

FEBRUARY 2019

MON	TUE	WED	THU	FRI
	<p>Green—Senior social Black—Senior Fitness Blue—Learn at the Y</p>			<p>1 10:00am-Cards/Board games 1pm— Learn about your membership</p>
<p>4 8:15am-Senior Aqua</p>	<p>5 10:00am—Silver Sneakers</p>	<p>6 10:00am—Aqua Fit</p>	<p>7 8:00am-Coffee and Conversation 10:00am—Silver Sneakers</p>	<p>8 10:00am-Cards/Board games</p>
<p>11 8:15am-Senior Aqua 10am— Strength in Balance lecture</p>	<p>12 10:00am—Silver Sneakers</p>	<p>13 10:00am—Aqua Fit</p>	<p>14 10:00am—Silver Sneakers</p>	<p>15 10:00am-Cards/Board games</p>
<p>18 8:15am-Senior Aqua</p>	<p>19 10:00am—Silver Sneakers</p>	<p>20 10:00am—Aqua Fit</p>	<p>21 8:00am-Coffee and Conversation 10:00am—Silver Sneakers</p>	<p>22 10:00am-Cards/Board games</p>
<p>25 8:15am-Senior Aqua 10am— Lunch and Learn</p>	<p>26 10:00am—Silver Sneakers</p>	<p>27 10:00am—Aqua Fit</p>	<p>28 10:00am—Silver Sneakers</p>	



COMING SOON

Strength in Balance Lecture

Fall Prevention Strategies and Balance Training

February 11th, 2019
from
10:00am – 11:00am

Presented by

