

Sunshine Gang



FEBRUARY



2026

FRI
13th

DEVOTION & DONUTS

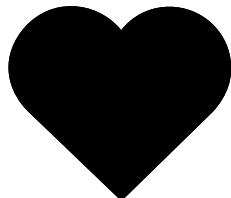
→ 9:00AM at the YMCA

FRI
27th

PIZZA & BINGO

Bring a bag of your favorite candy!

→ 12:00PM at the YMCA



FEBRUARY IS AMERICAN HEART MONTH!

Tips for a healthy heart:

Get active

Control cholesterol

Reduce blood sugar

Quit smoking

Eat well

Manage blood pressure

Watch weight

For more information:

