

# May 2019

# Senior Activities



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Silver Sneakers GX 11:15-12p	2 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Pickleball VN 1:00-3:00p	3 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	4 Aqua Zumba LP 8:00-8:45a
5 Aqua Zumba LP 10-10:45a	6 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p Dr. Steve Bonanno Talk 10:30	7 Aqua Fitness LP 9:30-10:15a Book Club LB 11:00a Silver Sneakers GX 11:15-12p	8 Silver Sneakers GX 11:15-12p	9 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Pickleball VN 1:00-3:00p Anthem BCBS 10:30-12 Dr. Steve Bonanno Talk 10:30	10 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	11 Aqua Zumba LP 8:00-8:45a
12 Aqua Zumba LP 10-10:45a	13 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	14 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p	15 Silver Sneakers GX 11:15-12p	16 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Pickleball VN 1:00-3:00p ECHN: Parkinson's 12:30	17 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	18 Aqua Zumba LP 8:00-8:45a
19 Aqua Zumba LP 10-10:45a	20 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	21 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p	22 Silver Sneakers GX 11:15-12p	23 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Pickleball VN 1:00-3:00p 360 Fed Credit Union 12:30	24 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	25 Aqua Zumba LP 8:00-8:45a
26 Aqua Zumba LP 10-10:45a	27 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	28 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p	29 Silver Sneakers GX 11:15-12p	30 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Pickleball VN 1:00-3:00p	31 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	

## UPCOMING EVENTS

**Nutrition Counseling with Heidi Harris RDN**

Time: TBD

**ANTHEM BLUE CROSS INFORMATION TABLE**

JUNE 13 - 10:30AM

**SENIOR PICNIC**

AUGUST TBD

**\*WATCH OUT FOR\* THESE CLUBS THIS SUMMER**

**WALKING CLUB**

**CRAFTING CLUB**

**MUSIC APPRECIATION**

CONTACT MAGGIE GRIFFIN FOR MORE QUESTIONS

MAGGIE.GRIFFIN@GHYMCA.ORG

LP - Lap Pool

GX - Group Exercise

LB - Lobby

CW - Childwatch

VN - Vernon Center