

# October 2019

Mon	Tue	Wed	Thu	Fri
<p><b>Coffee &amp; Conversation every Monday from 9:00-11:00 am in the lobby</b></p>	<p><b>1</b> 9:00am Water Fitness 12:00pm Gentle Joints 1:00 Tai Ji MBB 1:00 Book Club 5:30pm Water Fitness 6:30pm Gentle Yoga</p>	<p><b>2</b> 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm SS Splash</p>	<p><b>3</b> 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 1:00 Tai Ji MBB 5:30pm Water Fitness</p>	<p><b>4</b> 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm-SS Splash 9:00 am Charlie Dufour Insurance</p>
<p><b>7</b> 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm SS Splash</p>	<p><b>8</b> 9:00am Water Fitness 12:00pm Gentle Joints 1:00 Tai Ji MBB 5:30pm Water Fitness 6:30pm Gentle Yoga</p>	<p><b>9</b> 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm SS Splash 1:00 Cancer Support</p>	<p><b>10</b> 9:00am Water Fitness 10:15am Chair Yoga 10:00-1:00 Patting With Pat 12:00pm Gentle Joints 1:00 Tai Ji MBB 1:00 Fall Prevention Presentation -Register 5:30pm Water Fitness</p>	<p><b>11</b> 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm-SS Splash 9:00 am Charlie Dufour Insurance</p>
<p><b>14</b> 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm SS Splash</p>	<p><b>15</b> 9:00am Water Fitness 12:00pm Gentle Joints 1:00 Tai Ji MBB 5:30pm Water Fitness 6:30pm Gentle Yoga</p>	<p><b>16</b> 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm SS Splash</p>	<p><b>17</b> 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 1:00 Tai Ji MBB 5:30pm Water Fitness 8:00-2:00 Blood Drive</p>	<p><b>18</b> 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm-SS Splash 9:00 am Charlie Dufour Insurance</p>
<p><b>21</b> 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm SS Splash</p>	<p><b>22</b> 9:00am Water Fitness 12:00pm Gentle Joints 1:00 Tai Ji MBB 5:30pm Water Fitness 6:30pm Gentle Yoga</p>	<p><b>23</b> 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm SS Splash</p>	<p><b>24</b> 9:00-3:00 Senior Resource 9:00am Water Fitness 10-12 Senior Fitness /Fall Fair-must register 10:15am Chair Yoga 12:00pm Gentle Joints 1:00 Tai Ji MBB</p>	<p><b>25</b> 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm-SS Splash 9:00 am Charlie Dufour Insurance</p>
<p><b>28</b> 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm SS Splash 12:30 Estate Planning Workshop</p>	<p><b>29</b> 9:00am Water Fitness 12:00pm Gentle Joints 1:00 Tai Ji MBB 5:30pm Water Fitness 6:30pm Gentle Yoga</p>	<p><b>30</b> 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm SS Splash</p>	<p><b>31</b> 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 1:00 Tai Ji MBB 5:30pm Water Fitness</p>	<p>SSSB (Senior Strength, Stretch &amp; Balance Class) SS Splash (Silver Sneakers) MBB (Moving for Better Balance)</p>



**Tai Ji Quan—Moving for Better Balance**—this class focuses on 8 moves and goes at a slow base with chair assistance.

**Senior Resources**—Make an appointment to learn more about your Benefits Enrollment Center and if you are eligible for more assistance. The fourth Thursday of every month. Register at the front desk.

**Book Club** Selection for November's book selection is "The Stranger in the Woods" by Michael Finkel

**Patting with Pat** Join us for a fun morning of painting a fall scene with Pat Jensen

**Blood Drive** It is always important to give blood. Please make an appointment by calling 800-733-2767.

**Charlie Dufour Insurance** will be available on Friday's 9:00am till 4:00 pm to go over your insurance policies with you.



# Hale YMCA Senior Programs

## October

**Tai Ji Quan–Moving for Better Balance**–This 4-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 October 1st. Members \$40.00, Program Members \$60.00, Financial assistance & payment plans available.

**Benefits Enrollment Center**–Could you use a few extra dollars in your pocket every month? You may qualify for assistance with your monthly medical and household costs. Meet with a specially trained CHOICES Counselor who will answer your questions and help you complete and submit applications for assistance. Call to register for Thursday, October 24 FREE

**Charlie Dufour Insurance** –Charlie Dufour Insurance specializes in Medicare Plans and helping you to find the one that best suits your need. Please call for more information and to reserve a meeting with him. Every Friday until December 6th. FREE

**Get Active**–Physical activity is safe for almost everyone, and the health benefits far outweigh the risks. Regular physical activity is one of the most important things older adults can do for their health. It can prevent many of the health problems that seem to come with age (such as osteoporosis and arthritis) and reduce the risk for developing, or help manage, depression, diabetes, heart disease, stroke and certain kinds of cancers. For older adults who have chronic conditions that hinder their ability to be active on a regular basis, some physical activity is better than none, and older adults who participate in any amount of physical activity gain some health benefits.

**Elderly Law and Estate Planning**–Alison Aleman Attorney at Law will be visiting us to discuss Wills, Trusts, and Estate Planning as well as family Law & Elder Assistance. Please join us on Monday, Oct. 28th at 12:30 to learn more.

**Blood Drive**– Thursday, October 17th we will have the American Red Cross here from 9:00 am to 2:00 pm for a blood drive. Please call 1-800-733-2767 to schedule an appointment.

### **Senior Fitness and Fall Prevention Fair!**

Let us assess your fall risk and match fitness programs to your capabilities, needs, and interest. The YMCA, The Department on Health and DKH will be doing Orthostatic Blood Pressure Screenings, Balance Assessments, Medication Reviews (bring your medication list) and Exercise Assessments.

You must commit to both sessions:  
Thursday, October 10, for a presentation 1:00-2:00 pm

Thursday, October 24th from 10:00-1:00pm  
This is FREE but you must REGISTER

**Painting with Pat**—Join us for a fun afternoon of painting a fall pumpkin picture with Pat Jensen. Thursday, October 10th in the Teen Center 11:00-1:00 Cost \$20 Please call ahead to reserve your spot.

