



Mission YMCA Senior Center News August 06

Senior YOGA Class !!!!

Classes begin Thursday , August 3rd, from 10:00am –11:00am . This class is recommended for seniors, keep your body and mind healthy . \$1.00 members. \$2.00 non-members. Please pay at the front office. \$\$\$ Buy a monthly pass and get one free class!!!!

SOS (Seniors Out for Safety) August 4th

The Mission YMCA senior program needs your support in getting a petition signed by all YMCA senior program participants for a crosswalk. We must collect all signatures for our next meeting. We urge you to come and sign. For information contact Wendy Ayala at 415-452-7569. Our next meeting will be held on-Friday, August 4th 2:30pm.

BARGAIN SALE!!! August 4th

Shop till you drop!!!!!! Everything must go. Nothing over \$1.00



Saturday Luncheon Party !!!.

Saturday, August 12th doors open at 9:00am. \$7.00 members & non-members. Come and enjoy a day full of fun activities. Special lunch prepared by the Senior Department. Reservations must be made in advance . Contact Wendy at 452-7569

Menu: **Meat or Vegetarian Lasagna !!! Mystery DESERT.**

Entertainment: **Walter & Teri Traverso, Music of the 20's 30's& 40's**

Cherry Bells Special Raffle BINGO

DENNY'S Restaurant, August 14th

Join Wendy for lunch at DENNY'S Restaurant in Pacifica. Come along and enjoy the ride by the beach. \$ 5.00 for transportation. Leaving the YMCA at 10:00am

Returning by 1:00pm.

August's Birthdays

All August Birthdays will be celebrated on Friday, August 18th



Fun Trips !!!



Trips with Dora !!!!

Colusa, August 3

Trip Cost is \$18.00. Rebate upon arrival. Depart the YMCA at 8:00am and return at 6:30pm.

Black Oak , August 17

Trip Cost is \$20.00 for members. \$22.00 for non-members. Rebate upon arrival. Depart the YMCA at 8:00 am and return at 6:30pm.

RENO, August 24th & 25th

Trip Cost is \$75.00 for double room. \$100 for single rooms. Depart the YMCA on Thursday, August 24th at 8:00 am. Returning Friday, August 25th at about 6:30pm. Hotel stay is Silver Legacy!!!!

Laughlin - Las Vegas, Oct 23rd - 27th

See Insert

FUDDRUCKERS Restaurant, Tuesday, August 22nd

End your day with a delicious and enjoyable dinner at The FUDDRUCKERS Worlds-Greates Hamburger Restaurant in Daly City this event is a fundraiser for the Mission YMCA. The restaurant will donate 15% of the proceeds to our YMCA. Sign up with Wendy by calling (415) 452-7569. Meet at the restaurant at 5:30pm . Have a burger, come join us and support the Mission YMCA!.

2001 Junipero Serra Blvd. in Daly City 650-758-2800

Trader Joe's August 30th

Join Wendy & Dora on a shopping trip at Trader Joe's in South san Francisco . We will depart the YMCA at 9:00am and return no later than 11:30am.

\$ 3.00 for transportation

Healthy Tips & Presentations

Monday	9:30 – 11:30	Tai Chi Chi
	12:30 – 2:15	BINGO
Tuesday	8:30 – 9:30	Movement Exercise
	10:30 – 11:30	Health & Chair Exercise
Wednesday	11:30 – 12:00	Raffle
	12:30 – 2:15	BINGO
Thursday	8:30 – 9:30	Movement Exercise
	10:00 – 11:00	YOGA
Friday	10:30 – 11:30	Knitting & Crochet Club
	11:30 – 12:00	Raffle
	12:30 – 2:15	BINGO



Presentations

Dynamic Medical Center will be at the Mission YMCA

Blood Pressure

August 15th 10:00am

Shoulder Pain

Presentation

August 31st 11:00am

Presentation, August 11th

Senior Peer Counseling Presentation at 11:00am

Health Screening , August 16th

Screenings are offered between 10:30 am– 12:00 pm.

Provided by Community Health Resource Center;

CHOLESTEROL

Presentation, August 18th

PREMIERE WORLD DISCOVERY Tours Presentation
10:30-11:30



Mission YMCA Senior Center
Open Monday through Friday From 8:30am to 3:30pm

Senior Council Monthly Meeting

Our Senior Council meets the first Friday of each month . Our next meeting will be Friday, August 4th at 10:00am

Self-Help For the Elderly .

Available by appointment. For assistance call Henry Louie at 415-330-9108.

Office on the Aging

The Mission Senior Center Program is partially funded by a grant through the Office on the Aging.

Senior Program Director:	Wendy Ayala	452-7569
Nutrition Site Manager:	Ivania Baltodano	452-7565 Lunch reservations
Trip Coordinator:	Dora Elderkin	452-7567



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