

# Senior Activities



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	2 Aqua Zumba LP 8:00-8:45a
3 Aqua Zumba LP 10-10:45a	4 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Trivia Day CW 12:15 - 2:15p Pickle Ball VN 1:00- 3:00p	5 Aqua Fitness LP 9:30-10:15a Book Club LB 11:00a Silver Sneakers GX 11:15-12p	6 Silver Sneakers GX 11:15-12p Cards & Games LB 12:15-2:30	7 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Pickleball VN 1:00-3:00p	8 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	9 Aqua Zumba LP 8:00-8:45a
10 Aqua Zumba LP 10-10:45a	11 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	12 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p	13 Silver Sneakers GX 11:15-12p Cards & Games LB 12:15-2:30	14 Aqua Fitness LP 9:30-10:15a Insurance by Anthem LB 10:30 Chair Yoga GX 11:15-12p Pickleball VN 1:00-3:00p	15 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	16 Aqua Zumba LP 8:00-8:45a
17 Aqua Zumba LP 10-10:45a	18 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	19 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p	20 Silver Sneakers GX 11:15-12p Cards & Games LB 12:15-2:30	21 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Pickleball VN 1:00-3:00p ECHN: Falls & Balance 12:30	22 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	23 Aqua Zumba LP 8:00-8:45a
24 Aqua Zumba LP 10-10:45a	25 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	26 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p	27 Silver Sneakers GX 11:15-12p Cards & Games LB 12:15-2:30	28 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Pickleball VN 1:00-3:00p	29 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	30 Aqua Zumba LP 8:00-8:45a

## UPCOMING EVENTS

**April 21:**  
360 Federal Credit Union  
YMCA Lobby

**April 11th:**  
Insurance by Anthem  
10:30-12:00p  
YMCA Lobby

**April 30:**  
Senior Boxing TBD  
Group Exercise Studio

## \*WATCH OUT FOR\* THESE CLUBS THIS SPRING

- GARDENING CLUB
- WALKING CLUB
- CRAFTING CLUB

CONTACT MAGGIE GRIFFIN FOR MORE QUESTIONS

MAGGIE.GRIFFIN@GHYMCA.ORG

- LP - Lap Pool
- GX - Group Exercise
- LB - Lobby
- CW - Childwatch
- VN - Vernon Center