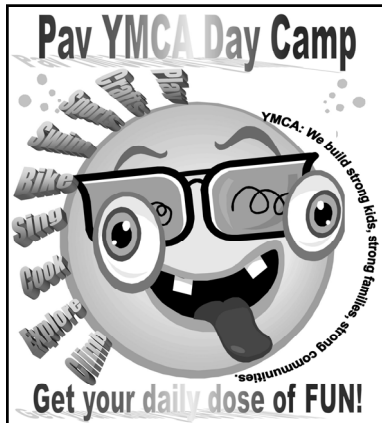


Pav YMCA Calendar of Events

May/June
Updated 05/17/09

MAY 2009

- Osteoporosis Prevention Month
- Physical Fitness and Sports Month
- Mental Health Month
- High Blood Pressure Education Month
- Skin Cancer Awareness/Detection Month
- TYLENOL® Keep Moving Month



Make summer special with Pav YMCA Summer Day Camp for ages 3-15!!

Pav YMCA got camp?

- 19 Pav YMCA Christian Emphasis & Diversity Committee (3:30-4:30pm, Board Room)
- 22 Senior Social: Movie (TBA) (Healthy snacks to share are always welcome!)
- 25 Memorial Day (YMCA closed)
- 26 → Celebrate active aging and with our TYLENOL® Keep Moving event for seniors: State's Largest SilverSneakers® Fitness Class, Resource Fair & Senior Social! (Sponsored by McNeil Consumer Healthcare — 10am to 2pm, FREE, Pav YMCA gymnasium, ages 55+ and arthritis sufferers welcome, 10am-2pm, YMCA membership not required, PREREGISTER TODAY by calling the Pav YMCA at (708) 749-0606, ext. 16, ask for event code #09MAY 01777-01 See back for more details.
- 29 Senior Social: (TBD)
- 29 Shavuot (Jewish)

JUNE 2009



Support Strong Kids!

Make today your day to give! Charitable, tax-deductible donations to our Strong Kids Scholarship Fund are accepted all year long.

Help us meet our 2008-09 goal! Give today to beat our June 30th deadline! Your gift can help send kids to camp this summer!!

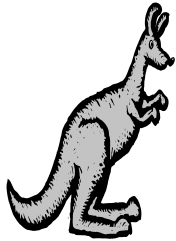
- 5 Senior Social: BINGO (bring healthy snacks or desserts and prizes to share)
- 6 National Trails Day — GET OUT AND HIKE! For more information see the American Hiking Society's official site: www.AmericanHiking.org
- 12 Senior Social: Humana Presentation (10:30am-1pm, bring snacks to share, coffee service provided, FREE)
- 12 U.S. Digital Television Conversion Date !!!!!
- 19 Senior Social: Pot Luck (bring your favorite dish to share with 8-10 people or donate \$3)
- 21 Fathers Day
- 26 Senior Social: Movie (TBA) (Healthy snacks to share are always welcome!)



JULY 2009

- 3 Senior Social: BINGO (bring healthy snacks or desserts and prizes to share)
- 4 Independence Day (U.S.) — Happy 4th of July! (YMCA closed)
- 10 Senior Social: Presentation/Seminar (10:30am-1pm, bring snacks to share, coffee service provided, FREE)

Pav YMCA Event Spotlight



Q: What's the "Aussie" way to protecting your skin from harmful summer sun?

A: "Slip, Slop, Slap!"

Slip

Slip on a long-sleeved shirt.

Slop

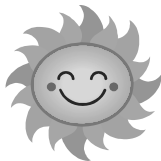
Slop on a good coating of protective sunscreen.

Slap

Slap on a hat that shades your neck & face.

So, "Slip, Slop, Slap" your way to summer skin health and lower your risk of future skin cancers and premature skin aging!!

* Please note that moderate sun exposure does provide the body with **vitamin D**, necessary for the absorption of **calcium** – a key nutrient for **bone health and density**. Consult your doctor to be sure your getting enough vitamin D from other sources.



You Are Invited
to the

State's

Largest

The **Silver Sneakers**[®]
Fitness Program



Class, Senior Resource
Fair & Social



Tuesday
May 26, 2009
10 a.m.-2pm
at the
Pav YMCA
2947 S. Oak Park Ave.
Berwyn, Illinois



Let us know you're coming! Pre-register for event # 09MAY 01777-01.
Call the Pav YMCA at (708) 749-0606 today!

This **TYLENOL**[®] Keep Moving event is generously sponsored by
a grant from McNeil Consumer Healthcare.

YOLDER ADULTS[™]

We build strong kids, strong families, strong communities.

**United
Way**



The Pav YMCA is a United Way agency. Please consider the YMCA of Berwyn-Cicero, Inc. when designating your annual UW pledge.

