

# SUNSHINE GANG

APRIL 2025



4

## DEVOTION & DONUTS

9:00 AM AT THE YMCA

10

## TAIFU (TAI CHI WITH KUNG FU PRINCIPLES) WITH RACHAEL AUBERGER

11:00 AM - 12:00 PM AT THE YMCA

16

## BINGO & LUNCH

12:00 PM AT THE ACTIVITY CENTER  
YMCA MEMBERS WELCOME!

25

## BINGO & LUNCH

12:00 PM AT THE YMCA

**NATIONAL WALKING DAY IS WEDNESDAY, APRIL 3RD  
RESEARCH HAS SHOWN THAT WALKING AT A LIVELY  
PACE AT LEAST 150 MINUTES A WEEK CAN HELP YOU:**

**THINK BETTER, FEEL BETTER AND SLEEP BETTER.**

**REDUCE YOUR RISK OF SERIOUS DISEASES LIKE HEART DISEASE,  
STROKE, DIABETES AND SEVERAL TYPES OF CANCER.**

**+ MORE!**

