

# LET'S GET ACTIVE!

## ACTIVE OLDER ADULTS

PETAL FAMILY YMCA

### THINGS TO KNOW:

LET'S CELEBRATE all of our March birthdays with cake on 2/28 at 11am in Multipurpose room 3.

Group Exercise Class at Beehive Homes of Petal will be on 3/26 @11:00AM. We encourage all that can to join us to come and participate.

Mondays are GAME DAY! This month we will be hosting Mexican Train Dominos every Monday at 11AM in multipurpose room 3. Everyone is welcome to come learn and play this fun game!

This month's second Tuesday HISTORY JAM will be held at the Petal branch on 2/11 @ 10:30AM.

March service project will be at the Hattiesburg Christian Services Soup Kitchen. We will be taking two groups in shifts to volunteer for meal prep and serving. Please sign up for a shift at the member service desk.

Shift 1 will be from 9:00AM-11:30AM  
Shift 2 will be from 11:45AM-12:30AM



	SUN	MON	TUE	WED	THU	FRI	SAT
							1
2		Mexican Train Dominos 11:00AM 3	4	5	6	7	8
9		Mexican Train Dominos 11:00AM 10	History Jam (Petal) 10:30AM 11	12	13	Soup Kitchen 9-11:30AM 11:45-12:30PM 14	15
16		Mexican Train Dominos 11:00AM 17	18	19	20	21	22
23		Mexican Train Dominos 11:00AM 24	25	Exercise Class with the Beehive 11:00AM 26	27	Birthday Party 11:00AM 28	29
30		Mexican Train Dominos 11:00AM 31					

For more information contact:  
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# March