

Senior Activities



February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Aqua Fitness 9:30-10:15 Silver Sneakers 11:15-12	2 Aqua Zumba 8:00-8:45
3	4 Aqua Fitness 9:30-10:15 Silver Sneakers 11:15-12 Trivia Day 1:30-3:30	5 Aqua Fitness 9:30-10:15 Book Club 11:00-12:00	6 Silver Sneakers 11:15-12 Cards & Games 1:30-3:30	7 Aqua Fitness 9:30-10:15 Chair Yoga 11:15-12 Pickleball 1:00-3:00	8 Aqua Fitness 9:30-10:15 Silver Sneakers 11:15-12	9 Aqua Zumba 8:00-8:45
10 Aqua Zumba 10-10:45	11 Aqua Fitness 9:30-10:15 Silver Sneakers 11:15-12	12 Aqua Fitness 9:30-10:15	13 Silver Sneakers 11:15-12 Cards & Games 1:30-3:30	14 Aqua Fitness 9:30-10:15 Chair Yoga 11:15-12 Pickleball 1:00-3:00	15 Aqua Fitness 9:30-10:15 Silver Sneakers 11:15-12	16 Aqua Zumba 8:00-8:45 Nutrition with Heidi
17 Aqua Zumba 10-10:45	18 Aqua Fitness 9:30-10:15 Silver Sneakers 11:15-12	19 Aqua Fitness 9:30-10:15	20 Silver Sneakers 11:15-12 Cards & Games 1:30-3:30	21 Aqua Fitness 9:30-10:15 Chair Yoga 11:15-12 Pickleball 1:00-3:00	22 Aqua Fitness 9:30-10:15 Silver Sneakers 11:15-12	23 Aqua Zumba 8:00-8:45
24 Aqua Zumba 10-10:45	25 Aqua Fitness 9:30-10:15 Silver Sneakers 11:15-12	26 Aqua Fitness 9:30-10:15	27 Silver Sneakers 11:15-12 Cards & Games 1:30-3:30	28 Aqua Fitness 9:30-10:15 Chair Yoga 11:15-12 Pickleball 1:00-3:00		

UPCOMING EVENTS

February 4th:

Trivia Day 1:30-3:30
Child Watch Amazing Kids

February 5th:

Book Club 11:00-12:00
YMCA Lobby

February 6th:

Cards & Games 1:30-3:30
YMCA Lobby

WATCH OUT FOR THESE CLUBS THIS SPRING

GARDENING CLUB
WALKING CLUB
KNITTING CLUB

CONTACT MAGGIE GRIFFIN FOR MORE
QUESTIONS

MAGGIE.GRIFFIN@GHYMCA.ORG