



## SENIOR EVENTS DECEMBER

# ACTIVE, AGELESS and AWESOME

## Active Older Adults December Events



### CHRISTMAS PARTY HOSTED BY AVANTI SENIOR LIVING

Monday, December 3, 1 PM RSVP by Monday, November 30.

Join us as we celebrate the season with entertainment and lite bites. If you would like to participate in the traditional gift exchange, please bring a gift, \$15 value. Mark gift appropriate for Male or Female. Holiday dress is preferred. Limited seats available on Y bus. Bus departs Shadowbend at 1pm. Car pooling is encouraged.

### GAME DAY AT BRANCH CROSSING

Tuesday, December 11, 1:30—4 pm

A small selection of games will be provided, but all are encouraged to bring a game to share! Snacks and drinks provided by Avanti Senior Living at Vision Park.

### CRIGHTON THEATRE "GLITZ-THE LITTLE MISS CHRISTMAS PAGEANT MUSICAL"

Sunday, December 16. Register by Tuesday, December 11.

Bus departs Shadowbend Y at 1pm. And returns at 7 pm. Tickets \$32 each. Dinner after play—pay as you go.

### HOW TO BE MERRY AND BRIGHT THIS HOLIDAY SEASON!

Monday, December 17 at Branch Crossing, 11:30 am—1 pm.

Register by Monday, December 10.

Lunch and Guest speaker provided by Linda Chihuahua with Spring Creek Assisted Living. Robert Landau, national motivational speaker, returns with important tips to make your holiday the best it can be!!!



#### THE WOODLANDS FAMILY YMCA

AT BRANCH CROSSING: 8100 Ashlane Way, The Woodlands  
AT SHADOWBEND: 6145 Shadowbend Place, The Woodlands  
281-367-9622 ymcahouston.org



## SENIOR EVENTS JANUARY

# ACTIVE, AGELESS and AWESOME

## Active Older Adults January Events



### LUNCH N' LEARN AT SHADOWBEND Y

**Monday, January 7, at Noon. RSVP by Wednesday, January 2.**

Guest speaker and lunch provided by Chef Laurent Vals with Chefs for Seniors.

Topics will be "Seniors & Healthy Eating: Combatting the Challenges with a Chef's Touch".

### GAME DAY AT BRANCH CROSSING

**Tuesday, January 8, 1:30—3:30 pm**

Snacks and drinks provided by Avanti Senior Living at Vision Park.

### FIELD TRIP: USS BATTLESHIP TEXAS

**Thursday, January 17, 9 am—5 pm. Register by Wednesday, Jan. 9.**

Cost is \$18 per person. Lunch is pay as you go. Bus departs Shadowbend Y at 9 am.

### FOOD AND FORUM AT BRANCH CROSSING Y

**Friday, January 18, Noon. Register by Friday, Jan. 11.** Guest speaker and lunch provided by Dignity Memorial. Topic will be "Your Life and Legacy".

### LUNCH BUNCH, "PF CHANG RESTAURANT"

**Friday, January 25. Register by Friday, January 25.**

Meet at restaurant at 11:30 am. Pay as you go.

The restaurant is located at 1201 Lake Robbins Drive at The Woodlands Mall.

### ALBUQUERQUE & SANTA FE, NEW MEXICO TRIP, April 29—May 5

**\$75 Deposit Due January 18**

**Total Payment Due February 15**

Walking will be required. If assistance is needed for your care or with ambulation, please arrange to bring a companion to assist you at your cost. Travel insurance is available to purchase on your own. Must be purchased within 14 days of deposit.

For more detailed information, pick up flyer at the Welcome Center Desk.

### RSVP DEADLINE FOR FEB. 4 LUNCH & LEARN IS JAN. 28.

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