



HEALTHY LIVING CENTERS

April 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Daisies Girl Scouts 6-7:30pm	2	3 Girl Scouts 6-7pm	4 The Upside of Downsizing your space 1-2:30pm T.O.P.S Support Group 6:15-8pm	5	6 Autism Support Group 12-2pm
7	8 Medicare 101 10am Daisies Girl Scouts 6-7:30pm	9	10 Partner with your Doctor 9am Girl Scouts 6-7pm	11 The Upside of Downsizing your space 1-2:30pm T.O.P.S Support Group 6:15-8pm	12	13
14	15 Medicare 101 10am Daisies Girl Scouts 6-7:30pm	16	17 Girl Scouts 6-7pm	18 The Upside of Downsizing your space 1-2:30pm T.O.P.S Support Group 6:15-8pm	19	20
21	22 Daisies Girl Scouts 6-7:30pm	23	24 Battling the aging brain 9am Girl Scouts 6-7pm	25 The Upside of Downsizing your space 1-2:30pm T.O.P.S Support Group 6:15-8pm	26	27
28	29 Daisies Girl Scouts 6-7:30pm	30				
	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

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

Medicare 101

About: Presented by Rob Lovenbury with Sunsure Insurance

Partner with your Doctor

About: Presented by Humana

Battling the aging brain

About: Presented by Humana

The Upside to Downsizing your space

About: Presented by Volusia Senior Learning. Come and learn from an expert who can be your coach and mentor with the skills, knowledge and inspiration you need.

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

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

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

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