

June 2019

Mon	Tue	Wed	Thu	Fri
3 8:00am Water Fitness 9:00 Walking Club 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash 12:00 Card Games	4 9:00am Water Fitness 12:00pm Gentle Joints 5:30pm Water Fitness 6:30pm Gentle Yoga	5 8:00am Water Fitness 10:15am Senior Stretch, Balance & Cardio 11:00 am Pickleball 12:00pm-Silver Sneakers Splash	6 8:00 am-2:30 pm American Red Cross Blood Drive 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness	7 8:00am Water Fitness 10:15am Senior Stretch, Strength & Balance 11:00 am Pickleball 12:00pm Silver Sneakers Splash
10 8:00am Water Fitness 9:00 Walking Club 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash 1-2:30 Mako-Robotic hip/knee replacement seminar	11 9:00am Water Fitness 12:00pm Gentle Joints 1:00 Book Club 5:30pm Water Fitness 6:30pm Gentle Yoga	12 8:00am Water Fitness 10:15am Senior Stretch, Balance & Cardio 11:00 am Pickleball 12:00pm-Silver Sneakers Splash 1:00 Cancer Support Group	13 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness	14 8:00am Water Fitness 10:15am Senior Stretch, Strength & Balance 11:00 am Pickleball 12:00pm Silver Sneakers Splash
17 8:00am Water Fitness 9:00 Walking Club 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash	18 9:00am Water Fitness 10:30 Senior Chair Pillates Pop Up 12:00pm Gentle Joints 5:30pm Water Fitness 6:30pm Gentle Yoga	19 8:00am Water Fitness 10:15am Senior Stretch, Balance & Cardio 11:00 am Pickleball 12:00pm-SS Splash	20 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness	21 8:00am Water Fitness 10:00 Senior Cycle Pop Up 10:15am Senior Stretch, Strength & Balance 11:00 am Pickleball 12:00pm Silver Sneakers Splash
24 8:00am Water Fitness 9:00 Walking Club 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash	25 9:00am Water Fitness 12:00pm Gentle Joints 5:30pm Water Fitness 6:30pm Gentle Yoga	26 8:00am Water Fitness 10:15am Senior Stretch, Balance & Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash	27 9:00-3:00 Senior Resource Talk-registration required 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness	28 8:00am Water Fitness 10:15am Senior Stretch, Strength & Balance 11:00am Pickleball 12:00pm Silver Sneakers Splash
Coffee & Conversation every Monday from 9:00-11:00 am				



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

Book Club Selection for July's book is "The Flight Attendants" by Chris Bohgalian

Hip and Knee Replacement Those that desire a re-stored lifestyle and are seeking the latest technology in knee or hip replacement may benefit from the Mako®-Robotic Assisted surgery now available at Day Kimball Hospital.

This free seminar will be held at the Hale YMCA on Monday, June 10 from 1:00PM to 2:30PM and is open to the public.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hale YMCA Senior Programs–June

June is World Blood Donor Day Celebrate by donating blood on **Thursday, June 6th**. You can give a gift that costs nothing, but last a lifetime. The blood drive is with the American Red Cross beginning at 9:00 am and ending at 2:30 pm. Please register for your spot by calling 1-800-733-2767 or go to redcrossblood.org.

Day Kimball Healthcare to Host Mako® Robotic Surgery for Hips and Knees Free Seminar *Take Control of Your Joint Pain*

Those that desire a restored lifestyle and are seeking the latest technology in knee or hip replacement may benefit from the Mako®-Robotic Assisted surgery now available at Day Kimball Hospital. Join local orthopedic surgeon, Dr. Kevin Reagan with the Center for Bone and Joint Care and Day Kimball Hospital, as he discusses Mako Robotic-Arm Assisted technology and how it provides patients with a personalized surgical plan. This free seminar will be held at the Hale YMCA on **Monday, June 10 from 1:00PM to 2:30PM** and is open to the public. Light refreshments will be provided. Registration is required. To register for the seminar, call the Hale YMCA at (860) 315-9622.

The Road to Wellness Spin-a-thon The Road to Wellness is an indoor team cycling event to help fund Hale YMCA programs, like LiveStrong, which 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!

Senior Resource–June 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 reserve your time and spot at the front desk. She will go over all of your benefits with you one-on-one!

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.

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. All are welcome!