



HEALTHY LIVING CENTERS

July 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Happy 4 th of July!	5 T.O.P.S Support Group 6:15-8:00pm	6	7 Autism Support Group 12:00pm-2:00pm
8	9 Morning Bible Study 10:00am TAG 11AM -3PM	10 TAG 11AM -3PM	11 TAG 11AM -3PM Girl Scout Group 6-7pm	12 TAG 11AM -3PM T.O.P.S Support Group 6:15-8:00pm	13 TAG 11AM -3PM	14
15	16 Morning Bible Study 10:00am TAG 11AM -3PM	17 TAG 11AM -3PM Stem Cells 5pm	18 Girl Scout Group 6-7pm Hospice Aromatherapy 11am TAG 12--4PM	19 TAG 11AM -3PM T.O.P.S Support Group 6:15-8:00pm	20 TAG 11AM -3PM	21
	23 Morning Bible Study 10:00am TAG 11AM -3PM	24 TAG 11AM -3PM Board Meeting 11:30-1pm	25 Girl Scout Group 6-7pm TAG 11AM -3PM	26 T.O.P.S Support Group 6:15-8:00pm TAG 11AM -3PM	27 TAG 11AM -3PM	28
29	30 Morning Bible Study 10:00am	31				



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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

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.

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.

Stem Cells

About: Myth Vs Fact. How stem Cells Regeneration Prevents Joint Replacement with Dr. Steflik. RSVP MIll@vfymca.org

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

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

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.

Aromatherapy

About: Aromatherapy education about essential oils and the benefits of using them not only for self use but how it compliments and the elderly even in Hospice.

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

Healthy Living Centers are sponsored by:

