

August 2019

Mon	Tue	Wed	Thu	Fri
<p>Coffee & Conversation every Monday from 9:00-11:00 am in the lobby</p>			<p>1 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness</p>	<p>2 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>
<p>5 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>	<p>6 9:00am Water Fitness 12:00pm Gentle Joints 1:00 Book Club 5:30pm Water Fitness 6:30pm Gentle Yoga 1:00 pm Book Club</p>	<p>7 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>	<p>8 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness</p>	<p>9 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>
<p>12 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>	<p>13 9:00am Water Fitness 12:00pm Gentle Joints 5:30pm Water Fitness 6:30pm Gentle Yoga</p>	<p>14 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm Silver Sneakers Splash 1:00 Cancer Support</p>	<p>15 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness</p>	<p>16 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>
<p>19 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>	<p>20 9:00am Water Fitness 12:00pm Gentle Joints 5:30pm Water Fitness 6:30pm Gentle Yoga</p>	<p>21 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>	<p>22 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</p>	<p>23 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm Silver Sneakers Splash</p>
<p>26 11:00am Aqua Barre \$\$ 12:00pm Silver Sneakers Splash</p>	<p>27 10:30 Chair Pilates \$\$ 12:00pm Gentle Joints 5:30pm Water Fitness 6:30pm Gentle Yoga</p>	<p>28 10:30 Treadmill Coaching Workout-register 12:00pm Silver Sneakers Splash</p>	<p>29 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness</p>	<p>30 10:30 Treadmill Coaching Workout-register 12:00pm Silver Sneakers Splash</p>



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 September book is "Harry's Trees" by Joh Cohen

Lap Pool Closure : Our lap pool will be closed starting August 25th till September 9th for cleaning.

Wellness Center Closure Friday, August 23rd we will be closing the Wellness Center for a deep cleaning.

Gymnasium Closure Monday August 26th till September 3rd to repair the floor.



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Hale YMCA Senior Programs–August

Closing for Maintenance Schedule

The month of August is often a slow month at the YMCA with families going on vacation and getting ready for school. So this is when we find it the best time to close a few things down for some very needed cleaning and maintenance. We understand this may interrupt your workouts but we need to maintain the facility and keep it clean. Here are the following closures for the month.

Wellness Center closed Friday, August 23th—we will also be replacing some of the ripped bench covers and pads and they may be taken off a day or two ahead of this closing.

Lap Pool close August 25th thru September 9th

Gym closed for floor repair August 25th thru September 3rd

NO-Water Fitness classes in the Lap Pool

NO-Senior/Silver Sneakers Classes at 10:15 on Mon., Wed. & Fri. in the gym,

NO-Pickleball

POP-UP'S

Aqua Barre—This is a medium-intensity, challenging workout that will get your heart rate up and tone and tighten all the right areas. Utilizing the side of the pool like ballet barre. **Monday, August 26th 11:00-11:45am Cost \$8 Members \$15 Non-member**

Senior Chair Pilates—Experience all the benefits of Pilates from a chair! This class will improve flexibility, exercise core strength and is taught from a low impact perspective. **Tuesday, August 27th 10:30-11:15 am Cost \$8 Members \$15 Non-member**

Treadmill Workout with Coaching—While the pool and the gymnasium are closed come and join us for a 20 minute coaching program on the treadmills. **FREE** but you must reserve your spot.

Wed. August 28th, 10:30-11:00

Friday Augusts 30th, 10:30-11:00am

Coming in September

Verizon will be here on Friday the 13th from 11-1 to help you learn how to use your smart phones and tablets. Plan to join us!

Tai Ji Quan—Moving for Better Balance—This 12-week class is an evidence-based fall prevention program for older adults. The class is designed to improve balance and reduce the likelihood of falling. The program meets twice a week for 45-minutes every Tuesday & Thursday starting September 26th. Members \$80.00, Program Members \$120.00, Financial assistance & payment plans available. Tue. & Thur. 1:00-1:45 pm.

Grief Recovery Workshop— The action for moving beyond death, divorce, job loss and more can be difficult. People say you have to let go and move on with your life, but they don't tell you what you need to do to accomplish that. The Grief Recovery Method Outreach Program not only makes that possible, but provides partnerships and guidance to ensure that it happens. We will be holding two short presentations for you to learn more about this group on Monday, September 16th 10:00-10:30 am and Wed. 18th 11:00-11:30 am. **FREE** The class will be on Tuesday's starting on October 1st from 12:30-2:30pm. Please register at the front desk. The cost for the workshop will be \$10.00 for the book.

Hydrate! Hydrate! Hydrate!



Maintaining proper hydration can be a challenge for older adults. As we age, our body's water volume decreases, and we are prone to become dehydrated more quickly. This makes older adults more susceptible to fluid and electrolyte imbalances. Plus, seniors are more likely to be prescribed dehydrating medicine; such as diuretics, antihistamines, laxatives, antipsychotics and corticosteroids that can cause frequent urination. This can creating a risk of dehydration and loss of electrolytes. Older adults need to understand that by the time you actually *feel* thirsty, you are already dehydrated.