Y ACTIVE ADULTS (YAA)

MISSION STATEMENT
“Mission Valley YMCA and Toby Wells YMCA are dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.”

LOCATIONS
MISSION VALLEY YMCA
5505 Friars Road
619-298-3576

Monday - Thursday: 4:30 a.m. - 11:00 p.m.
Friday: 4:30 a.m. - 11:00 p.m.
Saturday: 7:00 a.m. - 9:00 p.m.
Sunday: 7:00 a.m. - 8:00 p.m.

TOBY WELLS YMCA
5105 Overland Avenue
858-496-9622

Monday - Friday: 5:00 a.m. - 9:00 p.m.
Saturday & Sunday: 7:00 a.m. - 6:00 p.m.

YAA Coordinator: Barb Madsen
bmadsen@ymca.org, ext. 11215

YAA Lead Staff: Karen Barry
kbarry@ymca.org, ext. 13017

YAA Lead Staff: Bernadette Morgan
bmorgan@ymca.org, ext. 11263

YAA GENERAL INFORMATION
All activities are open to Mission Valley YMCA members and participants.
Must be 18 years of age and older.
Full refunds only when activity is canceled.

Any questions or comments, please call Barb Madsen at
619-298-3576, ext. 11215, bmadsen@ymca.org

YMCA Active Adult Roster has been updated. To include your name on the Roster, please contact Barb Madsen at the number above. Additions to the Roster will be added for the Annual YMCA Active Adult Picnic.
All trips are available for registration now.
If you have trip or activity ideas, please contact Barb Madsen at number above.
DEFINITIONS OF ACTIVITY LEVELS:

**Easy:** Limited walking or walking and mobility is at your own pace, and leisurely free time is included. Few stairs are involved and elevators are usually present at destinations.

**Moderate:** Some stairs and or inclines are present at destination. Moderate walking is required. Elevators may not be present at all destinations. Persons of limited mobility should consult with a physician as to the appropriateness of this tour in relation to their physical abilities.

**High:** Considerable walking and or numerous steps involved, possibly on uneven surfaces. No elevators are present at destination. This tour is considered inappropriate for persons with mobility limitations.

Y ACTIVE ADULT COUNCIL

MEETING SCHEDULE: January 2015 – April 2015

**Location:** Mission Valley YMCA

**Time:** Thursday, 10 a.m.

**Dates:** May 7 June 4 (No meetings in July and August)

The Mission Valley YMCA Active Adult Council volunteer members meet monthly to plan activities, events and trips. Please contact any of them for information and/or suggestions regarding our Active Adult program. The members are:

**Chair**

**Open**

**Corresponding Secretary**

Wini Fischer

**YAA Newsletter Editor**

Bernadette Morgan

**Recording Secretary**

Janine Reeder

**Members**

Pat Thurston Foose  Lori Seden
Rosemary Lewis  Karen Barry
Lloyd Lickert  Linny Sarnecki
Julia Ruiz-Lopez  Wanda Smith
Betty McGuire  Liz Knapp
Helen O’Brien  Margaret King

**Advisor**

Barb Madsen  619-298-3576, ext. 11215
REGISTRATION FOR YAA EVENTS

REGISTRATION PROCEDURES:
Event registration is on a space-available, first-come, first-served basis. Registrations can be taken at our Welcome Center at Friars Road (Mission Valley) or Toby Wells, by telephone (619-298-3576) with a credit card, or online at missionvalley.ymca.org. However, if it is your first time signing up at the Y, registration must be in-person.

CANCELLATIONS:
Event fees are non-refundable unless the Mission Valley YMCA cancels an event. Credit or refund is not available after purchased ticket for trips or events.

WAIT-LISTED EVENTS:
If you are wait-listed for an event you will be notified when there is an opening. Space availability is on a first come first-served basis.

PAYMENT:
Make checks payable to Mission Valley YMCA or pay with your credit card or cash at the Welcome Center.

QUESTIONS?
Call Barb Madsen, YAA Coordinator, 619-298-3576, ext. 11215

NEW ACTIVITIES & EVENTS
WE’LL KEEP YOU POSTED!
We often add new events and activities, so check out Mission Valley Y’s website, missionvalley.ymca.org, or the YAA Bulletin Board at Toby Wells or Mission Valley locations for updates on additional trips and events.

If you would like to be included in a monthly activity update, send your email address to Barb Madsen, YAA Coordinator, at bmadsen@ymca.org.
Y ACTIVE ADULTS

MAKE MEMORIES

HAVE FUN!

missionvalley.ymca.org
### TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mission Statement</td>
<td>2</td>
</tr>
<tr>
<td>General Information</td>
<td>2-3</td>
</tr>
<tr>
<td>Y Active Adult Council</td>
<td>3</td>
</tr>
<tr>
<td>Registration</td>
<td>4</td>
</tr>
<tr>
<td>Table of Contents</td>
<td>6-7</td>
</tr>
<tr>
<td>Other Things the Y Has to Offer</td>
<td>42-43</td>
</tr>
</tbody>
</table>

### PLAY – GAMES & FUN

<table>
<thead>
<tr>
<th>DATE(S)</th>
<th>EVENT</th>
<th>PAGE</th>
<th>SITE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ongoing</td>
<td>Birthday Drawing</td>
<td>9</td>
<td>MV, TW</td>
</tr>
<tr>
<td>Ongoing</td>
<td>Volleyball at the Y (Mon., Wed., Fri.)</td>
<td>9</td>
<td>MV</td>
</tr>
<tr>
<td>Ongoing</td>
<td>Pickleball (Mon., Wed., Sat.)</td>
<td>10</td>
<td>MV</td>
</tr>
<tr>
<td>Ongoing</td>
<td>Play Mahjong (Tues.)</td>
<td>11</td>
<td>MV</td>
</tr>
<tr>
<td>Bimonthly</td>
<td>Card Game: Hand &amp; Foot (Mon.)</td>
<td>13</td>
<td>MV</td>
</tr>
<tr>
<td>Bimonthly</td>
<td>Bunco (Tues., Thurs.)</td>
<td>11</td>
<td>MV</td>
</tr>
<tr>
<td>Bimonthly</td>
<td>Mexican Trains (Wed.)</td>
<td>12</td>
<td>MV</td>
</tr>
<tr>
<td>Monthly</td>
<td>Mexican Trains (Thurs.)</td>
<td>12</td>
<td>TW</td>
</tr>
<tr>
<td>Monthly</td>
<td>Backgammon (Thurs.)</td>
<td>13</td>
<td>MV</td>
</tr>
<tr>
<td>5/13</td>
<td>Beginner Pickleball Clinic</td>
<td>10</td>
<td>MV</td>
</tr>
</tbody>
</table>

