



HEALTHY LIVING CENTERS

November 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Brownies Troop 3:30pm Girl Scouts 6:00pm		3 Ladies Only Bible Study Group 8:45 am-10:15 am TAG Group 1 (CARD) 6:30pm-8:00pm	
5	6 MOMS Club® of Deland 10am		8	9	10 TAG Group 2 (CARD) 6:30pm-8:00pm	11
12	13 How to Protect Your Benefits 12:15pm	14 DIY Beauty Products with Essential Oils <i>*pre-registration encouraged</i> 10am	15 Brownies Troop 3:30pm Girl Scouts 6:00pm	16 Behavior Basics 1 (CARD) 6:30pm-8:00pm	17 Ladies Only Bible Study Group 8:45 am-10:15 am TAG Group 1 (CARD) 6:30pm-8:00pm	18
19	20	21	22	23 Happy Thanksgiving!	24	25
26	27	28	29 Brownies Troop 3:30pm Girl Scouts 6:00pm	30 Rightsizing Not Downsizing 9am	Notes:	

DELAND FAMILY YMCA HEALTHY LIVING CENTER
 761 E International Speedway Boulevard, DeLand, FL 32724
 Call: 386.425.5210 | Visit: VFYMCA.ORG/HLC
TOGETHER WE CAN BUILD A BETTER US

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HEALTHY LIVING CENTERS

MOMS Club® of Deland

About: a support group designed to focus on enriching the lives of stay at home moms, including those who have home-based businesses or work part-time. We believe that making the choice to stay home with your children shouldn't have to isolate you, so we provide the opportunity for moms in our area to meet one another through a large variety of fun, child-friendly activities throughout each month!

Cost: Yearly dues at \$25 (payable to group, not YMCA affiliated)

Schedule: First Monday of every month at 9:30AM

Questions? Email momsclubdeland@gmail.com or go to <http://www.momsclubofdeland.org>

Ask the Expert

About: Experts in their field come to share their knowledge and offer helpful tips to the community.

Schedule:

- **DIY Beauty Products w/ Essential Oils:** This month Young Living Expert, Carla Gibson, will be demonstrating how to make beauty products (including a pumpkin face mask) out of essential oils. Samples will be given; pre-registration encouraged.

Behavior Basics:

- **Part 1 (CARD):** Primarily geared towards children ages 2-12, verbal or not, and covers the techniques of preventing negative or problem behaviors, teaching and increasing positive behaviors (self-help and independence skills, using the principles of ABA (Applied Behavior Analysis)). Behavior strategies such as redirection, reinforcement, and positives will be covered. Participants will complete a home assignment to be discussed at Part 2 session. Unfortunately, we will not be able to provide childcare at this training.

*This is a 2 Part Series. Participants must attend Behavior Basics Parts 1 and 2. Sign up through:

<https://www.eventbrite.com/e/2066-volusia-behavior-basics-i-tickets-36523253033>

Girl Scout Troop 1400

About: Join the Girl Scout troop 1400 and learn life skills by earning badges, making friends and lasting memories! Meets second Wednesday of each month. For more information on how to join email Ginger Barnhart at plaidhatgirl@gmail.com

Brownies Troop: Be a part of Troop 1398 as they unleash her inner G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)™ through a collection of engaging, challenging, and fun activities; like earning badges, going on awesome trips, selling cookies, exploring science, getting outdoors, and doing community service projects.

Ages: 7 and 8

Teen Asperger's Group (TAG)

About: This program is provided by PALS to support the individuals registered with the UCF Center for Autism and Related Disabilities. For more information, please contact Yasmine at 407-823-6020 or visit www.pals-ucfcard.org.

How to Protect Your Benefits

About: Community Legal Services of Mid-Florida present an informational session on how to protect yourself against being wrongfully denied benefits such as social security, Medicaid, veterans services, etc. A Q and A will follow the discussion so bring any questions you may have on the topic.

Ladies Only Bible Study Group

About: Different topics each month will be presented by Hannah Hoffman. This group is open to women of any age and welcome all denominations.

Rightsizing Not Downsizing

About: Moving or relocating is a big event, this presentation will offer suggestions and ideas to help determine if staying or moving is best for you. EXIT Real Estate's, Joanie McManus, a Senior Real Estate Specialist, will also offer information regarding various senior move options.

For more information and registration please visit vfymca.org/hlc or call 386-425-5210

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