

# April 2019

Mon	Tue	Wed	Thu	Fri
<p><b>1</b> 8:00am Water Fitness 9:00 Walking Club 10:15am Senior Cardio 11:00 am Pickleball <b>11:00 am Hearing Loss Clinic</b> 12:00pm Silver Sneakers Splash <b>12:00 Card Games</b></p>	<p><b>2</b> 9:00am Water Fitness 10:15am Cardio Dance 12:00pm Gentle Joints 5:30pm Water Fitness 6:30pm Gentle Yoga</p>	<p><b>3</b> 8:00am Water Fitness 10:15am Senior Stretch, Balance &amp; Cardio 11:00 am Pickleball 12:00pm-Silver Sneakers Splash</p>	<p><b>4</b> 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness</p>	<p><b>5</b> 8:00am Water Fitness 10:15am Senior Stretch, Strength &amp; Balance 11:00 am Pickleball 12:00pm Silver Sneakers Splash <b>Knitting (2) 1:00pm</b></p>
<p><b>8</b> 8:00am Water Fitness 9:00 Walking Club 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>	<p><b>9</b> 9:00am Water Fitness 10:15am Cardio Dance 12:00pm Gentle Joints <b>1:00 Book Club</b> 5:30pm Water Fitness 6:30pm Gentle Yoga</p>	<p><b>10</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>11</b> 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness</p>	<p><b>12</b> 8:00am Water Fitness 10:15am Senior Stretch, Strength &amp; Balance 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>
<p><b>15</b> 8:00am Water Fitness 9:00 Walking Club 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>	<p><b>16</b> 9:00am Water Fitness 10:15am Cardio Dance 12:00pm Gentle Joints 5:30pm Water Fitness 6:30pm Gentle Yoga</p>	<p><b>17</b> 8:00am Water Fitness 10:15am Senior Stretch, Balance &amp; Cardio 11:00 am Pickleball 12:00pm-Silver Sneakers Splash</p>	<p><b>18</b> 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness</p>	<p><b>19</b> 8:00am Water Fitness 10:15am Senior Stretch, Strength &amp; Balance 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>
<p><b>22</b> 8:00am Water Fitness 9:00 Walking Club 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>	<p><b>23</b> 9:00am Water Fitness 10:15am Cardio Dance 12:00pm Gentle Joints 5:30pm Water Fitness 6:30pm Gentle Yoga</p>	<p><b>24</b> 8:00am Water Fitness 10:15am Senior Stretch, Balance &amp; Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>	<p><b>25</b> <b>9:00-3:00 Senior Resource Talk- registration required</b> 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness</p>	<p><b>26</b> 8:00am Water Fitness 10:15am Senior Stretch, Strength &amp; Balance 11:00am Pickleball 12:00pm Silver Sneakers Splash</p>
<p><b>29</b> 8:00am Water Fitness 9:00 Walking Club 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>	<p><b>30</b> 9:00am Water Fitness 10:15am Cardio Dance 12:00pm Gentle Joints 5:30pm Water Fitness 6:30pm Gentle Yoga</p>	<p><b>1</b> 8:00am Water Fitness 10:15am Senior Stretch, Balance &amp; Cardio 11:00am Pickleball 12:00pm Silver Sneakers Splash</p>	<p><b>2</b> 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness</p>	<p><b>3</b> 8:00am Water Fitness 10:15am Senior Stretch, Strength &amp; Balance 11:00am Pickleball 12:00pm Silver Sneakers Splash</p>



**Senior Resources**—Make an appointment to learn more about your Medicare Savings Program. The third Thursday of every month. Register at the front desk.

**Hearing Loss Clinic** on Monday April, 1st with Amplisound Hearing Care Center of Putnam

**Walking Club** -Monday Morning at 9:00. Walk the river trail with Janet.

**Book Club** Selection for May is "Someone" by Alice McDermott

We have "Mahjong" if you know how to play and want to teach others how please contact Cindy Nowlan 860-315-9622 ext.113

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



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# Hale YMCA Senior Programs

## Adult Programs for April 2019

**The Hearing Loss Experts** on April 1st we have at 11:00 in the Teen Center we will have a presentation on hearing loss. This is a free event so please don't say you didn't hear about it!

**Senior Resources**— starting this month we will have a Lori Napolitano from the Senior Resources Agency on Aging here to offer assistance to older adults to help determine eligibility for financial assistance programs and assistance in completing applications. Such programs include the Medicare, Savings Program, Low Income Subsidy, Supplemental Nutrition Assistance Programs and more! This is free but you do need to make an appointment at the front desk.

**Book Club** - 1:00 pm the first Tuesday of the month. On April 9th, the book is "My Sisters Keeper" by Jodi Picoult. May's book choice "Someone" by Alice McDermott.

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

**Cancer Support Group** - 1:00 pm the second Wednesday of the month, April 10th

**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.

**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.