### EXPLORE – TRIPS & TRAVEL

<table>
<thead>
<tr>
<th>DATE(S)</th>
<th>EVENT</th>
<th>PAGE</th>
<th>SITE</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/2</td>
<td>Watts Tower &amp; La Brea Tar Pits at Page Museum</td>
<td>15</td>
<td>MV</td>
</tr>
<tr>
<td>5/13</td>
<td>Camp Pendleton’s Santa Margarita Ranch House</td>
<td>16</td>
<td>MV</td>
</tr>
<tr>
<td>5/18</td>
<td>Balboa Park California Tower &amp; Museum</td>
<td>17</td>
<td>MV</td>
</tr>
<tr>
<td>5/27</td>
<td>13th Annual YAA Day at the Bay</td>
<td>18</td>
<td>MV</td>
</tr>
<tr>
<td>6/4</td>
<td>Nixon Presidential Museum</td>
<td>19</td>
<td>MV</td>
</tr>
<tr>
<td>6/20</td>
<td>Bernardo Winery Taste &amp; Tour</td>
<td>20</td>
<td>MV, TW</td>
</tr>
<tr>
<td>6/24</td>
<td>Warner Bros. Studio Tour</td>
<td>21</td>
<td>MV</td>
</tr>
<tr>
<td>7/29</td>
<td>Kayaking Coronado</td>
<td>22</td>
<td>MV</td>
</tr>
<tr>
<td>7/30</td>
<td>Laguna Beach Festival of the Arts &amp; Pageant of the Masters</td>
<td>23</td>
<td>MV</td>
</tr>
<tr>
<td>8/8</td>
<td>The Phantom of the Opera</td>
<td>24</td>
<td>MV</td>
</tr>
<tr>
<td>8/21</td>
<td>Kayaking: Moonlight &amp; Fireworks Paddle</td>
<td>25</td>
<td>MV</td>
</tr>
</tbody>
</table>
### LEARN – LIVE & LEARN PRESENTATIONS

<table>
<thead>
<tr>
<th>DATE(S)</th>
<th>EVENT</th>
<th>PAGE</th>
<th>SITE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ongoing</td>
<td>Learn a New Skill: Computer Basics, Smart Phones &amp; Tablets (Tues., Wed.)</td>
<td>27</td>
<td>MV</td>
</tr>
<tr>
<td>Bimonthly</td>
<td>Textile Study Guild of San Diego Mini Workshops (Mon.)</td>
<td>28</td>
<td>MV</td>
</tr>
<tr>
<td>Bimonthly</td>
<td>Haiku Writing &amp; Enhanced Brain Fitness (Fri.)</td>
<td>27</td>
<td>MV</td>
</tr>
<tr>
<td>Monthly</td>
<td>Brain Exercise Games</td>
<td>28</td>
<td>MV</td>
</tr>
<tr>
<td>5/14</td>
<td>Your Journey Through Retirement</td>
<td>29</td>
<td>TW</td>
</tr>
<tr>
<td>5/19</td>
<td>Cyber Security</td>
<td>29</td>
<td>MV</td>
</tr>
<tr>
<td>5/28</td>
<td>Retire Wisely</td>
<td>30</td>
<td>TW</td>
</tr>
<tr>
<td>5/29</td>
<td>Audible Hearing Screening</td>
<td>30</td>
<td>MV</td>
</tr>
<tr>
<td>6/11</td>
<td>Pain &amp; Stress Reduction</td>
<td>31</td>
<td>MV</td>
</tr>
<tr>
<td>6/18</td>
<td>Pain &amp; Stress Reduction</td>
<td>31</td>
<td>TW</td>
</tr>
<tr>
<td>6/18</td>
<td>Feel the Beat: Basic CPR Course</td>
<td>32</td>
<td>MV</td>
</tr>
<tr>
<td>6/23</td>
<td>Long-Term Care Strategies</td>
<td>32</td>
<td>TW</td>
</tr>
<tr>
<td>6/25</td>
<td>Knee &amp; Hip Corrective Class</td>
<td>33</td>
<td>TW</td>
</tr>
<tr>
<td>7/9</td>
<td>Balance Your Life</td>
<td>33</td>
<td>MV</td>
</tr>
<tr>
<td>7/23</td>
<td>Strength &amp; Balance for Seniors</td>
<td>34</td>
<td>TW</td>
</tr>
<tr>
<td>7/28</td>
<td>Supportive Shoulder</td>
<td>34</td>
<td>TW</td>
</tr>
<tr>
<td>July TBA</td>
<td>Women &amp; Heart Disease</td>
<td>35</td>
<td>MV</td>
</tr>
<tr>
<td>8/3</td>
<td>Supportive Shoulder</td>
<td>36</td>
<td>MV</td>
</tr>
<tr>
<td>8/20</td>
<td>Strength &amp; Balance for Seniors II: Checkin’ In</td>
<td>36</td>
<td>TW</td>
</tr>
</tbody>
</table>

### BELONG – ENTERTAINMENT & SOCIAL

<table>
<thead>
<tr>
<th>DATE(S)</th>
<th>EVENT</th>
<th>PAGE</th>
<th>SITE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ongoing</td>
<td>Morning Social (Thurs.)</td>
<td>38</td>
<td>MV</td>
</tr>
<tr>
<td>Monthly</td>
<td>Gerry Trader Book Club (Mon.)</td>
<td>39</td>
<td>MV</td>
</tr>
<tr>
<td>Monthly</td>
<td>Grief Support Group (Tues.)</td>
<td>40</td>
<td>TW</td>
</tr>
<tr>
<td>Monthly</td>
<td>Let’s Do a Movie at the Y! (Fri.)</td>
<td>40</td>
<td>MV</td>
</tr>
<tr>
<td>6/5</td>
<td>Annual Summer YAA Picnic</td>
<td>41</td>
<td>MV</td>
</tr>
<tr>
<td>HIATUS</td>
<td>Moviegoers Group</td>
<td>39</td>
<td>MV</td>
</tr>
<tr>
<td>HIATUS</td>
<td>Book Worms Book Club</td>
<td>39</td>
<td>MV</td>
</tr>
</tbody>
</table>
MISSION VALLEY YMCA

BIRTHDAY DRAWING
Happy birthday to you! When your birthday month rolls around, don’t forget to enter the YAA Birthday Drawing! Leave your name and contact information in the drawing box at the Welcome Center (at either Mission Valley or Toby Wells), and you may be selected to win a fun prize! Available to YAA members ages 50+, compliments of the YAA group at Mission Valley and Toby Wells.

DATE: Ongoing monthly
LOCATION: Mission Valley or Toby Wells YMCA
FEE: Free!
REGISTER: At the Welcome Center of either location

VOLLEYBALL AT THE Y
Did you know volleyball was invented at a Holyoke, Massachusetts YMCA in 1895? Celebrate this great tradition by joining your friends at the Y to play for fun! We will play three times a week; come to any or all sessions!

DAYS/TIMES: Monday, Wednesday (1:15 p.m. – 3:15 p.m.)
Friday (8 a.m. – 11 a.m.)
LOCATION: Mission Valley YMCA
FEE: Members ..................Free
Participants ...............$25 per month
REGISTRATION: Welcome Center
CONTACT: Brian Boyd, bboyd@ymca.org
619-298-2576, ext. 11295
MISSION VALLEY YMCA

GAMES & FUN

PICKLEBALL!
Have a great time playing this fun game that is a combination of tennis, ping-pong and badminton. Set up is your own. Please bring your own paddle; paddles and balls are limited. For rules, contact Barb Madsen. New to pickleball? See below for beginner clinic info!

DAYS/TIMES: Monday (8:30 a.m. - 10:45 a.m.)
   Wednesday (9 a.m. - 11 a.m.)
   Saturday (5 p.m. - 8 p.m.)
LOCATION: Mission Valley YMCA

DROP IN: Members ..........Free
         Participants........$20 day use fee
MONTHLY: Members ..........Free
         Participants........$25

REGISTRATION: Welcome Center

BEGINNER PICKLEBALL CLINIC
Come and learn to play Pickleball. Volunteers will teach you this fun game!
Check out how to play by the USA Pickleball Association at:
http://www.usapa.org/

DATE: Wednesday, May 13
TIME: 9 a.m.
LOCATION: Mission Valley YMCA Gymnasium
FEE: Members ..........Free! SIGN UP IS REQUIRED.
REGISTRATION: Welcome Center or by phone, 619-298-3576.
ACTIVITY LEVEL: Moderate to High
PLAY MAHJONG
Come play Mahjong with other Y members! It is a game similar to rummy, using tiles instead of cards and involving skill, strategy and chance. Complete beginners are welcome; volunteers will teach you how to play.

