

January 2020

Mon	Tue	Wed	Thu	Fri
		1 8:00 Water Fitness 10:15 SS BOOM 12:00 Splash 11:30-2:30 Pickleball	2 9:00 Water Fitness 10:15 SS Strength & Balance 10:30 Chair Yoga 12:00 Gentle Joints	3 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball
6 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball	7 9:00 Water Fitness 10:45 Zumba Gold 12:00 Gentle Joints 1:00 Moving for Better Balance \$ 1:00 Book Club	8 8:00 Water Fitness 10:15 SS BOOM 12:00 Splash 11:30-2:30 Pickleball 1:00 Cancer Support Group	9 9:00 Water Fitness 10:15 SS Strength & Balance 10:30 Chair Yoga 12:00 Gentle Joints 1:00 Moving for Better	10 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball
13 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball	14 9:00 Water Fitness 10:45 Zumba Gold 12:00 Gentle Joints 10:00 Eating for Healthy Aging 9:00 Aqua Yoga 1:00 Moving for Better	15 8:00 Water Fitness 10:15 SS BOOM 12:00 Splash 11:30-2:30 Pickleball	16 9:00 Water Fitness 10:15 SS Strength & Balance 10:30 Chair Yoga 12:00 Gentle Joints 12:30 Painting With Pat	17 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball
20 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball 9:15 Aqua Barre	21 9:00 Water Fitness 10:45 Zumba Gold 12:00 Gentle Joints 1:00 Moving for Better Balance \$	22 8:00 Water Fitness 10:15 SS BOOM 12:00 Splash 11:30-2:30 Pickleball	23 9:00 Water Fitness 10:15 SS Strength & Balance 10:30 Chair Yoga 12:00 Gentle Joints 11:30-2:30 Pickleball Senior Resource 1:00 Moving for Better	24 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball
27 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball	28 9:00 Water Fitness 10:45 Zumba Gold 12:00 Gentle Joints 11:40 Chair Pilates 1:00 Moving for Better Balance \$	29 8:00 Water Fitness 10:15 SS BOOM 12:00 Splash 11:30-2:30 Pickleball	30 9:00 Water Fitness 10:15 SS Strength & Balance 10:30 Chair Yoga 12:00 Gentle Joints 1:00 Moving for Better Balance \$	31 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball



Book Club—This program happens on the first Tuesday of the month and the Putnam Public Library facilities this program for us

Cancer Support Group—We meet the second Wednesday of each month at 1:00. Day Kimball facilities this program for us

Senior Resources—Make an appointment to learn more about your Medicare Savings Program. The fourth Thursday of every month. Register at the front desk.

Pickleball Workshop—Join Beach Baywood in this four day workshop and learn all the ins and outs of this fun new sport!
Tuesday 7th & Thursday 9th
Tuesday 14th & Thursday 16th
8:00-10:00 AM FREE



Hale YMCA Senior Programs January

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. Our Snow date will be January 28th. This program is free but please register at the front desk.

Aqua Yoga takes the principles and movements of Yoga and adapts them to the water environment. With the release of gravity the body is able to find the optimum stretch. By using the rhythm of the breath an inner sense of relaxation can be achieved. **Tuesday, January 14th** 9:00 am Warm Water Pool Cost: Members \$8.00 Non-Members \$15.00

Aqua Barre is a medium-intensity, challenging workout that will get your heart rate up and tone and tighten all the right areas. Utilizing the side of the pool like a ballet barre, this class incorporates isometric movements, Pilates, yoga, cardio and resistance training while still being low impact on bones and joints. All levels welcome. **Monday, January 20th**, 9:15 am Cost: Members \$8.00 Non-Members \$15.00

Chair Pilates—Experience all the benefits of Pilates from a chair! This class will improve flexibility, exercise core strength, and is taught from a low impact perspective. Space is limited for this one time small group session so please reserve your spot now. **Tuesday, January 28th** 11:40-12:20 am Cost: Members \$8.00 Non-Members \$15.00

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 January 7th. Members \$40.00, Program Members \$60.00, Financial assistance & payment plans available.

Book Club—This book club is facilitated by the Putnam Public Library and all are welcome. January's book is Water for Elephants by Sara Gruen. Please join us to pick out the books for the next six months, **Tuesday, January 7th at 1:00**

Cancer Support Group—Day Kimball is back at the YMCA facilitating our Cancer Support Group who meet the second Wednesday of the month. **Wednesday, January 8th** at 1:00 in the Teen Center.

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

Pickleball Clinic—With the start of the New Year and more and more people coming to play Pickleball we have decided to have a few clinics. Beach Baywood will be here to offer us the rules and guidelines on how to play this fun new sport. Please come and join us for this **FREE CLINIC!** Clinics will be held on:

Tuesday 7th & Thursday 9th
Tuesday 14th & Thursday 16th
8:00-10:00 AM