


# March 2019

Mon	Tue	Wed	Thu	Fri
<p><b>Coffee &amp; Conversation every Monday from 9:00-11:00 am in the lobby</b></p>				<p><b>1</b> 8:00am Water Fitness 10:15am Senior Stretch, Strength &amp; Balance 11:00 am Pickleball 12:00pm Silver Sneak-</p>
<p><b>4</b> 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>	<p><b>5</b> 9:00am Water Fitness 10:15am Cardio Dance 12:00pm Gentle Joints 1:00 Book Club 5:30pm Water Fitness 6:30pm Gentle Yoga</p>	<p><b>6</b> 8:00am Water Fitness 10:15am Senior Stretch, Balance &amp; Cardio 11:00 am Pickleball 12:00pm-Silver Sneakers Splash</p>	<p><b>7</b> 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness</p>	<p><b>8</b> 8:00am Water Fitness 10:15am Senior Stretch, Strength &amp; Balance 11:00 am Pickleball 12:00pm Silver Sneak-</p>
<p><b>11</b> 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>	<p><b>12</b> 9:00am Water Fitness 10:15am Cardio Dance 12:00pm Gentle Joints 5:30pm Water Fitness 6:30pm Gentle Yoga</p>	<p><b>13</b> 8:00am Water Fitness 10:15am Senior Stretch, Balance &amp; Cardio 11:00 am Pickleball 12:00pm-Silver Sneakers Splash <b>1:00 Cancer Support Group</b></p>	<p><b>14</b> 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness</p>	<p><b>15</b> 8:00am Water Fitness 10:15am Senior Stretch, Strength &amp; Balance 11:00 am Pickleball 12:00pm Silver Sneak-</p>
<p><b>18</b> 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>	<p><b>19</b> 9:00am Water Fitness 10:15am Cardio Dance 12:00pm Gentle Joints 5:30pm Water Fitness 6:30pm Gentle Yoga</p>	<p><b>20</b> 8:00am Water Fitness 10:15am Senior Stretch, Balance &amp; Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>	<p><b>21</b> 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints <b>12:30 Great Putnam Bank Robbery</b> 5:30pm Water Fitness</p>	<p><b>22</b> 8:00am Water Fitness 10:15am Senior Stretch, Strength &amp; Balance 11:00am Pickleball 12:00pm Silver Sneakers Splash <b>Knitting 1:00pm \$20</b></p>
<p><b>25</b> 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>	<p><b>26</b> 9:00am Water Fitness 10:15am Cardio Dance 12:00pm Gentle Joints <b>12:00 Movie Matinee</b> 5:30pm Water Fitness 6:30pm Gentle Yoga</p>	<p><b>27</b> 8:00am Water Fitness 10:15am Senior Stretch, Balance &amp; Cardio 11:00am Pickleball 12:00pm Silver Sneakers Splash</p>	<p><b>28</b> 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness</p>	<p><b>29</b> 8:00am Water Fitness 10:15am Senior Stretch, Strength &amp; Balance 11:00am Pickleball 12:00pm Silver Sneakers Splash <b>Knitting 1:00pm \$20</b></p>



**Every Monday**  
9:00-11:00 am  
Coffee & Conversation in the lobby

**Volunteers Needed!**  
Want to help run a program? Please ask about volunteer possibilities

**Learn to Knit**  
Beginners or Experience Knitters welcome. Learn to knit a Hat in the round with Woolworks  
Must register for class \$20

**Next Month**



# Hale YMCA Senior Programs

**Book Club** – 1:00 pm the first Tuesday of the month. On March 5th we will discuss “Orphan Train” by Christina Baker Kline. April’s Book Club date is April 9th, the book is “My Sisters Keeper” by Jodi Picoult.

**Great Putnam Bank Robbery** – On March 21 at 12:30pm, come to hear the story of the plan to organize a gang to pull off a daring bank robbery in 1941. Bill Pearsall, Putnam’s Municipal Historian, will bring this story to life through the use of Powerpoint. His great animation will bring you right into the center of the plot. Don’t miss this little known piece of history of Putnam’s past!

**Knitting a Hat in the Rounds** – Putnam’s yarn shop “Woolworks” will be teaching us how to knit a hat in the round. This is a three day class starting on Friday, March 22nd, 29th and April 5th at 1:00. The cost is \$20.00 for materials. Register at the Welcome Center.

**Card Club**—the first Monday of the month in the lobby at 12:00

**Cribbage Club** —the third Monday of the month at 12:00 in the lobby

**Movie** – 12:00 pm Tuesday 26th Teen Center.

**Cancer Support Group** – 1:00 pm the second Wednesday of the month. March 13th

**Coffee and Conversation**—Every Monday morning between 9:00 & 11:00 we will be offering free coffee in the lobby and invite you to join us and make some new friends.

**Pickleball**—If you are unsure of what this game is, it’s a cross between tennis and ping-pong and a lot of fun! We meet every Monday, Wednesday and Friday at 11:00 in the gym. Come join us!

**Senior Ambassador Club**— Would you like to volunteer and be more involved with the Y? We are looking to start a volunteer club that would help us shape and run the programs we are bringing in and to meet and greet our new members. If you are interested please stop in and talk to Cindy & Jenn in the Wellness Center.

**First Steps Back**—This program is designed to help people who are just getting back to exercising that need some guidelines. You will meet with a Personal Trainer who will design a program to fit your needs and then meet twice a week for 6 weeks with Wellness Center Staff who will walk you through your workout and help you reach your goals. Program cost \$199.

**Health Coaching**—Do you need to make significant behavior and lifestyle change when it comes to food and fitness? Health Coaches are knowledgeable advisers who provide ongoing support and guidance as you set goals and make sustainable changes that improve your health and happiness. Ask about group sessions with Jennifer Looney, ACE Certified Health Coach.

**Aqua Personal Training**—Enjoy the outstanding benefits of a personal trainer – in the pool! Water exercise is low to non-weight-bearing so movement may be applied to help transfer a painful activity into a pleasurable one. Water exercise is also an effective method to train for mobility while protecting the joints using water's natural buoyancy. Ask about our Personal Training packages.

**Pop Up Classes**—Keep an out open for special Pop-Up Classes that are one time only events. They are a great way to try something new!