DAYS: First, second, fourth and fifth Tuesday of each month
- May 5*, 12, 26
- June 2*, 9, 23, 30
- July 7*, 14, 28
- August 4*, 11, 25

TIME: Come between 11:30 a.m. - 12 p.m. to begin playing.
- Ends around 2:30 p.m.
- *First Tuesday of the month: starts at 11:45 a.m.

LOCATION: Mission Valley YMCA Activity Room

FEE: Members.........................Free
- Participants.......................$4

REGISTRATION: Stop by the Activity Room.

BUNCO
Loads of fun and easy to play! Just roll the dice! Six to eight players needed.

DAYS/TIME: Every third Tuesday and first Thursday of the month.
- Tuesday (11 a.m. - 12:30 p.m.): May 19 June 16 July 21 Aug. 18
- Thursday (1 p.m. - 2:30 p.m.): May 7 June 4 July 2 Aug. 6

LOCATION: Mission Valley YMCA

FEE: Members.................$5 (pay at door)
- Participants..............$5 (pay at door)

REGISTRATION: None required, just stop by!

SPECIAL NOTES: $5 is prize money.
- Please bring one dollar bills,
- and snacks to share.
MISSION VALLEY YMCA

MEXICAN TRAINS
Join us for this fun domino game! The objective is to be the first player to place all of your dominoes onto chains (“trains”).

DAYS: First and third Wednesdays of each month
May 6, 20    July 1, 15
June 3, 17    August 5, 19

TIME: First Wednesday — 11:00 a.m. - 12:30 p.m.
Third Wednesday — 10:30 a.m. - 12:15 p.m.

LOCATION: Mission Valley YMCA Activity Room
FEE: Free!
REGISTRATION: None required, just stop by!

NOW AVAILABLE AT TOBY WELLS!

DAYS: Second Thursday of each month
May 14    June 11    July 9    Aug. 13

TIME: 11:30 a.m. - 1 p.m.

LOCATION: Toby Wells YMCA Community Room
FEE: Free!
REGISTRATION: None required, just stop by!
CARD GAME: HAND & FOOT
Come and enjoy a game of cards! It’s easy to learn and fun to play. You are dealt two sets of the cards, the hand and the foot. The aim is to get rid of cards first from your hand and then from your foot, by melding them. A meld is a set of three to seven cards of equal rank placed face up on the table. Our Y members will show you the rest of this game!

**DAYS:** Second and third Monday of each month  
May 11, 18  
June 8, 15  
July 13, 20  
August 10, 17

**TIME:** 11 a.m. - 1 p.m.

**LOCATION:** Mission Valley YMCA Activity Room

**FEE:** Free!

**REGISTRATION:** None required, just stop by!

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BACKGAMMON
Did you know that backgammon is one of the oldest board games for two players? Join other Y members and play a classic game! Bring your own board if you have one.

**DAYS:** Fourth Thursday of each month  
May 28  
June 25  
July 23  
August 27

**TIME:** 11:30 a.m. - 12:30 p.m.

**LOCATION:** Mission Valley YMCA Activity Room

**FEE:** Free – bring a board if you have one.

**REGISTRATION:** None required, just stop by!
WATTS TOWERS & LA BREA TAR PITS
AT PAGE MUSEUM

Visit the smallest state park in California on a tour of the Watts Towers, then marvel at prehistoric fossils and traces of Ice Age creatures that bubble up almost daily at the La Brea Tar Pits. At Watts Towers, you’ll take a docent-guided tour of the quirky collection of 17 interconnected structures adorned with a diverse mosaic of broken glass, sea shells, pottery, tile and pieces of 20th-century American ceramics. Two of the towers reach heights of more than 99 feet and were designated a National Historic Landmark in 1990. Following your tour we’ll visit LA’s original Farmers Market, where you’ll have free time for lunch and shopping.

After lunchtime, we’ll visit the Page Museum at the La Brea Tar Pits, one of the world’s most famous fossil localities! This on-site museum displays Ice Age fossils, including saber-toothed cats, dire wolves and mammoths, extracted from 10,000 to 40,000-year-old asphalt deposits. The tar pits themselves are active excavation sites where new vestiges of the Ice Age are discovered weekly!

Don’t miss this one-of-a-kind experience — who knows, you just may bear witness to the world’s next major paleontological discovery! Space is limited; reserve your spot now.

DATE: Saturday, May 2
TIME: 7 a.m. - 7:30 p.m.
DEPARTURE: 7 a.m. Bus picks up curbside at 2005 Camino del Este, San Diego 92108 on the In-N-Out Burger side of the street, across from Broken Yolk Cafe. Street parking only; please observe all parking signs and curb markings.
FEE: Members..................$85
Participants ..............$85
REGISTRATION: Welcome Center, by phone with credit card (619-298-3576) or online at missionvalley.ymca.org. Space with Day Tripper Tours is limited. No refunds or credits.
ACTIVITY LEVEL: Moderate. Some stairs and/or inclines are present at destination. Persons of limited mobility should consult with a physician as to the appropriateness of this tour in relation to their physical abilities.
CONTACT: Barb Madsen (619-298-3576 ext. 11215 or bmadsen@ymca.org)
MISSION VALLEY YMCA

CAMP PENDLETON’S SANTA MARGARITA RANCH HOUSE

Come along for a unique opportunity to travel into Camp Pendleton’s interior for a tour of the Santa Margarita Ranch House, Museum and Chapel on this fascinating excursion that highlights the Rancho era of California history. The 8,500-square-foot house, built in 1827, is a stunning example of early California architecture and continues to be the center of ranch life and Marine Corps Base life.

Over the years, some of California’s most famous families, including Pio Pico (the last Mexican governor of California), along with the families of 35 Marine Corps generals, have called the Ranch House their home. Outside the base, you’ll also tour an intact adobe structure, Rancho Buena Vista, which rests on the remains of a Spanish Land Grant dating to 1845. The adobe is in its original condition and houses an exhibit of artifacts from its time.

Your trip includes a lunch at Famous Dave’s BBQ restaurant in Vista. Space is limited, register today!

DATE: Wednesday, May 13
TIME: 8 a.m. – 4:30 p.m.
DEPARTURE: 8 a.m. Bus picks up curbside at 2005 Camino del Este, San Diego 92108 on the In-N-Out Burger side of the street, across from Broken Yolk Cafe. Street parking only; please observe all parking signs and curb markings.
FEE: Members...............$99 Participants $99
REGISTRATION: Welcome Center, by phone with credit card (619-298-3576) or online at missionvalley.ymca.org. No refunds or credits; limited spots available.
ACTIVITY LEVEL: Moderate. Some stairs and/or inclines are present at destination.
Persons of limited mobility should consult with a physician as to the appropriateness of this tour in relation to their physical abilities.
CONTACT: Barb Madsen (619-298-3576 ext. 11215 or bmadsen@ymca.org)
MISSION VALLEY YMCA

BALBOA PARK
CALIFORNIA TOWER & MUSEUM

Join us for a tour of the Tower and Museum of Man. All of the California Buildings (as the structures housing the Museum of Man are called) were completed in 1914, and officially opened in 1915 as part of the Panama-California Exposition. They were designed by Bertram Goodhue, who was inspired by the churches of Mexico and Spain.

