

October 2019

Senior Activities



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Rev. 9.24.19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Aqua Stretch WWP 8:15/930 Walking Club 9am Book Club 11am Silver Sneakers GX 11:15-12p Senior Boxing GX 12:15p ECHN SAIL 2pm	2 Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p	3 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Line Dancing 12:15-1:15 Pickleball VN 1:00-3:00p	4 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB ECHN SAIL 2pm	5 Aqua Zumba LP 8:00-8:45a
6 Aqua Zumba LP 10-10:45a	7 Silver Sneakers GX 8-8:45a Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	8 Aqua Stretch WWP 8:15/930 Walking Club 9am Book Club 11am Silver Sneakers GX 11:15-12p Senior Boxing GX 12:15p ECHN SAIL 2pm	9 Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p	10 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Line Dancing 12:15-1:15 Pickleball VN 1:00-3:00p	11 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB ECHN SAIL 2pm	12 Aqua Zumba LP 8:00-8:45a
13 Aqua Zumba LP 10-10:45a	14 Silver Sneakers GX 8-8:45a Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	15 Aqua Stretch WWP 8:15/930 Walking Club 9am Silver Sneakers GX 11:15-12p Senior Boxing GX 12:15p ECHN SAIL 2pm	16 Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p	17 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Line Dancing 12:15-1:15 Pickleball VN 1:00-3:00p	18 Aqua Fitness LP 9:30-10:15a Coffee & Conversation LB Elder Law Seminar ECHN SAIL 2pm	19 Aqua Zumba LP 8:00-8:45a
20 Aqua Zumba LP 10-10:45a	21 Silver Sneakers GX 8-8:45a Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p Flu Clinic 10 - 1pm	22 Aqua Stretch WWP 8:15/930 Walking Club 9am Silver Sneakers GX 11:15-12p Senior Boxing GX 12:15p ECHN SAIL 2pm	23 Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p	24 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Line Dancing 12:15-1:15 Pickleball VN 1:00-3:00p	25 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB ECHN SAIL 2pm	26 Aqua Zumba LP 8:00-8:45a Halloween at the Y
27 Aqua Zumba LP 10-10:45a	28 Silver Sneakers GX 8-8:45a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	29 Aqua Stretch WWP 8:15/930 Walking Club 9am Silver Sneakers GX 11:15-12p Senior Boxing GX 12:15p ECHN SAIL 2pm	30 Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p	31 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Line Dancing 12:15-1:15 Pickleball VN 1:00-3:00p		

UPCOMING EVENTS

ELDER LAW

OCTOBER 18

FLU CLINIC

OCTOBER 21

HALLOWEEN AT THE Y

OCTOBER 26

5-7PM

PNEUMONIA CLINIC

NOVEMBER 18

VENDOR FAIR

NOVEMBER 23

DO YOU ENJOY MUSIC?
CONTACT ADAM RHAN ABOUT

"MUSIC APPRECIATION"

ADAM.RHAN@GHYMCA.ORG

CONTACT MAGGIE GRIFFIN FOR MORE QUESTIONS

MAGGIE.GRIFFIN@GHYMCA.ORG

LP - Lap Pool

GX - Group Exercise

LB - Lobby

CW - Childwatch

VN - Vernon Center