


LCAP Pataskala Events

Check out the resources, meals, exercises, and events provided by the YMCA and LCAP!

West Licking County Family YMCA at 355 W Broad St, Pataskala, OH 43062

Tuesday	Wednesday	Thursday
<p>July 5</p> <p>9:15-10 AM Adult Line Dancing 10:00-11:00 AM Silver Sneakers 12:00-1:30 PM Social Lunch 1:30-2:30 PM Silver Sneakers 2:00-4:00 PM Tea Towel Painting</p>	<p>July 6</p> <p>10:00-11:00 Active Adult Strength & Cardio</p>	<p>July 7</p> <p>9:15-10 AM Adult Line Dancing 10:00-11:00 AM Silver Sneakers 12:00-1:30 Social Lunch 1:30-2:30 PM Silver Sneakers 2:30-4:00 PM Team Trivia 3:00 PM Delay the Disease: Parkinson's</p>
<p>July 12</p> <p>9:15-10 AM Adult Line Dancing 10:00-11:00 AM Silver Sneakers 12:00-1:30 PM Social Lunch 1:30-2:30 PM Silver Sneakers 2:30-4:00 PM Municipal Park Hike</p>	<p>July 13</p> <p>8:00-5:00 PM LCAP Social Services Appointment</p>	<p>July 14</p> <p>9:15-10 AM Adult Line Dancing 10:00-11:00 AM Silver Sneakers 12:00-1:30 PM Social Lunch 1:30-2:30 PM Silver Sneakers 2:30-4:00 PM UNO 3:00 PM Delay the Disease: Parkinson's</p>
<p>July 19</p> <p>9:15-10 AM Adult Line Dancing 10:00-11:00 AM Silver Sneakers 12:00-1:30 PM Social Lunch 1:30-2:30 PM Silver Sneakers 2:30-4:00 PM Bleeding Tissue Paper</p>	<p>July 20</p> 	<p>July 21</p> <p>9:15-10 AM Adult Line Dancing 10:00-11:00 AM Silver Sneakers 11:00-12:00 PM Coffee Chats 12:00-1:30 PM Social Lunch 1:30-2:30 PM Silver Sneakers 2:30-4:00 PM Yahtzee</p>
<p>July 26</p> <p>9:15-10 AM Adult Line Dancing 10:00-11:00 AM Silver Sneakers 12:00-1:30 PM Social Lunch 1:30-2:30 PM Silver Sneakers 2:30-4:00 PM Card Crafting with Michelle</p>	<p>July 27</p> <p>8:00-5:00 PM LCAP Social Services Appointment</p> 	<p>July 28</p> <p>9:15-10 AM Adult Line Dancing 10:00-11:00 AM Silver Sneakers 11:00-12:00 PM Bingo and Coffee 12:00-1:30 PM Social Lunch 1:30-2:30 PM Silver Sneakers 2:30-4:00 PM Scrabble 3:00 PM Delay the Disease: Parkinson's</p>

Pataskala Municipal Park Hike

Tuesday, July 12, 3:00 - 4:00 PM. Meet at S. Twp Rd. Pataskala at the shelter house.

Water Zumba (not presented by LCAP)

Tuesdays at 7:00 p.m. Join Kimberly at Beechwood Trails Park and Pool for Aqua Zumba. 248 Needles Dr. SW Pataskala. (Drop-in fee \$5)

Register by Calling (740) 345-0821