

Seniors

Register online now!

SENIOR PROGRAMS

At our Y, active older adults have an opportunity to stay active and grow in spirit, mind & body. New friends and new opportunities add joy to life and give seniors a chance to share their time and talents with others.

YMCA Wellness Programs: Free to members!

Senior Aerobics • Water Aerobics • Yoga • Tai-Chi
Water Walking • Chair Exercise • Line Dancing

Lunch & Learn: Bring a dish and share lunch while you learn about different topics that stir your curiosity!
Second Tuesday of every month.

Focus Meeting: Ideas for future programs and activities. Outreach projects to help our community. You decide! Come share your ideas!

Call Kathy Jones for more info: 770-246-9622

Silver Foxes: Silver Foxes are a group of seniors who get together for monthly day trips. Any senior can participate.
Trips and outings TBA

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MEM: \$5 PRO: \$10 (plus cost of admission)



SOCIAL ACTIVITIES

See old friends and make new ones! Take advantage of our library, join a book club or meet in the Senior Center to play! Offered weekly. Check the front desk for days and times!

Pool, Cards, Ping Pong, Pickle Ball or Games

There are charges for some activities based on type of membership. Please contact Registration for times & prices



CLASSES CLASSES CLASSES

Call Kathi at 770-246-9622 or
kathij@ymcaatlanta.org

Bridge

Basic Digital Photography

Computer - Windows 7

Pottery

Intro to iPhone, iTunes & Facebook

ALWAYS HERE FOR OUR COMMUNITY