

Mon	Tue	Wed	Thu	Fri
				1 <u>Coffee &amp; Conversations</u> Tv Lounge area 10am—11am
4 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	5 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	6 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	7 11:00am– 11:45am BETH <u>Silver Sneakers</u>	8 <u>Coffee &amp; Conversations</u> Tv Lounge area 10am—11am
11 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	12 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	13 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	14 11:00am– 11:45am BETH <u>Silver Sneakers</u>	15 <u>Coffee &amp; Conversations</u> Tv Lounge area 10am—11am
18 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	19 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	20 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	21 11:00am– 11:45am BETH <u>Silver Sneakers</u>	22 <u>BINGO NIGHT</u> 4pm—7pm
25 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	26 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	27 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	28 11:00am– 11:45am BETH <u>Silver Sneakers</u>	29 <u>Coffee &amp; Conversations</u> Tv Lounge area 10am—11am



**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