

# December 2019

# PROGRAMS FOR ACTIVE OLDER ADULTS

Mon	Tue	Wed	Thu	Fri
<b>2</b> 11:00am– 11:45am GLENN <a href="#">Silver Sneakers</a>	<b>3</b> 11:30am– 12:15pm KEITH <a href="#">Silver Sneakers</a>	<b>4</b> 10:00am—12:00pm <a href="#">Pickle Ball</a> Gymnasium	<b>5</b> 11:00am– 11:45am BETH <a href="#">Silver Sneakers</a>	<b>6</b> <a href="#">Coffee &amp; Conversations</a> Tv Lounge area 10am—11am
<b>9</b> 11:00am– 11:45am GLENN <a href="#">Silver Sneakers</a>	<b>10</b> 11:30am– 12:15pm KEITH <a href="#">Silver Sneakers</a>	<b>11</b> 10:00am—12:00pm <a href="#">Pickle Ball</a> Gymnasium	<b>12</b> 11:00am– 11:45am BETH <a href="#">Silver Sneakers</a>	<b>13</b> <a href="#">Coffee &amp; Conversations</a> Tv Lounge area 10am—11am
<b>16</b> 11:00am– 11:45am GLENN <a href="#">Silver Sneakers</a>	<b>17</b> 11:30am– 12:15pm KEITH <a href="#">Silver Sneakers</a>	<b>18</b> 10:00am—12:00pm <a href="#">Pickle Ball</a> Gymnasium	<b>19</b> 11:00am– 11:45am BETH <a href="#">Silver Sneakers</a>	<b>20</b> <a href="#">Coffee &amp; Conversations</a> Tv Lounge area 10am—11am
<b>23</b> 11:00am– 11:45am GLENN <a href="#">Silver Sneakers</a>	<b>24</b> 11:30am– 12:15pm KEITH <a href="#">Silver Sneakers</a>	<b>25</b> 10:00am—12:00pm <a href="#">Pickle Ball</a> Gymnasium	<b>26</b> 11:00am– 11:45am BETH <a href="#">Silver Sneakers</a>	<b>27</b> <a href="#">Coffee &amp; Conversations</a> Tv Lounge area 10am—11am
<b>30</b> 11:00am– 11:45am GLENN <a href="#">Silver Sneakers</a>	<b>31</b> 11:30am– 12:15pm KEITH <a href="#">Silver Sneakers</a>			



**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