Even though the California Buildings resemble a church, they have never been a church and have been exhibition halls from the start — except when they were used as a naval hospital during World War II. The Tower was closed to the public shortly after the 1935 California Pacific International Exposition.

We will take our tour of the Tower, Museum of Man and optional lunch (fee not included).

DATE: Monday, May 18
TIME: Morning (TBD)
LOCATION: Balboa Park
1350 El Prado, San Diego 92101
TRANSPORTATION: Your own.
Be green — car pool! See flier for parking suggestions.
FEE: Members..................$32
Participants ..............$41
REGISTRATION: Welcome Center, by phone with credit card
(619-298-3576) or online at missionvalley.ymca.org. No refunds or credits. Minimum required for group rates.
ACTIVITY LEVEL: Moderate to high. You must be able to ascend and descend 125 steps within a 40-minute period, including 10 to 15 minutes on the viewing deck. The Tower is not recommended for women who are pregnant or nursing, or for patrons with heart, knee or back problems, or other physical conditions that may be made worse by climbing stairs.
CONTACT: Barb Madsen (619-298-3576 ext. 11215 or bmadsen@ymca.org)
MISSION VALLEY YMCA

CELEBRATING YOU! —
13TH ANNUAL YAA DAY AT THE BAY

The YMCA of San Diego County celebrates National Senior Health & Fitness Day every year at the beautiful Mission Bay with our annual YAA Day at the Bay. Join us for a BBQ and fun activities such as kayaking, sailing, paddle boarding, yoga, walking the beach and bay, lawn games, chair massage, volunteer recognition and a chance to meet new friends. The YMCA bus will pick us up at Mission Valley YMCA in the morning (see below), and we will return around 2:30 p.m.

This year, our theme is Hawaiian! Get in the spirit with tropical garb and floral prints!

DATE: Wednesday, May 27
TIME: 10 a.m. - 2 p.m.
LOCATION: Mission Bay Aquatic Center
1001 Santa Clara Place, San Diego 92109
DEPARTURE: Mission Valley YMCA bus departs around 9:30 a.m. Please meet in the lobby 10 minutes prior to departure time. If you would like to drive yourself or carpool with others, the address is above.
FEE: Members ............. $38
     Participants ........... $48
REGISTRATION: Welcome Center, by phone with credit card (619-298-3576) or our website at missionvalley.ymca.org. You have until May 13 to register or request to cancel without incurring nonrefundable deposits. No credits or refunds on or after May 14.
CONTACT: Barb Madsen
         (619-298-3576 ext. 11215 or bmadsen@ymca.org)
SPECIAL NOTES: You may want to bring a lawn chair, layered clothing, sunscreen and a towel. Shaded areas are limited.
NIXON PRESIDENTIAL MUSEUM WITH LUNCH AT THE WHITE HOUSE

Adventure with us to the Richard Nixon Presidential Library in Yorba Linda for a look into the life and times of the 37th president. The current exhibitions offer a visually stunning journey through Nixon’s life that shows him as a man who rose from humble beginnings to become a U.S. president and one of the most notable figures of the 20th century. You’ll visit a $500,000 wing of the museum dedicated to the Watergate scandal along with over 20 galleries of fascinating displays illuminating Nixon’s life, his rise to power and his achievements that shaped his legacy as a great diplomat.

Explore at your own pace the first lady’s spectacular Rose Garden; walk through the actual 1912 house where Nixon was born; view wedding gowns and state affairs outfits worn by Julie, Tricia and Pat Nixon; visit the flower-ringed memorial sites of President and Mrs. Nixon, or step aboard Army One (the helicopter used by Presidents Kennedy, Johnson, Nixon, Ford and much more).

Your trip also includes an exquisite gourmet luncheon at the elegant Anaheim White House, a fine dining restaurant set in a beautifully restored 1909 Colonial mansion. Space is limited; register today!

DATE: Thursday, June 4
TIME: 8:45 a.m. – 7 p.m.
DEPARTURE: 8:45 a.m. Bus picks up curbside at 2005 Camino del Este, San Diego 92108 on the In-N-Out Burger side of the street, across from Broken Yolk Cafe. Street parking only; please observe all parking signs and curb markings.
FEE: Members $115  Participants $115
REGISTRATION: Welcome Center, by phone with credit card (619-298-3576) or online at missionvalley.ymca.org. No refunds or credits. Limited tickets – sign up soon!
ACTIVITY LEVEL: Moderate. Some stairs and/or inclines are present at destination. Elevators may not be present at all destinations. Persons of limited mobility should consult with a physician as to the appropriateness of this tour in relation to their physical abilities.
CONTACT: Barb Madsen (619-298-3576 ext. 11215 or bmadsen@ymca.org)

missionvalley.ymca.org
MISSION VALLEY YMCA

BERNARDO WINERY TASTE & TOUR

Join us as we enjoy a historic local winery, founded in 1889 on what was a Spanish Land Grant. This trip includes a guided walking tour of one of Southern California’s oldest historic landmarks and a private wine tasting of five wines, with a Bernardo Winery wine steward.

Besides a full time wine-making facility and tasting room, the winery is home to more than 12 Village Shops, artisan galleries and workspaces, a coffee shop, full service salon, and an award winning cafe, all tucked into the architecture of the original century old winery buildings.

We will have an assortment of delicious, gourmet sandwiches for lunch, then finish off with a bottle of Bernardo Winery California champagne or sparkling wine. Nestled in the middle of suburbia, this is one hidden San Diego gem you won’t want to miss. Space is limited so don’t wait; sign up today!

DATE: Saturday, June 20
TIME: 9:30 a.m. - 2 p.m.
DEPARTURE: YMCA bus leaves from Mission Valley YMCA at 9:45 a.m. and from Toby Wells YMCA at 10:15 a.m.
FEE: Members .................$68
Participants ............$89
REGISTRATION: Welcome Center, by phone with credit card (619-298-3576) or online at missionvalley.ymca.org. No refunds or credits. Registration deadline is June 11.
ACTIVITY LEVEL: Easy, some walking.
SPECIAL NOTES: Must be 21 years or older; please bring valid photo ID. The Bernardo Winery does have heaters for your comfort, but part of the tour will be outdoors so please dress according to the weather.
MISSION VALLEY YMCA

WARNER BROS. STUDIO TOUR

We’re going to Hollywood! Come with us to the Warner Bros. studio lot for an exclusive tour through one of the most famous motion picture and television studios. Tours begin at the wonderful V.I.P. Tour Center with a special introductory film to the world of Warner Bros. and a knowledgeable tour guide will show us where and how they create some of the most memorable moments in film and television history. During our journey through the historic Warner Bros. back lot, we’ll be sure to recognize locations from some of today’s and yesterday’s most popular films and television series, from Midwest Street’s quaint town square to Hennesy Street’s urban city exteriors, to the Jungle’s forested lagoon.

Walk on to the set of a hit television show and visit the costume and prop departments. Browse a rare collection of costumes, props, sets, scripts and correspondence in the Warner Bros. Museum, Hollywood’s only studio museum! You will even get the opportunity to take a photo placing you into your favorite WB movie with the magic of Green Screen! With actual filming and production all around, no two tours are alike and the possibilities are endless — And always, always be on the lookout for a star!

