



# SENIOR LUNCH & LEARN

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**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.**

Doors will open at 11:15, 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:



**May 18th**  
ARTHRITIS /JOINT PAIN  
Tina Griffin

**June 22nd**  
DIABETES  
Bobbie Randall  
Aultman-Orrville

**July 20th**  
HAPPINESS, HUMOR, & HEALING  
Brian Suntken

**August 17th**  
MEALS ON WHEELS

**September 14th**  
ANXIETY/DEPRESSION  
Kristen McCourt

**October 26th \*\* date change**  
August Pavis, Marine Vet

**November 9th**  
MEDICARE PLANNING

**December 14th**  
Holiday Party

\*schedule subject to change