



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPROVE YOUR OVERALL WELLNESS



Active Older Adult Activity Schedule

Bible Study	Community Health	Every Wednesday	9:00 – 10:00 AM
Lunch & Learn	Community Health	First Thursday of month	12:00 – 1:00 PM
Social Activities	Community Health	Second Thursday of the month	12:00 – 2:00 PM
Movies	Conference Room	Last Friday of each month	12:00 – 2:00 PM
Crafts	Community Health	Third Saturday of each month	10:00 – 12:00 PM
Volunteer	Community Health	Varies	Varies
Pickle Ball	Upper Gym	TBD	1:00 – 3:00 PM



SUMTER FAMILY YMCA 510 Miller Road Sumter, SC 29150
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Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.