

# 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! .

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.

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

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

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

**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:

Dates and locations to be announced!

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.



## Educational Programs

**Any age can participate!**

**Digital Camera Classes:**

Mondays, 10:00 – 11:00 am

6 week session

MEM: \$84 PRO: \$99



**Sharing & Repairing Photos Classes:**

Mondays, 11:15 am – 12:15 pm

**Excel Basics:**

Mondays, 12:45 – 1:45 pm

6 week session

MEM: \$84 PRO: \$99



**Bridge-Beginner:**

Thursdays, 1:00 – 2:00 pm

12-week course

MEM: \$72 PRO: \$96



**Bridge-Supervised: on-going**

Thursdays, 2:30 – 3:30 pm

MEM: \$36 PRO: \$48

