

Mon	Tue	Wed	Thu	Fri
	1 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	2 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	3 11:00am– 11:45am BETH <u>Silver Sneakers</u>	4 <u>Coffee & Conversations</u> Tv Lounge area 10am—11am
7 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	8 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	9 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	10 11:00am– 11:45am BETH <u>Silver Sneakers</u>	11 <u>SENIOR PROM NIGHT</u> 4pm—7pm
14 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	15 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	16 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	17 11:00am– 11:45am BETH <u>Silver Sneakers</u>	18 <u>Coffee & Conversations</u> Tv Lounge area 10am—11am
21 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	22 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	23 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	24 11:00am– 11:45am BETH <u>Silver Sneakers</u>	25 <u>BINGO NIGHT</u> 4pm—7pm
28 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	29 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	30 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	31 11:00am– 11:45am BETH <u>Silver Sneakers</u>	



SENIOR PROM NIGHT !!
OCT 11th 4pm–7pm
 Featuring Live DJ, Light Refreshments and a red Carpet
 Cost \$20 per person and \$30 Couple.
 Must pre-register with the welcome center at 860-241-9622
 Please see the flyer below for details.

SENIOR BINGO !!
 Now every once in a month,
 Stop by at Front desk for more details !!!
Coffee & Conversations
 Every Friday
 10:00am 11:00am in the TV Lounge area



A Celebration of Life and Wisdom SENIOR PROM



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**FRIDAY, OCTOBER 11
from 4:00–7:00pm**

Featuring a live DJ, light refreshments,
and a red carpet.

Cost \$20/person and \$30/couple.

**Seniors must pre-register with the
welcome center at 860-241-9622.**

Wilson-Gray YMCA Youth and Family Center
444 Albany Avenue, Hartford, CT 06120
WilsonGrayYMCA.org • 860-241-9622