



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SENIOR LUNCH & LEARN



**Bite size pieces
of things you
need to know.**

**Lunch & Learn will be the 3rd Friday
of the month at the Orrville YMCA.
Program will include lunch, a guest
speaker bringing you information on
very important topics and will be
followed by Bingo.**

Lunch and Learn will begin at 11:30am and there is no cost to attend. RSVP's are needed by the Friday before for meal planning and set up purposes please.

Lunch & Learn proudly brought to you by:



January 20th
Laugh for the Health of it

February 17
HUMANA Insurance

March 17
Is Lady Luck Guiding your Finances?

April 21st
Know your Market

May 19th
Orthopedics Caring for your
Musculoskeletal System

June 16th
Safe & Happy Summer
(Bring your Grandchildren)

July 21st
Senior Health Fair

August 18th
Community Action Awareness

September 15th
How a little thought today can
improve your tomorrow—Part I

October 20th
How a little thought today can
improve your tomorrow—Part II

November 17th
Stress Management

December 15th
Christmas Party

*schedule subject to change