We will stop for lunch (fee not included).

**DATE:** Wednesday, June 24  
**TIME:** Morning departure at 7:30 a.m. We will return by approximately 6:30 p.m.  
**TRANSPORTATION:** Coach bus; minimum sign-up is required by May 19.  
**FEE:** Members ............. $97  
Participants ........ $125  
**REGISTRATION:** Welcome Center, by phone with credit card (619-298-3576) or online at missionvalley.ymca.org. No refunds or credits. Minimum required for group rates.  
**ACTIVITY LEVEL:** Moderate  
**SPECIAL NOTES:** Adults must present a valid government issued ID (driver’s license or passport) for entrance to the studio lot.  
**CONTACT:** Barb Madsen (619-298-3576 ext. 11215 or bmadsen@ymca.org)
MISSION VALLEY YMCA

KAYAKING CORONADO

Here is an opportunity to view beautiful Coronado Island and downtown San Diego by kayak. We’ll meet at Coronado’s Tidelands Park for an introductory paddling lesson and safety talk. Then we’ll launch our kayaks for a guided tour of the bay traveling by the scenic Coronado Bay Bridge. We’ll paddle to the Ferry Landing, pointing out various landmarks of the downtown skyline along the way. We typically get up close and personal to many shorebirds such as Great Blue Herons, Great Egrets, Willets and Spotted Sandpipers. No paddling or swimming experience necessary. Cost includes kayak, life vest, paddle, introductory lesson and instructor/guide.

DATE: Wednesday, July 29
TIME: 9 a.m. - 12 p.m.
LOCATION: San Diego Bay; launch kayaks at Coronado Island Tidelands Park
2000 Mullinix Dr., Coronado 92118
TRANSPORTATION: Your own or carpool. See flier for directions.
FEE: Members ...............$32
Participants ...........$37
REGISTRATION: Welcome Center, by phone with credit card (619-298-3576) or online at missionvalley.ymca.org. No refunds or credits. Registration deadline is July 20 or until space filled.
ACTIVITY LEVEL: Moderate
SPECIAL NOTES: Wear comfortable, layered clothing and tennis or water shoes. Bring sun and wind protection. Pack a quart of drinking water and finger foods for snacks.
MISSION VALLEY YMCA
LAGUNA BEACH FESTIVAL OF THE ARTS & PAGEANT OF THE MASTERS

Get ready to be awed by the extraordinary artists and legendary composers whose works have withstood the test of time as the 82nd annual Pageant of the Masters presents its unique theatrical celebration of art in tableaux vivants — “living pictures” — with real people creating incredible illusions on stage by posing to look exactly like their counterparts in the original pieces. Discover how artists answers the age-old question, “What makes life worth living?” as this season’s theme, The Pursuit of Happiness, explores both ancient and modern sources of happiness on a sentimental journey through depictions of pastimes and activities that gave people joy long before the instant gratification of the computer age.

Your Day Tripper tour includes round trip coach transportation, time in the artist community of Laguna Beach for dinner on your own, admission to the Main Festival (which hosts one of the nation’s oldest and most highly acclaimed juried fine art shows) and excellent reserved main tier seating for Pageant of the Masters. Don’t miss this unrivaled event! Visit the Day Tripper Tours website (www.daytrippertours.com) for an incredible video introduction to Pageant of the Masters. Space is limited, register today.

DATE: Thursday, July 30
TIME: 1:15 p.m. - 12:30 a.m.
DEPARTURE: 1:15 p.m. Bus picks up curbside at 2005 Camino del Este, San Diego 92108 on the In-N-Out Burger side of the street, across from Broken Yolk Cafe. Street parking only; please observe all parking signs and curb markings.
FEE: Members.................... $109
      Participants .............. $109
REGISTRATION: Welcome Center, by phone with credit card (619-298-3576) or online at missionvalley.ymca.org. No refunds or credits. Limited space available.
ACTIVITY LEVEL: Moderate walking. Some stairs and/or inclines are present at destination. Elevators may not be present at destination. Persons of limited mobility should consult with a physician as to the appropriateness of this tour in relation to their physical abilities.
CONTACT: Barb Madsen (619-298-3576 ext. 11215 or bmadsen@ymca.org)

missionvalley.ymca.org
MISSION VALLEY YMCA

THE PHANTOM OF THE OPERA
AT THE SEGERSTROM CENTER

Travel with us to the Segerstrom Center in Costa Mesa for a spectacular new production of Andrew Lloyd Webber’s international award-winning musical phenomenon “The Phantom of the Opera.” Critics are raving that this breathtaking new production is “bigger and better than ever before,” and boasts exciting new scenic design, Tony Award-winning original costumes and brilliant choreography. The beloved story and thrilling score — featuring iconic hits including “Music of the Night,” “All I Ask Of You,” and “Masquerade” — will be performed by a cast and orchestra of 52, making this Phantom one of the largest productions now on tour.

“The Phantom of the Opera” tells the story of a disfigured musical genius who haunts the catacombs beneath the Paris Opera and exerts strange control over a lovely young soprano. Your Day Tripper tour includes coach transportation, reserved orchestra seating and time for lunch on your own at South Coast Plaza. Or optionally, for an additional $33, join your tour director for an all-inclusive gourmet lunch at the elegant Silver Trumpet Restaurant.

DATE: Saturday, August 8
TIME: 9:30 a.m. - 6:45 p.m.
DEPARTURE: 9:30 a.m. Bus picks up curbside at 2005 Camino del Este, San Diego 92108 on the In-N-Out Burger side of the street, across from Broken Yolk Cafe. Street parking only; please observe all parking signs and curb markings.
FEE: Members..................$159
Participants ..............$159
REGISTRATION: Welcome Center, by phone with credit card (619-298-3576) or online at missionvalley.ymca.org. No refunds or credits. Limited space available.
ACTIVITY LEVEL: Moderate walking. Some stairs and/or inclines are present at destination.
Elevators may not be present at destination. Persons of limited mobility should consult with a physician as to the appropriateness of this tour in relation to their physical abilities.
CONTACT: Barb Madsen (619-298-3576 ext. 11215 or bmadsen@ymca.org)
MISSION VALLEY YMCA

KAYAKING:
MOONLIGHT & FIREWORKS PADDLE

Let’s celebrate our summer nights with an evening paddle to see the fireworks on San Diego Bay. This tour is a great introduction to kayaking, as well as a scenic nighttime tour of one of San Diego’s most beautiful playgrounds. Highlights include a breathtaking view of the downtown San Diego skyline and the quaint shopping and restaurant area at the Coronado Ferry Landing. During the paddle, we will watch the fabulous fireworks from our kayaks.

We make it easy for you to join us on this excursion. We provide all the kayaks and equipment plus an introductory paddling lesson. No previous kayaking or swimming experience is required. We use stable, comfortable kayaks that are easy to paddle for a safe, enjoyable evening on the water. Bring your family and friends!

