

Senior Activities Calendar, February 2010



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						

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
<u>Chef Carlen 2/8</u> at 7PM "Sweets for your sweetie" RSVP to Lisa Pierce <u>Bingo 2/1</u> at 4:30PM (Please RSVP to Lisa Pierce) <u>Monthly lecture-</u> Estate planning 2/25, 7PM *Physical Therapy injury assessment 2/15 7PM, register at front desk * Digital camera 101- 2/1, 10-11am * Sharing and repairing- 2/1, 11:15-12:15 * Excel basics begins 2/1, 12:45	<u>Potluck Lunch</u> & <u>Learn</u> 2/12 at 12:10 PM "Facts for writing your will" (Please RSVP to Lisa Pierce)		Focus Group- 2/11 from 10-11am	<i>*Silver Fox Trip</i> 2/19, <i>*Princess</i> <i>Diana</i> <i>celebration</i> <i>leave Y at 9AM</i> <i>(Please register at</i> <i>the front desk)</i>

*** 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**

