



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **MASH (Mainstream Adults Sharing Hope)** Ages – Adult (18 and up)

*Adults with special needs (physical and cognitive) meet for activities that encourage socializing, development of healthy habits, and that uplift the spirit through community involvement.*

### **Calendar of Events**

#### **February 9 – Valentine’s Day Party / Signs of Love ♥**

Let’s celebrate all the people we love and discover new ways to tell them why! We’ll learn a little sign language, sharing heart-warming stories, make special cards, play games, and dance. Invite a loved one (friend or family) to come with you, all are welcome. Pink lemonade and snacks will be provided.

#### **February 23 – East Lake Fire Department Field Trip**

Join us for an evening stroll to the fire station for a tour and conversation with our wonderful East Lake firefighters. They will share some handy safety tips with us and allow us to see all the inner workings of our local fire station. Be inspired by our local every day heroes!

#### **March 9 – Master Chef Progressive Dinner**

Let’s get cooking! Join us for a progressive dinner where each course is from a different country and you get to make it yourself right on the spot. We also encourage all participants to bring copies of their favorite healthy recipes to share. It will be a delicious experience! *[Please notify Christine of any food allergies or restrictions by March 1<sup>st</sup> so accommodations can be made.]*

#### **March 23 – Bowling at Maple/Countryside Lanes (MEETUP)**

Show off your bowling skills (good, bad, and ugly) and have a blast cheering on your teammates! This night is all about fun and friendship. Limited spots are available, and **MUST** be reserved ahead of time. Get your name in by March 19th and the YMCA will treat you to 2 games and your shoe rental! ⇨⇨⇨ *Call or email Christine ASAP to get your name on the list.* ⇧⇧⇧

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**Where:** Unless otherwise noted, we meet in the Multi-purpose room, North Pinellas YMCA at 7 pm.

**Contact:** Christine Hamacher, MASH Coordinator, 727.772.9622, [chamacher@suncoastymca.org](mailto:chamacher@suncoastymca.org)

**Fees:** No cost, community program. *Financial assistance is available for membership and other YMCA programs.*

**Additional Info:** Most activities take place at the YMCA with no additional fees. *Some special events may take place outside the YMCA or have a minimal fee for participation.\**

**YMCA OF THE SUNCOAST – NORTH PINELLAS BRANCH**

4550 Village Center Drive, Palm Harbor FL 34685 | P 727.772.9622 | F 727.785.1806 | [www.ymcasuncoast.org](http://www.ymcasuncoast.org)