

May

MON	TUE	WED	THU	FRI
	Green—Senior social Black—Senior Fitness Blue—Learn at the Y	1 10:00am—Aqua Fit	2 10:00am—Silver Sneakers	3 10:00am—Cards/Board games
6 8:15am—Silver Sneaker Splash 10:00am— Presentation by Select Physical Therapy	7 10:00am—Silver Sneakers	8 10:00am—Aqua Fit	9 8:00am—Coffee and Conversation 10:00am—Silver Sneakers	10 10:00am—Cards/Board games
13 8:15am—Silver Sneaker Splash	14 10:00am—Silver Sneakers	15 10:00am—Aqua Fit	16 10:00am—Silver Sneakers	17 10:00am—Cards/Board games
20 8:15am—Silver Sneaker Splash	21 10:00am—Silver Sneakers	22 10:00am—Aqua Fit	23 8:00am—Coffee and Conversation 10:00am—Silver Sneakers	24 10:00am—Cards/Board games
27 8:15am—Silver Sneaker Splash 1:00pm—Learn about your membership	28 10:00am—Silver Sneakers	29 10:00am—Aqua Fit	30 10:00am—Silver Sneakers	31 10:00am—Cards/Board games



May 6th

Treatment and Prevention of Shoulder Pain
Review of anatomy, injury causes, and preventative rehabilitation strategies
Monday, May 6th, 2019

from
10:00am – 11:00am

Guests are welcome too!
All guests must have a valid State ID or Passport

SEMINAR PRESENTED BY