

November 2019

Mon	Tue	Wed	Thu	Fri
SSSB–Senior Strength, Stretch & Balance				1 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm–Silver Sneakers Splash 9:00 am Dufour Insurance
4 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash	5 9:00am Water Fitness 10:45 Zumba Gold 12:00pm Gentle Joints 1:00 Tai Ji MBB 1:00 Book Club 5:30pm Water Fitness 6:30pm Gentle Yoga	6 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm–Silver Sneakers Splash	7 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 1:00 Tai Ji MBB 5:30pm Water Fitness	8 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm–Silver Sneakers Splash 9:00 am Dufour Insurance
11 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash	12 9:00am Water Fitness 10:45 Zumba Gold 12:00pm Gentle Joints 1:00 Tai Ji MBB 5:30pm Water Fitness 6:30pm Gentle Yoga	13 8:00am Water Fitness 10:15am SSB 11:00 am Pickleball 12:00pm–Silver Sneakers Splash 1:00 Cancer Support	14 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 12:30 Painting with Pat 1:00 Tai Ji MBB 5:30pm Water Fitness	15 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 11:00 Aqua Barre \$ 12:00pm–Silver Sneakers Splash 9:00 am Dufour Insurance
18 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash 12:00 Painting Silk Scarves \$20	19 9:00am Water Fitness 10:45 Zumba Gold 12:00pm Gentle Joints 1:00 Tai Ji MBB 5:30pm Water Fitness 6:30pm Gentle Yoga	20 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm–Silver Sneakers Splash	21 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 1:00 Tai Ji MBB 5:30pm Water Fitness	22 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 11:00am Chair Pilates \$ 12:00pm–Silver Sneakers Splash 9:00 am Dufour Insurance
25 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm Silver Sneakers Splash	26 8:30am Aqua Yoga \$ 9:00am Water Fitness 10:45 Zumba Gold 12:00pm Gentle Joints 1:00 Tai Ji MBB 5:30pm Water Fitness 6:30pm Gentle Yoga	27 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm–Silver Sneakers Splash	28 Thanks Giving Open 8:00–12:00 Limited classes offered 	29 8:00am Water Fitness 10:15am SSSB 11:00 am Pickleball 12:00pm–Silver Sneakers Splash



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 December’s book selection is “Little Fires Everywhere” by Celeste Ng

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

Cancer Support Group is back with Day Kimble leading the way. All are welcome.



FOR YOUTH DEVELOPMENT®
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Hale YMCA Senior Programs–November

Thanksgiving—The YMCA will have shorten hours. On Thursday, November 28th for Thanksgiving. We will be open from 5:00 to 12:00. We will have Pilates at 8:15–9:00 and Zumba from 9:15–10:15.

Senior TRX - 5 Week Program—TRX is low impact body-weight resistance training that can build strength, core stability, and flexibility for all levels. This class will include consistent instruction on form and how to increase or decrease intensity, with focus on mobility, flexibility, balance and strength. This class is ideal for Seniors or those looking for TRX at a slower pace. Members \$50 Program Members \$60

Pop-Ups for the Month of November—Every once in awhile we like to have a Pop-Up class that is not on the regular schedule but we know you will enjoy!

Aqua Barre–Friday, Nov. 15th at 11:00am in the warm pool

Chair Pilates–Friday Nov. 22nd at 11:00am Studio A

Aqua Yoga–Tuesday, Nov. 26th at 8:30am in the warm pool

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 November 5th. Members \$40.00, Program Members \$60.00, Financial assistance & payment plans available.

Painting with Pat—On Thursday, November 14th 12:30–2:30 we will paint a pretty winter scene with Pat who will guide us step by step to becoming wonderful artist!

Painted Silk Scarfs Class—Join us for a fun two hours with Theresa Lacasse from Window Art Gallery and learn how to paint a beautiful silk scarf on Monday, November 18th at 12:00–2:00. Cost for materials is \$20.00

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



VolunteerMatters—Volunteers are always needed at the YMCA and if you or someone you know (students) are looking for volunteer opportunities then please apply. Just visit the Hale YMCA website and in the upper right hand corner you will see the link for volunteers. This link will lead you to the VolunteerMatters website. Here you will create an account and take a course to be able to volunteer here. If you have any questions please reach out to me and I will help you with the process. Cynthia.nowlan@ghycma.org

YMCA Holiday Craft Fair—Sunday, December 8th from 12:00–4:00. We have a lot of wonderful vendors so please come and join us and get some of your holiday shopping done here!!!