

Winter Guide 2017/2018

Meetings @ West Toledo YMCA are from 9:45am-11:15am

December 7, 2017:

- ❖ Defend Together Class @ West Toledo YMCA auditorium

Come and sweat with us while we explore martial arts movements in this fast-paced cardio workout. Bring your water and a towel.

December 14, 2017

- ❖ MEMBER ONLY EVENT

December 21, 2017

- ❖ Christmas Party @ West Toledo YMCA

Come share some Christmas cheer at our Christmas party and, of course, eat some delicious food!

December 28, 2017

- ❖ WINTER BREAK - NO EVENT

January 4, 2018

- ❖ WINTER BREAK - NO MEETING

January 11, 2018

- ❖ Brunch and Playdate at Chick-Fil-A

Meet us at Chick-Fil-A on Central. We can have brunch and coffee while the kids play.

January 18, 2018

- ❖ A discussion on aging parents with Tim Phillips @ West Toledo YMCA

Tim Phillips is a social worker from a local retirement/nursing home and will be sharing tips on how to care for and look out for our aging parents.

January 25, 2018

MEMBER ONLY EVENT

February 1, 2018

- ❖ Financial tips from Dave Ramsey/roundtable discussion @ West Toledo YMCA

Monica will present a brief overview of Dave Ramsey's financial advice followed by a roundtable discussion

February 8, 2018

- ❖ Family Center

Join us at the Family Center at the Toledo Museum of Art at 10am for some fun and free playtime

February 15, 2018

- ❖ Postpartum Depression Discussion with Ana Ashton @ West Toledo YMCA

Join us for an enlightening presentation on postpartum depression given by Ana Ashton a professional licensed counselor.

February 22, 2018

- ❖ Sylvania Playland

Meet us at Sylvania Playland at 10am for lots of fun