

December 2019

Mon	Tue	Wed	Thu	Fri
2 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm SS Splash	3 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	4 8:00am Water Fitness 10:15am SSSB Class 11:00 am Pickleball 12:00pm SS Splash	5 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 1:00 Tai Ji MBB \$ 5:30pm Water Fitness	6 8:00am Water Fitness 10:15am SSSB Class 11:00 am Pickleball 12:00pm SS Splash
9 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm SS Splash 10:30 Tonya OT Posture and Skin Integrity	10 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	11 8:00am Water Fitness 10:15am SSSB Class 11:00 am Pickleball 12:00pm SS Splash 1:00 Cancer Support Group	12 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 1:00 Tai Ji MBB \$ 5:30pm Water Fitness	13 8:00am Water Fitness 10:15am SSSB Class 11:00 am Pickleball 12:00pm SS Splash
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23 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm SS Splash	24 Today the hours are 5:00 am to 3:00 pm with limited classes	25 Closed for the Holiday	26 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints 5:30pm Water Fitness	27 8:00am Water Fitness 10:15am SSSB Class 11:00am Pickleball 12:00pm SS Splash
30 8:00am Water Fitness 10:15am Senior Cardio 11:00 am Pickleball 12:00pm SS Splash	31 Today the hours are 5:00 am to 3:00 pm with limited classes	1 New Years Day we are open 8:00 am to 12:00 pm	SSSB Senior Strength, Stretch & Balance SSS-Silver Sneakers Splash	Hale YMCA Youth & Family Center 9 Technology Park Drive Putnam, CT 06260 860-315-9622



Craft Fair Sunday, December 8th from 12:00-4:00 pm.

Book Club January 7th "Water for Elephant's" by Sara Gruen

Cancer Support Group Is back with Day Kimble leading the way. All are welcome, December 11th at 1:00

Volunteers December 5th is National Volunteer Day. If you are interested in volunteering we are always looking for extra hands in, Child Watch, Coaching Sports, Swim Team and Special Event such as our Spin-a-thon. Simply go to VolunteerMatters.com, create an account and follow the instructions online. If you have any questions give me a call Cindy Nowlan 860-315-9622

Hale YMCA Youth & Family Center
 9 Technology Park Dr., Putnam CT
 860-315-9622
 Monday-Thursday 5am-9pm
 Friday 5am-8pm
 Saturday 7am-4pm
 Sunday 9am-4pm



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hale YMCA Senior Programs

December Special Events

Holiday Craft Fair— Sunday, December 8th from 12:00 to 4:00 we will have around 60 vendors here so come and join us for some holiday shopping.

Skin Integrity and Posture Workshop —Join Tanya Clark President of Outpatient Mobile Solutions, Inc. as we discuss skin integrity including foot health, signs of infection, foot wear and nutritional support. We will also talk about good posture as we age.

Cancer Support Group—Day Kimball is back at the YMCA facilitating our Cancer Support Group who meet the second Wednesday of the month. December 11th at 1:00 in the Teen Center.

Eating for Healthy Aging—On Tuesday, January 14th at 10:00 am Alison Dvorak, MS, RDN, CDN Registered Dietitian, Director of Education and Training, Senior Medicare Patrol Coordinator will be giving a seminar on Eating for Healthy Aging. Senior Resources is leading the way in providing highly qualified Nutrition Assessors and Educators for their clients. Registered Dietitians provide a variety of services including personal menu development, individualized counseling and assessment. Our Snow date will be January 28th. This program is free but please register at the front desk.

Painting with Pat—will be back January, 16th from 12:30 to 2:30 to do a winter scene. Come and join the fun!

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, next class starts December 5th. Members \$40.00, Program Members \$60.00, Financial assistance & payment plans available.

Book Club—January's book is Water for Elephants by Sara Gruen. Please join us to pick out the books for the next six months.

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

Keep an eye open for the new schedule that will be coming out for the new year. We are bringing in Les Mills classes and you will find them challenging and rewarding.

Holiday Hours:

Xmas Eve	5:00AM– 3:00PM
Xmas Day	Closed
NYE	5:00AM–3:00PM
NY Day	8:00AM–12:00PM