DATE: Friday, August 21
TIME: 7 p.m. – 10 p.m.
LOCATION: San Diego Bay; launch kayaks at Coronado Island Tidelands Park (2000 Mullinix Dr., Coronado 92118)
TRANSPORTATION: Your own or carpool. See flier for directions.
FEE: Members.................. $35
Participants............... $45
REGISTRATION: Welcome Center, by phone with credit card (619-298-3576) or online at missionvalley.ymca.org.
You will have until August 11 to register or request to cancel without incurring nonrefundable deposits. Space is limited.
ACTIVITY LEVEL: Moderate
SPECIAL NOTES: Be prepared for our various weather conditions; please wear comfortable, layered and quick-drying (non-cotton) clothing, including shoes that can get wet. Tennis shoes or water shoes will work well. Also bring wind protection, such as a windbreaker, and drinking water. Signed waivers are required for all participants. Snacks that can be eaten in the kayak are optional.

missionvalley.ymca.org
LEARN:
LIVE & LEARN PRESENTATIONS
LEARN A NEW SKILL: COMPUTER BASICS, SMART PHONES & TABLETS

Learn how to operate your PC computer, Android device, or Apple computer or device (iPhone or iPad). Understand the interface and software on your computer.

**DAYS:** Tuesday and Wednesday  
**TIME:** 1 p.m. - 2 p.m.  
**LOCATION:** Mission Valley YMCA Cymer Digital Studio  
**FEE:**  
- Members ...................$20  
- Participants .............$30  
**REGISTRATION:** Welcome Center, by phone with credit card (619-298-3576) or online at missionvalley.ymca.org. Please register at least one week prior to class.  
**CONTACT:** Edreace Purmul, epurmul@ymca.org, 619-298-3576 ext. 11227

HAIKU WRITING & ENHANCED BRAIN FITNESS

What is Haiku? A major form of Japanese verse, often on the subject of nature or of the seasons. You come to the gym to exercise your muscles, so why not use a “brain gym” to exercise your mind? Learn to write and read a Haiku and promote brain health by attending this fun, social writing activity, provided by our own volunteer Lloyd Lickert. Stop by anytime this is offered, it’s ongoing fun!

**DAYS:** Second and fourth Friday of each month  
- May 8, 22  
- June 12, 26  
- July 10, 24  
- Aug. 14, 28  
**TIME:** 11:30 a.m. - 12:30 p.m.  
**LOCATION:** Mission Valley YMCA Activity Room  
**FEE:** Members only – free!  
**REGISTRATION:** None required, just stop by the Activity Room!
TEXTILE STUDY GUILD OF SAN DIEGO
MINI WORKSHOPS

We’re going to have SEW much fun with textiles! Join us for various workshops to learn about textile applications such as sashiko embroidery and running stitches, drawing patterns, and more. Possible projects that we might get to do are bags, eyeglasses holders, cell phone cases or bow ties. Bring your own supplies (needle, pencil, fabric, thread) or pay for some during class.

**DAYS:** Second and fourth Monday of each month
(no class on Memorial Day)

**TIME:** 1:30 p.m. - 3:30 p.m.

**LOCATION:** Mission Valley YMCA Activity Room

**FEE:**
- Members: No supplies needed........ $3/class
- Supplies needed............. $5/class
- Participants: No supplies needed ..... $8/class
- Supplies needed............... $10/class

**REGISTRATION:** Welcome Center, by phone with credit card (619-298-3576) or online at missionvalley.ymca.org. Space is limited.

BRAIN EXERCISE GAMES

Want to improve your memory and language skills? Research shows that older adults who regularly use the computer for brain exercise games can increase these skills! Basic mouse and keyboard skills are recommended.

**DAYS:** Third Thursday of each month
- May 21
- June 18
- July 16
- Aug. 20

**TIME:** 12:30 p.m. - 1:30 p.m.

**LOCATION:** Mission Valley YMCA Cymer Digital Studio

**FEE:** Free for members

**REGISTRATION:** Welcome Center or by phone (619-298-3576). Space is limited.
MISSION VALLEY YMCA

YOUR JOURNEY THROUGH RETIREMENT

Discuss preparing for, transitioning into and arriving at retirement. We will develop a strategy to help you make the right decisions to achieve your goals and control taxes. Live your goals while financially supporting the people, ideals and organizations that are important to you.

Presented by Melanie Meyer, CFP® and a Wealth Advisor with 20 years’ experience at Thrivent Financial. Melanie is member of Pathway Financial Consultants and specializes in fee-based financial planning, investment management, charitable planning and retirement income strategies.

DATE: Thursday, May 14
TIME: 6 p.m.
LOCATION: Toby Wells YMCA Community Room
FEE: Members .................$3
Participants ...........$5
REGISTRATION: Welcome Center, by phone with credit card (858-496-9622) or online at missionvalley.ymca.org. No refunds or credits.

MISSION VALLEY YMCA

CYBER SECURITY

In this interactive workshop, you’ll learn to spot special engineering attempts (such as “phishing” vehicles used for embedding a virus) and how to minimize your online risk at work and at home. Learn about basic information such as laptop security tips, how to identify theft and fraud online, how to better protect yourself with passwords, and about your privacy choices.

DATE: Tuesday, May 19
TIME: 1:30 p.m.
LOCATION: Mission Valley YMCA Community Room
FEE: Free!
REGISTRATION: Welcome Center or by phone (619-298-3576).

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TOBY WELLS YMCA

RETIRE WISELY

“Will I have enough to retire? Could I outlive my retirement income? Are my assets protected?” If these are questions that cross your mind, consider attending this workshop, which addresses six risks that retirees face, including outliving your income and rising health care costs. You’ll learn how to confidently meet these challenges!

Presented by Guy Elison, CFP® with Thrivent Financial. During his tenure, Guy spent 12 years supervising Thrivent operations in Northern California, Western Washington, and Alaska. With 26 years’ experience, Guy is a sought after consultant for Social Security and Retirement Income strategies.

DATE: Thursday, May 28
TIME: 6 p.m.
LOCATION: Toby Wells YMCA Community Room
FEE: Members................. $3  Participants................. $5
REGISTRATION: Welcome Center, by phone with credit card (858-496-9622) or online at missionvalley.ymca.org. No refunds or credits.

MISSION VALLEY YMCA

AUDIBLE HEARING SCREENING

The no. 1 reason why people don’t address a hearing loss is lack of awareness. Most people with hearing loss underestimate their hearing ability by a wide margin. Taking the very easy and quick HTS hearing screening will let you know where you stack up with your hearing, quite possibly motivating you to seek our further testing and possible solutions! Presented by John Kelly, hearing health professional with over 30 years’ experience.

Some important points about the HTS hearing screening:
» Developed at the world-renowned House Ear Clinic in LA
» Uses voices (not tones) to test — revolutionary and accurate
» Simple and takes an average of five minutes to complete
» Provides an immediate printed results

DATE: Friday, May 29
TIME: 9 a.m. – 2 p.m.
LOCATION: Mission Valley YMCA Community Room
FEE: Free! Registration is required.
REGISTRATION: You must register by Wednesday, May 27 by calling Barb Madsen at 619-298-3576 ext. 11215. Each person will be given a specific screening time.
MISSION VALLEY YMCA

PAIN & STRESS REDUCTION

» Chronic pain
» Nausea/dizziness
» Weight problems

» Fatigue
» Trouble sleeping
» Emotional ups/downs

» Headaches
» Digestive disturbances
» Allergies/sinus trouble

If you suffer from any of the above, come and learn how to break and prevent the pain/stress cycle in order to achieve optimal health! Presented by Dr. Mario A. Mancini OMD, LAc, CNS, QME (doctor of oriental medicine, licensed acupuncturist, qualified medical evaluator and board certified nutrition specialist).

