pm	18 Coffee Talk 8-10am Pickleball 10am-1pm	19 Coffee Talk 8-10am Pickleball 8am-12pm MOVIE @ Shiloh Cinema, 11 AM	20 Coffee Talk 8-10am Pickleball 10am-1pm	21 Coffee Talk 8-10am Pickleball 8am-12pm Breakfast Club, 10 AM	22
23	24 Coffee Talk 8-10am Pickleball 8am-12pm	25 Coffee Talk 8-10am Pickleball 10am-1pm	26 Coffee Talk 8-10am Pickleball 8am-12pm	27 Coffee Talk 8-10am Pickleball 10am-1pm BINGO, 12:15 PM	28 Coffee Talk 8-10am Pickleball 8am-12pm	29

CALENDAR DESCRIPTIONS

Bingo: This is a FREE event, but will be capped at 50 people, an rsvp is required so please sign up at the AOA Corner! Sponsored by Plainfield Health Care and Brownsburg Health Care.

Breakfast Club: Join us for a light catered breakfast and activity/speaker on the 3rd Friday of each month. Sponsored by American Senior Communities and Westside Garden Plaza.

Coffee Talk: grab some coffee and get to socializing in a casual atmosphere.

NEW! Educational Series: We will be welcoming fellow community partners to speak on specific topics relating to AOA Health and Wellness. This month we will be discussing Heart Health. Event is capped at 50 people, so be sure to sign up at the AOA corner!

Senior Movie @ Regal Shiloh Crossing Stadium 18: hosted by American Senior Communities, enjoy a FREE movie each month, located at 10400 E. US 36, in Avon. Tickets must be picked up the Mon or Tue the week of the movie at Countryside Meadows.



THANK YOU TO OUR 2020 SPONSORS:



VOLUNTEER OPPORTUNITIES

Looking to give back? Then volunteer with us at the Y! We have a variety of options to choose from including, but not limited to:

- Assistant (Service)

Provide additional supports for programs such as, reading to children in Play and Learn, special events, etc.

- Assistant (Clerical)
Assist/provide clerical support (making calls, doing light data entry, filing, etc)

- Child/Youth

Serve as a youth sports coach

- Hospitality

Help with folding towels, making member packets, etc.

If interested, please contact Stacy Witham, at switham@indymca.org.

