Senior Activities Calendar November 2009

YMCA
We build strong kids,
strong families, strong communities.

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Current Senior Programs

Monday	Tuesday	Wednesday	Thursday	Friday
8:15AM- 9:00AM Aqua Stretching 9:00AM-10:00AM Aqua Aerobics 10:30AM- 11:30AM Indoor Walking	11:00AM-12Noon Senior Aerobics 12:30PM-1:30PM Tai Chi	9:30AM-10:45AM Yoga Basics 11AM-12Noon Senior Dance Aerobics 2PM-2:45PM Chair Exercise	11:00AM-12:00Noon Senior Aerobics	8:15AM-9:00AM Aqua Stretching 9:00AM-10:00AM Aqua Aerobics **12noon- Zumba NEW!**
Johns Creek Emory Hospital lecture- Dealing w/ Holiday stress 11/30 at 7PM RSVP to Lisa Pierce **Bingo** 11/2 at 4:30PM (Please RSVP to Lisa Pierce) **Chef Scott- Easy Entertaining** 11/9 at 7PM (Please RsVP to Lisa Pierce) ** Physical Therapy Assessments* *11/16 starting at 7pm(Please sing up at the front desk)* **Chair Massage Starting at 9AM*	**Potluck Coping w/ holiday blues Lunch & Learn** 11/10 at 12:10 PM Please RSVP to Lisa Pierce		**The next Focus Group meeting will meet Thursday, 11/5 10am**	**Silver Fox Trip Nov.20, 1:30 going to see The Rockets* *(Please register at the front desk)*

- *These activities are fee for service classes and are subject to change.*

Please contact our Front Desk for more information or at 770-246-9622