



HIGHLIGHTS

Q & A- The Landing 8/1

Join us for an informational session where you can get your questions about The Landing answered.

Annual Triathlon 8/3

It's our 40th and final Annual Woodson YMCA Triathlon at Sunnyvale Park. Race begins at 8:00 am. Come cheer, volunteer, & enjoy this historic event!

Trail Hike 1:00pm 8/14

Rain or shine! Meet at the foot of Rib Mt by Sport & Spine. We'll do a modified loop of trail & sidewalk. Bring water.

Mushrooms & Picnic 8/27

Stroll Monk Gardens, picnic together, stay for wild mushroom presentation. Meet at 4:00 pm Monk Gardens. 1800 N 1st Ave. \$10/Mem \$12/Non-Mem.



AUGUST AOA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Want to Help?</i>	<i>We need Triathlon volunteers!</i>			Q & A 1 <i>The Landing</i> 9:00am North Confer. Room	2	TRIATHLON 3 
4	5	6	7	8	9	10
			TRAIL HIKE 14 	15	16	17
					BIG BULL FALLS BLUES FEST 	BIG BULL FALLS BLUES FEST 
18	19	20	21	22	23	24
25	26	MONK GARDENS 27 	BOOK CLUB 28 	29	30	<i>Registration for Fall Classes & Trips is now open.</i>

Connections Matter! Bring A Friend!