

# Seniors: Wellness, Activities and more!

## Senior Programs

At our YMCA, 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, such as children and teens.

**YMCA Wellness Programs:** Free to members! These classes are also available to Program Members at a cost of \$48 for 12 classes.

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

**Lunch & Learn:** Topics from financial planning to wellness.

Second Tuesday of each month, 12:00 pm

Presented by Kaiser Permanente

**Focus Meeting:** Discuss senior topics and ideas for future programs. Sept 27 & Nov 12, 10:00 am

**Senior Classes & Activities:** Offered weekly. Check with the front desk for days and times!

**Bingo:** First Monday of every month, 4:30 – 6:00 pm

Digital Photography • Computer Classes • Pick-up Bridge  
Knitting • Scrabble • Golf Tips/Lessons • Bowling

Senior Health Lecture: May 18, Emory Lecture

**Silver Foxes:** Silver Foxes are a group of seniors who get together for monthly day trips. Any senior can participate. Trips scheduled for this fall are:

Aug 21: Margaret Mitchell house

Sept 18: Elijah – apple picking

Oct 24: Oakland Cemetery – tour starts at 6:00 pm

Nov 20: The Fabulous Fox Theater – Radio City Rockettes

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



## Social Activities

Billiards • Ping Pong • Bridge • Book Swap  
Games & Puzzles • Coffee Talks

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

*For more information or to be mailed information, please contact Lisa Pierce.*



## Computer Programs

Any age can participate!  
Beginning Sept. 3 (6 week session)  
MEM: \$84 PRO: \$99

**COMBO OF ANY TWO CLASSES**  
MEM: \$150 PRO: \$175

**COMBO OF ANY THREE CLASSES**  
MEM: \$210 PRO: \$250

**Intro to Power Point:**  
Thursdays, 4:30 – 5:45 pm

**Digital Camera Classes:**  
Thursdays, 2:00 – 3:00 pm

**Photoshop Photo Sharing & Repairing:**  
Thursdays, 7:00 – 8:15 pm

**Excel Basics:**  
Fridays, 4:45 – 5:45 pm

**Internet Travel & Email Connections:**  
Mondays, 9:15 – 10:15 am  
Beginning Sept. 14 (4 week session)  
MEM: \$48 PRO: \$60