DATE: Thursday, June 11
TIME: 11 a.m. - 12:30 p.m.
LOCATION: Mission Valley YMCA Community Room
FEE: Members ............$3
Participants ...........$5
REGISTRATION: Welcome Center, by phone with credit card (619-298-3576) or online at missionvalley.ymca.org. No refunds or credits.

Presenting at both Mission Valley & Toby Wells!

TOBY WELLS YMCA

DATE: Thursday, June 18
TIME: 6:30 p.m. - 8 p.m.
LOCATION: Toby Wells YMCA Community Room
FEE: Members .................$3
Participants ...........$5
REGISTRATION: Welcome Center, by phone with credit card (858-496-9622) or online at missionvalley.ymca.org. No refunds or credits.
MISSION VALLEY YMCA

FEEL THE BEAT: BASIC CPR COURSE
We all have loved ones who we care about deeply. If a medical emergency suddenly arises, you know the critical skills needed to be able to help revive your loved ones if he or she stops breathing, begins choking or loses consciousness? Get certified in CPR from A-B-CPR and First Aid of San Diego County.

DATE: Thursday, June 18
TIME: 12 p.m. - 3:30 p.m.
LOCATION: Mission Valley YMCA Community Room
FEE: Members $35 Participants $47
REGISTRATION: Welcome Center, by phone with credit card (619-298-3576) or online at missionvalley.ymca.org. You will have until June 10 to register or request to cancel without incurring nonrefundable deposits. No credits or refunds on or after June 11.
SPECIAL NOTES: A minimum of eight needed by June 10 for this event to take place.

MISSION VALLEY YMCA

LONG-TERM CARE STRATEGIES
Preparing for long-term care is a gift your family deserves! This one-hour workshop explores funding options for long-term care, including social programs and insurance, to help you design a thoughtful and personalized strategy to be prepared emotionally, physically and financially for long-term care.

Presented by Clare. Financial Advisor with Thrivent Financial, who specializes in long-term care strategies. Clare formerly ran the volunteer program at HICAP, Health Insurance Counseling and Advocacy Program, where she provided technical expertise on Medicare and Long Term Care insurances.

DATE: Tuesday, June 23
TIME: 6 p.m.
LOCATION: Toby Wells YMCA Community Room
FEE: Members $3 Participants $5
REGISTRATION: Welcome Center, by phone with credit card (858-496-9622) or online at missionvalley.ymca.org. No refunds or credits.

missionvalley.ymca.org
KNEE & HIP CORRECTIVE CLASS
If you have experienced an injury, surgery or are just wanting to improve strength in your feet, knees or hips, this class is a must! Learn muscle diversification and improve your body’s ability to move. These gentle, specific exercises will improve your mobility and strengthen your knees and hips without creating pain. This updated class has new exercises that focus more on feet and hips! Presented by Nicholas Linn, muscle activation techniques specialist and president/CEO Neuromuscular Fitness Training.

DATE: Thursday, June 25
TIME: 6 p.m.
LOCATION: Toby Wells YMCA Community Room
FEE: Members $3  Participants $5
REGISTRATION: Welcome Center, by phone with credit card (858-496-9622) or online at missionvalley.ymca.org. No refunds or credits.

BALANCE YOUR LIFE:
ONLY YOU CAN MAKE CHANGE HAPPEN
Learn how to determine what’s working in your life and eliminate what’s not working. Identify your strengths, weaknesses and areas for improvement, then develop strategies that utilize your strengths. Identify resources that support change and implement both long-term and short-term goals. Presented by Bernadette Morgan, certified Mindful Life Coach.

DATE: Thursday, July 9
TIME: 1 p.m. - 2 p.m.
LOCATION: Mission Valley YMCA Activity Room
FEE: Members $3  Participants $5
REGISTRATION: Welcome Center, by phone with credit card (619-298-3576) or online at missionvalley.ymca.org. No refunds or credits.
STRENGTH & BALANCE FOR SENIORS

It is important to do strength exercises and practice balance throughout our lives, but especially as we age. Learn some basic exercises you can do anywhere that will help you feel stronger and more confident in your everyday tasks. All levels welcome.

Presented by Karen Barry, certified personal trainer and aquatics instructor.

DATE: Thursday, July 23
TIME: 11 a.m.
LOCATION: Toby Wells YMCA Community Room
FEE: Members.................$4  Participants...............$9
REGISTRATION: Welcome Center, by phone with credit card (858-496-9622) or online at missionvalley.ymca.org.
No refunds or credits.

SUPPORTIVE SHOULDER

Frozen shoulder, torn rotator cuff, impingement syndrome or just plain shoulder pain are all indicators that a unique exercise program should be adopted. In this workshop, you will learn new shoulder and core exercises than strengthen and increase flexibility.

Presented by Nicholas Linn, muscle activation techniques specialist and president/CEO Neuromuscular Fitness Training.

DATE: Tuesday, July 28
TIME: 6 p.m.
LOCATION: Toby Wells YMCA Community Room
FEE: Members.................$3  Participants...............$5
REGISTRATION: Welcome Center, by phone with credit card (858-496-9622) or online at missionvalley.ymca.org.
No refunds or credits.
MISSION VALLEY YMCA

WOMEN AND HEART DISEASE

This lecture will be about women and heart disease signs/symptoms, plus stress management techniques. Our speaker will also share her personal journey and spread awareness of the importance of heart health, and promote the educational, support and advocacy programs available through WomenHeart.

The uniqueness of WomenHeart stems from the WomenHeart Champions: all women living with heart disease. Together and individually, they are the face of heart disease — the individuals most qualified to share their experiences with others and support other women as they struggle to live with a chronic disease. Each woman has a compelling story of the road to diagnosis and their day-to-day struggles to maintain their heart health and lives, from navigating the daunting healthcare system to maintaining a prescription drug regime.

DATE: TBA — July. Keep an eye out for upcoming fliers!
TIME: TBA
LOCATION: Mission Valley YMCA Community Room
FEE: Free
REGISTRATION: Welcome Center or by phone (619-298-3576).
SPECIAL NOTES: For updates about this presentation, look for fliers coming soon or contact Barb Madsen (619-298-3576, ext. 11215 or bmadsen@ymca.org)
MISSION VALLEY YMCA

SUPPORTIVE SHOULDER
Frozen shoulder, torn rotator cuff, impingement syndrome or just plain shoulder pain are all indicators that a unique exercise program should be adopted. In this workshop, you will learn new shoulder and core exercises that strengthen and increase flexibility.

Presented by Nicholas Linn, muscle activation techniques specialist and president/CEO Neuromuscular Fitness Training.

DATE: Monday, August 3
TIME: 1 p.m.
LOCATION: Mission Valley YMCA Community Room
FEE: Members $3
     Participants $5
REGISTRATION: Welcome Center, by phone with credit card (619-298-3576) or online at missionvalley.ymca.org. No refunds or credits.

TOBY WELLS YMCA

STRENGTH & BALANCE FOR SENIORS II: CHECKIN’ IN
Make sure the exercises you are currently doing are the most effective ones for your needs and that you are doing them correctly. You will also learn ways to keep your routine fresh and fun. Stay motivated with some easy ways to work exercise into your busy life. All levels welcome, beginners encouraged! Presented by Karen Barry, Personal Trainer and Aquatics Instructor. (Note: You DO NOT need to have attended the Strength and Balance session July 23 to attend this presentation.)

