



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SEPT 24-28 INSPIRING WELLNESS

## ACTIVE AGING WEEK

Stay active, stay healthy!  
Check out these special  
activities and events  
happening all week long!

**Ages 55+**

**FREE Y ADMISSION  
to attend all programs**

**NEW!**

Every participant will receive a  
punch card. Visit the Y all 5 days  
for a chance to WIN!

THANK YOU PRESENTERS:



Helping Seniors Live Well at Home



DOWNTOWN		
MONDAY 9/24		
7:45-8:45	Essentrics	Studio 4
9:00-9:45	Senior Pilates	Studio 3
9:00-9:50	Water Fitness	Lap Pool
10:00-10:30	Stretch, Flex & Balance	Studio 3
10:00-10:45	Senior Water Fitness	Lap Pool
10:45-11:30	SilverSneakers Yoga	Studio 3
11:00-11:45	Arthritis Aquatics	Family Pool
TUESDAY 9/25		
9:00-12:00	Vascular Disease Screenings* Aurora Health Care	Teaching Kitchen
9:00-9:50	Water Fitness	Lap Pool
10:15-11:00	SilverSneakers Classic	Studio 4
11:15-11:45	Group Walk Outside • Weather Permitting	Meet in Lobby
12:00-1:00	Cribbage & Board Games Snacks provided	Intergen Room
WEDNESDAY 9/26		
9:00-9:45	Low Impact Aerobics	Studio 4
9:00-9:45	Aqua Zumba	Lap Pool
10:00-10:30	Stretch, Flex & Balance	Studio 3
10:00-10:45	Senior Water Fitness	Lap Pool
10:45-11:30	SilverSneakers Circuit	Studio 4
11:00-11:45	Arthritis Aquatics	Family Pool
THURSDAY 9/27		
7:45-8:45	Essentrics	Studio 4
9:00-10:00	Brain Fitness & Breakfast* Home Care Assistance	Teaching Kitchen
9:00-9:45	Senior Aerobic Dance	Studio 3
9:00-9:50	Water Fitness	Lap Pool
9:30-11:30	10-Minute Chair Massages*	Fitness Area
10:15-11:00	SilverSneakers Classic	Studio 4
12:00-1:00	Intro to Pickleball/ Learn to Play	Gym
FRIDAY 9/28		
9:00-9:50	Water Fitness	Lap Pool
9:30-10:15	SilverSneakers Yoga	Studio 3
10:00-10:45	Senior Water Fitness	Lap Pool
10:30-11:30	Intermediate Chair Yoga	Studio 3
10:45-11:30	SilverSneakers Circuit	Studio 4
11:00-11:45	Arthritis Aquatics	Family Pool
12:00-2:00	LUNCH & PRESENTATION* UWO Learning in Retirement	MPR Lower Level

20TH AVENUE		
MONDAY 9/24		
9:00-9:45	SilverSneakers Classic	SMB Rm
9:00-10:00	Water Fitness	Lap Pool
10:00-10:45	SilverSneakers Classic	SMB Rm
10:00-10:45	Arthritis Aquatics	Family Pool
1:00-3:00	Memory Café	MPR 3
TUESDAY 9/25		
9:00-10:00	Foot Health Presentation/Breakfast* Aurora Health Care	MPR 1 and 2
9:00-10:00	Water Fitness	Lap Pool
9:15-10:00	Senior Cycling	Cycling Rm
10:15-11:00	Senior Aerobic Dance	Aerobics Rm
10:15-11:00	SilverSneakers Yoga	SMB Rm
11:15-12:00	SilverSneakers Yoga	SMB Rm
2:00-5:00	Vascular Disease Screenings* Aurora Health Care	MPR 2 and 3
WEDNESDAY 9/26		
9:00-9:45	SilverSneakers Circuit	SMB Rm
9:00-10:00	Water Fitness	Lap Pool
9:30-12:00	FREE Community Resource Fair	Cafe' Area
10:00-10:45	Senior Core	SMB Rm
10:00-10:45	Arthritis Aquatics	Family Pool
12:00-2:00	LUNCH & PRESENTATION* UWO Learning in Retirement	MPR 1 and 2
THURSDAY 9/27		
9:00-10:00	Water Fitness	Lap Pool
10:00-10:45	Arthritis Aquatics	Family Pool
10:15-11:00	SilverSneakers Yoga	SMB Rm
10:30-12:00	Chair Volleyball	Main Gym
11:15-12:00	Senior Pilates	SMB Rm
12:00-1:00	Essentrics	Aerobics Room
1:30-3:30	10-Minute Chair Massages*	Fitness Area
FRIDAY 9/28		
8:00-9:00	Intro to Pickleball/Learn to Play	Main Gym
9:00-9:45	Sit, Stand and Move	SMB Rm
9:00-9:45	Water Fitness	Lap Pool
10:00-10:45	SilverSneakers Classic	SMB Rm
10:00-10:45	Arthritis Aquatics	Family Pool
11:00-11:30	Group Walk Outside • Weather Permitting	Meet in Lobby

**PRE-REGISTRATION** is required for breakfasts, lunches, screenings and massages. Register for breakfasts and lunches at either Front Desk or by calling 236-3380. Register for screenings and massages by contacting Siri at 230-8916 or sirimits@oshkoshymca.org.

\*Pre-Registration required

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