



J.F. Hurley YMCA

August 2010



Y Wonders

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Big Band Dance featuring the "Hi-Liters" \$5.00 Entry Fee
8	9	10	11 -Diabetes Support Group 11 A.M. -Book Club meets in Board Room 12:30	12 6:00 P.M. Interest meeting for Washington D.C. and Steps of St. Paul Cruise	13	14
15	16	17 Y Water? Oak Park Retirement Home- Why is water fitness beneficial. 1:30 pm	18	19	20	21 Rowan County/Novant sponsoring "Health Day" Noon to 4 P.M.-FREE!
22	23	24 Amputee Support Gp. 1 pm	25 Health Screen 2pm—5pm + Shopping Trip 9 am	26 Broadway Musical "Mary Poppins" Orchestra Center Seating-Tickets on Sale	27	28 Project Safe 9 A.M. – 2:00 P.M. FREE to the community
29	30 Closed Maintenance	31 Closed for maintenance thru Sept. 6th				



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