





MATTOON AREA FAMILY YMCA

January 2019 Social Calendar

221 N 16th St
217-234-9494
mattoonymca.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
Share with your friends... join in January with the donation of an item for the Coles County Animal Shelter and we will waive the joining fee!				What's your focus in 2019? Was 2018 a year you became stronger, healthier and more connected at the Y? Share your story. Contact Angie Patrick at apatrick@mattoonymca.org or stop by the desk.		
6	7	8 Bible Study Every Tuesday 11:00am	9	10 CARDS and COFFEE with Friends! EVERY THURSDAY at 1pm.	11	12
13 Sunday Sampler 1:00-3:00pm	Join us for the Sunday Sampler on Sunday, January 13th. Check out 20 minute samplings of many of our fitness classes and youth our youth programs. This even is free to our members and guests.					19
20	21	22 Bible Study Every Tuesday 11:00am	23	24 CARDS and COFFEE with Friends! EVERY THURSDAY at 1pm.	25 Friday Family Swim Time EVERY FRIDAY 5:45-7:45pm	26 
27	28	29	30	31	Sport your Y Spirit! Stop by the desk to check out our sweatshirts for sale! Red, Blue, Green and Charcoal.	



Cards and Coffee with friends

Make new friends and enjoy a few card games. This ongoing Thursday afternoon activity is member lead and held in our Neal Gathering Area.

Bible Study

Our Bible Study group is non-denominational. Lead by staff, this group meets every Tuesday at 11am. If it is your first time, come a few minutes early and our desk staff will introduce you to the group!

Friday Family Swim Time

Every Friday evening we offer a family swim time. This is so families may enjoy a healthy activity together. This is a great way to bond while getting a little active play.

Sunday Sampler

Join us on Sunday, January 13th to sample many of our fitness classes, plus youth programs! Twenty minute classes during this event will give you a taste of what you can enjoy at the Y! Invite your friends as this is free to all. Stop by and speak with our personal trainers and visit with our desk staff about membership opportunities including Membership for All.