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The Active Living Center

Bible Study
Every Thursday
10-11am (Located in Classroom A&B)
This is a non-denominational study group led by Jeff Gemmill. Everyone is welcome!

500 Cards
Every Wednesday
12-3pm (Located in the ALC)
Cribbage
Every Monday & Friday
12-3pm (Located in the ALC)
Bridge
Every Tuesday
12-3pm (Located at The ALC)
Gather with friends to play a variety of card games. All skill levels are invited & they are also willing to teach. Come join us!!

500 Cards
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Doc Talk (Free & Open to the Public)
Third Tuesday of the Month
(March 17) 5:00-6:00pm
(Located in Classroom A&B)
Dr. Stacy Holl Internal Medicine
Physician and Stephanie Harnack, NP
Internal Medicine will be talking about Vaccinations and Immunizations. They will discuss the current recommendations for both and dispel myths and share facts about the same.

Doc Talk (Free & Open to the Public)
Third Tuesday of the Month
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Dr. Stacy Holl Internal Medicine
Physician and Stephanie Harnack, NP
Internal Medicine will be talking about Vaccinations and Immunizations. They will discuss the current recommendations for both and dispel myths and share facts about the same.

Bingo Every Friday
10-11am (Located at the ALC)
Come join the fun every Friday. Bring a prize from home or $1.00 Also .25 cents per person to play for the pot.

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Spanish Rice Recipe

Ingredients:
4 cups of white rice
5 cups of water
1 can of tomato sauce
1 can of Pinto Beans
3 cooking spoons of olive oil
1Tlbs of salt
Green olives (optional)

Instructions:
Sautee sauce, oil, beans, salt and special seasonings (chopped onions, olives etc. (optional)
Add rice and water and let it boil at very low heat until water is dry. Once water is dry, with a cooking spoon stir rice into a mount and cover at low heat.

ALC Coordinator’s Letter

Happy March
Hello everyone!!!
A few weeks have passed since I accepted the ALC coordinator’s position here at the YMCA. It has been a little challenging to keep up with all the new things to learn but I am still here, happy and grateful for the volunteers, YMCA staff and all of you for being so patient with me as I continue to learn.
Here is a little note to keep in mind everyday!
With much appreciation, Alice Rosa!

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ENJOY!