



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAKE IT AN E.P.I.C SUMMER! CHALLENGE

In September, finish off E.P.I.C. SUMMER with events and activities to motivate you to CHALLENGE yourself!

Celebrate your healthy lifestyle during Active Aging Week at the Y.

September 23-29



## SCHEDULE OF EVENTS

### What

Book Club:  
"The Things They Carried" by Tim O'Brian

Brunch & Balance:  
Join us in a kick off event for Healthy Aging Week for this informational session provided by Orthology on Falls Prevention & Balance. Brunch is provided by the Y. Sign Up at Member Services. Space Is limited!

Bingo & Bingo:  
Let's play actual Bingo while also grabbing our Active Aging Week Bingo cards to play a Healthy Game of Bingo all week long! There will be Prizes for all Bingo Games! Sign Up at Member Services. Space is limited. \$8 cash; can be paid at sign up or day of event.

ForeverWell Happy Hour

### When

Tuesday  
Sept 17th 2:30pm

Wednesday  
Sept 18th 10:30am

Monday  
Sept 23rd 10:30am

Friday  
Sept 27th 4pm

### Where

4th Floor Conference Room

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Elephant Bar: 213 4th St E St Paul