DATE: Thursday, August 20
TIME: 11 a.m.
LOCATION: Toby Wells YMCA Community Room
FEE: Members $4
     Participants $9
REGISTRATION: Welcome Center, by phone with credit card (858-496-9622) or online at missionvalley.ymca.org. No refunds or credits.
BELONG:
ENTERTAINMENT & SOCIAL

missionvalley.ymca.org
MISSION VALLEY YMCA

MORNING SOCIAL
Join us for free coffee and a snack! Come and hang out with your fellow Y members. Socialize, play games or read and borrow a book from our lending library.

LOCATION: Mission Valley YMCA Activity Room
FEE: Members only – free!
REGISTRATION: None required, just stop by!
CONTACT: Barb Madsen, bmadsen@ymca.org, 619-298-3576 ext. 11215
DAYS: Every Thursday; see below for specific dates.
TIME: 10 a.m. - 11:45 a.m.
DATES:
   May 14, 21, 28
   June 11, 18, 25
   July 2, 9, 16, 23, 30
   August 6, 13, 20, 27
MISSION VALLEY YMCA

GERRY TRADER BOOK CLUB
The Gerry Trader Book Club meets on the first Monday of the month from 10:30 a.m. to 12 p.m. to review the monthly book selection. Sufficient copies of the titles listed are available in the San Diego Public Library system.

COME JOIN US, EVEN IF YOU HAVEN’T READ THE BOOK!

DATE: First Monday of each month
   May 4.................Orphan Train by Christina Baker Kline
   June 1..............Peace Like a River by Leif Enger
   No July or August meetings
TIME: 10:30 a.m. - 12 p.m.
LOCATION: Mission Valley YMCA Activity Room
FEE: Free!
REGISTRATION: None required, just stop by!
CONTACT: Group Leader Charlene Tate, 619-584-0828

BOOK WORMS BOOK CLUB
Looking for the Book Worms Book Club? We’re taking a hiatus for the summer! We resume in September; stay tuned!

MOVIE GOERS GROUP
Looking for the Movie Goers Group? We’re taking a hiatus for the summer! We resume in September; stay tuned!
TOBY WELLS YMCA

GRIEF SUPPORT GROUP
If you are suffering or have suffered from the loss of a loved one and you need the support and sympathy of friends, please join us for chatting and sharing.

DATE: Second Tuesday of each month
May 12       June 9       July 14       Aug. 11
TIME: 11:30 a.m.
LOCATION: Toby Wells Community Room
FEE: Free!
REGISTRATION: Welcome Center or just stop by!
SPECIAL NOTES: This is NOT a counseling group or session.
If you are in need of counseling, please reach out; we will help you find resources.

MISSION VALLEY YMCA

LET’S DO A MOVIE AT THE Y!
Join your fellow Y members in watching a movie at the Y. Snacks are included! See flier for film descriptions.

DATES: Selected Friday of each month
May 15 ...............Still Alice
June 19 ..............Good Night, and Good Luck
July 31 ..............Best Exotic Marigold Hotel
August 21 ..........Darjeeling Limited
TIME: 11:30 a.m. - 2 p.m.
LOCATION: Mission Valley YMCA Activity Room
FEE: Members ..........Free
Participants ..........$5
REGISTRATION: Welcome Center, by phone with credit card (619-298-3576) or online at missionvalley.ymca.org. You must register at least two days prior to movie day.
SPECIAL NOTES: You are welcome to bring a bag lunch!
MISSION VALLEY YMCA

ANNUAL SUMMER YAA PICNIC:
FRIDAY, JUNE 5

Join us for the annual summer YAA picnic! Includes grilled hamburgers and hot dogs, plus an opportunity for drawings and a chance to play games. This is a great time to meet new friends! This year, our theme is old-fashioned picnic.

DATE: Friday, June 5
TIME: 12 p.m. - 2 p.m.
LOCATION: Mission Valley YMCA Soccer Field
FEE: Members ............. $9
                 Participants........... $12
REGISTRATION: Welcome Center, by phone with credit card (619-298-3576) or online at missionvalley.ymca.org. You will have until June 2 to register or request to cancel without incurring nonrefundable deposits.
SPECIAL NOTES: Bring sunscreen, a hat and your smile!
OTHER THINGS THE Y HAS TO OFFER

BE A PART OF OUR Y FAMILY
As a member of our Y, you have a second family. You meet new friends and share experiences with your family and your Y family. Join in and pursue your interests, stay active and continue learning. YAA is a way for you to stay connected to your family and stay vital and engaged.

FINANCIAL ASSISTANCE
“Programs of the YMCA shall be available to all, regardless of age, sex or ethnic origin.” We want everyone to have access to our programs. Information on income, family size and personal situations helps us award financial aid in a fair and consistent manner on a case-by-case basis. If you would like to apply for financial assistance for membership and/or programs, stop by the Welcome Center or download a copy of the forms online at missionvalley.ymca.org in the “About Us” and “Forms & Financial Aid” section.

CURRENT OPPORTUNITIES FOR VOLUNTEERS
Opportunities include getting involved in the YAA council, literacy program or annual Community Outreach Campaign; helping with the annual book fair or holiday gift-giving; mentoring local students; coaching pee wee and youth sports teams, and so much more! Throughout the year, there are a number of opportunities to lend a hand to your community. As a Mission Valley YMCA volunteer, your time and talent go a long way. If you don’t see one that is ideal for you, suggest your own position! If we can make it work we’d love to have you on board.

To volunteer, visit our website at missionvalley.ymca.org and click the “Get Involved” link. For more information, please contact Barb Madsen (bmadsen@ymca.org, 619-298-3576 ext. 11215).

SUPPORT THE Y
When you joined the Y, you became a part of a community committed to nurturing the potential of kids, improving health and well-being, and giving back and supporting our neighbors. Your membership gives you and your community the opportunity to learn, grow and thrive.
OTHER THINGS THE Y HAS TO OFFER

HERITAGE CLUB
The Heritage Club is comprised of individuals and families who support the mission of Mission Valley YMCA through gifts to the Endowment Fund or by including the YMCA in their estate planning. It is the commitment rather than the amount that is the basic factor in qualifying as a Heritage Club member.

MEMBERSHIP QUALIFICATIONS
• An outright gift to the YMCA Endowment Fund of money, securities, property or other marketable assets.
• Naming Mission Valley YMCA to receive a bequest in one’s will or living trust.
• Naming Mission Valley YMCA as a beneficiary of life insurance.
• Naming Mission Valley YMCA as a remainder beneficiary of a charitable remainder trust, gift annuity, pooled income fund, IRA, or a gift of a personal residence with retail life estate.

For more information, please contact Sidd Vivek (svivek@ymca.org, 619-298-3576 ext. 11225) or Barb Madsen (bmadsen@ymca.org, 619-298-3576 ext. 11215).

COMMUNITY OUTREACH CAMPAIGN 2015

BETTER CHOICES, BETTER LIVES, BETTER FUTURES

Choices. You could say that’s what we offer here at Mission Valley – a variety of choices that help the youth and families of our community live better lives, make better choices and ultimately create a brighter future.

Our ability to provide those choices is dependent on the success of our Community Outreach Campaign. Last year, we provided vital programs and services to thousands in our community through campaign donations. In 2015, we’re asking for your help to make that happen again.

Your contributions give us the means to offer more choices and strengthen those already in place, all with the YMCA’s mission as a guide.

To make a donation, contact Barb Madsen (bmadsen@ymca.org, 619-298-3576 ext. 11215).

THANK YOU FOR YOUR DONATION!

missionvalley.ymca.org