

BUILDING FRIENDSHIPS

We Need You!

Do you like to read? Do you have a talent you would like to share? We would love to have you either read or share your talent with our YMCA children in preschool. Our kids love seeing and meeting a new person. It would be an honor to have you join us.

Monday - Friday: Anytime after 2:15pm
(time is flexible)

Tuesday & Thursday: Anytime after 11 am
with our 3 year olds

For questions please see Michele Albrecht or Laurie Cleveland or simply sign up at the Welcome Desk.

Movie time in February

Join us for a Matinee at Canandaigua Theatres for a viewing of **"One for the Money."** Movie features Kathrine Heigl. It's that time of year to get out of the cold weather and enjoy a movie with one another. We will plan on meeting at the movie theatre at 12:45. Please sign up if you plan to attend at the welcome desk.

Date: Thursday, February 23 at 1 pm

Cost: \$5.75

March Event

Celebrate the Luck of the Irish, even if you aren't Irish with our corn beef and cabbage luncheon.

Date: Wed., March 14 at 12:30 pm

Cost: \$5

**Active Older Adults
February 2012**

New & Exciting Things Coming in March!

"Big Band Workout:"

Dust off those dancing shoes and get moving to your favorite Big Bands like Glenn Miller or Tommy Dorsey. Our fabulous dance teacher Miss Bernie will help you get back in the swing of things with fox trot, waltz or swing. The class kicks off on Friday, March 2 at 11:15 - 12:15, and will run on Fridays.

Sample it here:

At end of Betty's MSROM Class on:
Mon 2.6 & Wed. 2.8 - 11:45 am - Noon

Beginning of Rebecca's Circuit Class
Tues. 2.21 & Thurs. 2.23 - 9:45 - 9:55 am

Slips Trips and Falls Seminar:

Learn ways to protect and prevent slipping, tripping and falling with special guest Philip Almond. FREE for Seniors.

March 12 at 10 am

