



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE FOR LIFE

YMCA Trips 2019

Fitness, Family and Community

We know that a routine of physical fitness and visiting with friends goes a long way to keeping you healthy—physically, mentally and spiritually.

Date	Time	Event
January 9	Noon	Potluck/BINGO
January 17	8:30am-4:00pm	Alton, MO/IL Eagle Tour, Fast Eddies, Argosy Casino
February 15	1:00pm-3:00pm	Valentines Dance
February 28	9:30am-1:00pm	Sips n Splatters, Lunch Sugar Fire Grill
March 13	Noon	Potluck/BINGO
March 28	TBA	Bissinger's Chocolate Factory Tour, Lunch Tigin Irish Pub
April 30	TBA	Horse Hooky Fairmont Race Track
May 8	Noon	Potluck/BINGO
May 16	TBA	St Louis Botanical Gardens
June 28	TBA	Grants Farm
September 11	Noon	Potluck/BINGO
September 20	TBA	Kimmswick, MO
October 22-30	TBA	Scotland
November 13	Noon	Potluck/BINGO
November 22	TBA	St Charles, MO
December 11	TBA	Cathedral Basilica, Lunch on the Hill