

# Family & Seniors: Programs/Events

## Senior Programs

We are proud to present its premier program *Movers & Shakers*. *Mover & Shakers* is a program serving the mental and physical health needs of the older adult population. This program consists of an array of activities geared toward keeping the older adult population active and fit. Each member is afforded the opportunity to design her/her YMCA experience. Class space is limited, however, classes are offered on a continuous basis throughout the year to accommodate all.

**Lunch & Learn:** Join us for food and fellowship as we learn about issues that concern all generations, such as retirement, taxes, homeownership, etc. Lunch is on us!  
Wednesdays 12:15 am

**Sewing 101:** Learn the basics of sewing, stitching, and pattern cutting/making.  
Mondays, 11:00 am & Thursdays, 11:30 am

**Soar Like Eagles Book Club:** Stimulate your mind. Discuss recent books and publications. Lunch is provided. Every other Tuesday 11:30 am

**Arts and Crafts 101:** Be creative! Decorate! Learn how to beautify your home. Create gifts and knick knacks.  
Thursdays, 9:00 am

**Computers 101:** "Keep up with technology!" That is the theme of The Villages at Carver Family YMCA Active Older Adult computer classes. In today's society, technology has taken over and to be functional you must keep up with the times. Learn to surf the Internet, set up an e-mail account, check and send e-mail, etc.  
Fridays, 10:00 am

**Floral Arrangement 101:** Create a new hobby! Start a side business! Join Floral Arrangement 101 and become the envy of your friends. Every other Friday, 12:00 pm

**Line Dancing:** Be the life of the party! Learn the latest line dance crazes. Thursdays, 11:15 am

**Active Older Adults Fitness Classes:** Upon enrolling in the fitness portion, a physical assessment will be given and once complete, a certified fitness coach will design a fitness plan for the participant. In some instances, a physician's note may be required for participation. Nutritional snacks are offered prior to class.

MON: Sr. Fitness, 10:00 am

TU: Sr. Chair Aerobics, 10:15 am

WED: Sr. Water Aerobics, 10:10 am • Sr. Fitness, 11:10 am

TH: Senior Chair Aerobics, 10:20 am

## Facility Rentals

We offer the use of our facility to YMCA members and participating agencies only! Let us host your next community meeting, a banquet, or a birthday party. Reservations are made on a first come, first serve basis and may not be made more than 45 days in advance. All events must be held during facility hours of operation. Contact Kyle Underwood at 404-635-7574 or [kyleu@ymcaatlanta.org](mailto:kyleu@ymcaatlanta.org).

**Activity Room 1:** 100 person capacity.  
\$175 for the first 2 hours.  
\$50 for each additional hour.  
\$25 non-refundable deposit required.

**Activity Room 2:** 75 person capacity.  
AV equipment ready. \$200/first 2 hours.  
\$50 for each additional hour.  
\$25 non-refundable deposit required.

**Gymnasium:** 250 person capacity.  
\$500 for 5 hours (5 hour minimum).  
\$50 for each additional hour.  
\$25 non-refundable deposit required.

**Pool** (Baptisms only): Saturdays after 6:00 pm  
20 person on-deck capacity; 15 person viewing area capacity. \$50 for 1 hour.  
\$25 cash lifeguard payment. \$50/each additional hr.  
\$25 non-refundable deposit required.

**Birthday Party Packages:** Gym Party - Play in the gym for an hour and then party in the Activity Room for an hour.  
Saturdays 3-5 pm or Sundays 2-4 pm only.  
\$50 registration fee plus \$6 per child (20 child max.)

**Pool Party:** Splash in the pool for an hour and then party in the Activity Room for an hour. Saturdays 3-5 pm or Sundays 2-4 pm only. \$50 registration fee plus \$6 per child. An additional \$25 cash lifeguard fee will be assessed for more than 10 swimmers.

**Swim and Gym Party:** Play in the gym for an hour, splash in the pool for an hour, and then party in the Activity Room for an hour. Saturdays 2-5 pm or Sundays 2-5 pm only. \$50 registration fee plus \$75 for 10 kids. \$7 each additional child (20 child max.)