



# HEALTHY LIVING CENTERS

December 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Autism Support Group 12:00pm-2:00pm
3	4 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	5	6	7 T.O.P.S Support Group 6:15-8:00pm	8	9
10	11 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	12 Halifax Hospice presents: Advanced Directives & the 5 wishes (also available in Spanish) 10 am	13 Girl Scout Group 6-7pm	14 T.O.P.S Support Group 6:15-8:00pm	15	16
17	18 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	19	20 Girl Scout Group 6-7pm	21 T.O.P.S Support Group 6:15-8:00pm	22	23
24	25	26	27	28 T.O.P.S Support Group 6:15-8:00pm	29	30
31	Notes:					

**FOUR TOWNES FAMILY YMCA HEALTHY LIVING CENTER**  
 280 Wolf Pack Run, Deltona, FL 32725  
 Call: 386.425.5210 | Visit: VFYMCA.ORG/HLC  
**TOGETHER WE CAN BUILD A BETTER US**

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## HEALTHY LIVING CENTERS

### Autism Support Group

**About:** This is an opportunity for parents and caregivers to meet together and receive support for caring for loved one with Autism. This month's group will focus on challenging behaviors. We will have Applied Behavior Analysts ready to give tips and answer questions. Licensed COTAs and volunteers will also be available for childcare. Please notify if childcare will be needed.

### Halifax Hospice presents: Advance Directives and the 5 wishes

**About:** Planning for end of life wishes can be difficult; Halifax Hospice is here to help. Come learn how to start that conversation with a loved one. 5 Wishes will also be discussed in Spanish.

### Daisies- Girl Scout Group

**About:** Join our group as we develop skills to build confidence, courage, and character to make the world a better place! The girls will do activities that teach them how to use their resources wisely, crafts that help the girls use their imagination and creativity all in a positive atmosphere. Girls ages 6-7 are welcome to join. Please contact Beth Nienstedt - Smith [beth9stedt@gmail.com](mailto:beth9stedt@gmail.com).

### T.O.P.S. - Taking Off Pounds Sensibly

**About:** TOPS is a not for profit weight loss support group that meets weekly. Gain support, get weighed, celebrates losses and milestones, and join others to help you achieve your goal weight  
**Cost:** Small fee for membership; first meeting free, all fees associated with T.O.P.S; not a YMCA program  
**Schedule:** Weekly, every Thursday

### Girl Scout Troop 1270

**About:** Of the Citrus Council Girl Scouts. We provide educational activities that can be anything from fun crafts to confidence and skill building games. Our goal is to give the girls of our community the chance to realize their full potential, help develop values to guide their actions and provide a solid foundation for sound decision making.

**Ages:** 6-8

**Contact:** Louisa Whiting email: [louisawhiting@gmail.com](mailto:louisawhiting@gmail.com)

### Morning Bible Study

**About:** We will be exploring the Gospel of John as our first study. Participants need to bring a bible. Each class will begin and end with prayer. All are welcome! Taught by Rev. Susan McCaffery

For more information and registration please visit [vfymca.org/hlc](http://vfymca.org/hlc) or call 386-425-5210

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