



Please join us on **February 11th**
between 10:30-12 PM
for a Valentines Day Pot-Luck

Who: Active Older Adults (anybody welcome)
Where: Downtown YMCA Multi-purpose room
What: Potluck—please bring yummy healthy
foods

*YMCA Mission: To put Christian principles into practice through programs that
build healthy spirit, mind,
and body for all.*