FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hale YMCA Senior Programs–May 2019

Melanoma Monday is Monday, May 6th. Melanoma Monday is sponsored by the American Academy of Dermatology, and helps raise public awareness about malignant melanoma, a potentially fatal form of skin cancer. Melanoma Monday also encourages early detection through screening. Early detection is key, as melanoma is almost 100% curable if discovered early. This May, consider participating in a free skin cancer screening. Day Kimball will be here from 8:00am to 12:00pm to do free screenings. No registration required, just stop by.

Releasing Chronic Pain On Tuesday, May 21st from 11:00-1:00 Brad and Pamela Thompson from Wellnesswithin in Pomfret will offer a unique and comprehensive solution to understanding and dealing with stress by addressing what the underlying causes are. They use cutting edge edge techniques and information about how the mind impacts the body to help clients reduce anxiety and lower stress, thus restore peace of mind and improve their life.

Senior Resource–May 23rd 9:00-3:00 On the fourth Thursday of every month the Senior Resource Center from Norwich will be here to talk about Medicare. This is free however you need to register and reverse your time and spot at the front desk. She will go over all of your benefits with you one-on-one!

Senior Functional Fitness-This class is to gain strength, to prevent falls, and make every day life easier and more enjoyable! Functional fitness is a classification of training that prepares the body for real-life movements and activities. During this class we will complete fun, movements in all planes of motion to prepare you to live your best life!
Monday, May 6th at 9:00 am Pop-Up
Members $5, Program Members $10

Road to Wellness Spin-a-thon-The Road to Wellness is an indoor team cycling event to help fund Hale YMCA programs, such as Live**Strong**. Hale's Live**Strong** program has helped over 150 local cancer survivors on their road to wellness. Join us on Saturday, June 15th as we hit the virtual road for an amazing ride for an amazing cause! For more information please contact us.

National Stroke Awareness Month A person experiencing a stroke can be treated if people act *FAST* - 80% of strokes can be prevented. People are encouraged to increase their understanding of stroke risk factors by completing the National Stroke Association's stroke risk scorecard and following up on any concerns.
Act FAST is an acronym for things to check in a suspected stroke victim:
F - Face / Does the face droop on one side when the person smiles?
A - Arm / After raising both arms, does one of the arms drift downwards?
S - Speech /After repeating a simple phrase, does the person's speech sound slurred or strange?
T - Time / If any or all of the above are observed call **9-1-1** in the U.S. and 999 in the UK - and ask for medical assistance.

Volunteers Needed-Volunteering demonstrates caring for others and offers the opportunity to improve the lives of children and families in our community. The YMCA has launched a website portal dedicated to all things volunteering. This website will continue to change and grow as new needs arise. We will be looking for a variety of coaches, assistant coaches, senior ambassadors and for special events and for items needed such as water and equipment. If you are interested in volunteering for any of our special events such as the Indoor Triathlon, or Spin-a-thon please go to our new website **VolunteersMatter** and click on the "***REGISTER NOW***" button at https://ghymva.volunteermatters.org an apply.

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 $195.

May 2019

Mon	Tue	Wed	Thu	Fri
Coffee & Conversation every Monday from 9:00-11:00 am in the lobby		1 8:00am Aqua Fitness 10:15am Senior Stretch, Balance & Cardio 11:00am Pickleball 12:00pm-Silver Sneakers	2 9:00am Aqua Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness	3 8:00am Aqua Fitness 10:15am Senior Stretch, Strength & Balance 11:00am Pickleball 12:00pm Silver Sneakers
6 8:00am Aqua Fitness 9:00am Walking Club 10:15am Senior Cardio 11:00am Pickleball 12:00pm Silver Sneakers Splash 12:00pm Cards	7 9:00am Aqua Fitness 10:15am Cardio Dance 12:00pm Gentle Joints 1:00 Book Club 5:30pm Aqua Fitness	8 8:00am Aqua Fitness 10:15am Senior Stretch, Balance & Cardio 11:00 am Pickleball 12:00pm-Silver Sneakers Splash 1:00pm Cancer Support	9 9:00am Aqua Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Aqua Fitness	10 8:00am Aqua Fitness 10:15am Senior Stretch, Strength & Balance 11:00 am Pickleball 12:00pm Silver Sneakers
13 8:00am Aqua Fitness 9:00am Walking Club 10:15am Senior Cardio 11:00am Pickleball 12:00pm Silver Sneakers	14 9:00am Aqua Fitness 10:15am Cardio Dance 12:00pm Gentle Joints 5:30pm Aqua Fitness 6:30pm Gentle Yoga	15 8:00am Aqua Fitness 10:15am Senior Stretch, Balance & Cardio 11:00am Pickleball 12:00pm-Silver Sneakers	16 9:00am Aqua Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Aqua Fitness	17 8:00am Aqua Fitness 10:15am Senior Stretch, Strength & Balance 11:00am Pickleball 12:00pm Silver Sneakers
20 8:00am Aqua Fitness 9:00am Walking Club 10:15am Senior Cardio 11:00am Pickleball 12:00pm Silver Sneakers Splash	21 9:00am Aqua Fitness 10:15am Cardio Dance 11:00-1:00 Chronic Pain Workshop 12:00pm Gentle Joints 5:30pm Aqua Fitness	22 8:00am Aqua Fitness 10:15am Senior Stretch, Balance & Cardio 11:00am Pickleball 12:00pm Silver Sneakers Splash	23 9:00-3:00 Senior Resource Talk-*registration required* 9:00am Aqua Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Aqua Fitness	24 8:00am Aqua Fitness 10:15am Senior Stretch, Strength & Balance 11:00am Pickleball 12:00pm Silver Sneakers Splash
27 8:00am Aqua Fitness 9:00am Walking Club 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers	28 9:00am Aqua Fitness 10:15am Cardio Dance 12:00pm Gentle Joints 5:30pm Aqua Fitness 6:30pm Gentle Yoga	29 8:00am Aqua Fitness 10:15am Senior Stretch, Balance & Cardio 11:00am Pickleball 12:00pm Silver Sneakers	30 9:00am Aqua Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Aqua Fitness	31 8:00am Aqua Fitness 10:15am Senior Stretch, Strength & Balance 11:00am Pickleball 12:00pm Silver Sneakers

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

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

Book Club Selection for June's book is "A Thousand Splendid Suns" by Khaled Hosseini

We have "Mahjong" if you know how to play and want to teach others how lease contact Cindy Nowlan 860-315-9622 x113

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