



# COMMUNITY FOR EVERY ABILITY Club FRIENDship

1st & 3rd Tuesdays of the Month.  
6:45PM in the Lossett Room  
AT THE REDLANDS FAMILY YMCA!



Our club for adults 18+ with disabilities provides a safe space to build friendships, engage in meaningful activities, and strengthen social connections, ensuring families feel confident their loved ones are included in a caring community that values all abilities.

**FREE FOR ALL  
COMMUNITY MEMBERS\*.**



**SCAN THE QR  
TO JOIN !**

[ymcaeastvalley.org](http://ymcaeastvalley.org)

\*Club FRIENDship participants and families of participants are not allowed to use YMCA amenities unless they are active members.