

# Special Programs: Seniors & Community

## Community Enrichment

**Donate!** For some children, and families, the YMCA is the place to which they turn for encouragement and support to accomplish their dreams. When you give to the annual Partner With Youth campaign or to the Frank J. Thiebaut endowment, you partner with youth to make an impact!

**Volunteer at the YMCA:** At the YMCA, volunteer time and talents go a long way! Volunteers give caring attention, support and encouragement to people of all ages, abilities and circumstances. Volunteers provide the best possible service and programs to make our community a better place to live, work and play!

**School Year Opportunities:** Middle School Night, Family Night, Y Adventure Guides, Partner With Youth.

**Seasonal Opportunities:** Open House, Easter Egg Hunt, Healthy Kids Day.

**Ongoing Opportunities:** Youth Sports Coaches, PlayCenter, Our Time, Wellness Center, Front Desk Greeters, Art Class, Office Staff and Aquatic Volunteers.

Contact Linda Jackson at 770-977-5991 for more information.

**Babysitting Class *ages 10+*:** This is a fun, instructional class where kids will learn about basic childcare, accident prevention, handling emergencies, entertainment ideas & more in this 2-hour class! Class includes wallet ID card, certificate, manual & helpful babysitting handouts. Bring a doll to class.

Sunday, 1:30 – 3:30 pm

Jan 24, Feb 21, March 21, April 18, May 16

MEM: \$30 PRO & Community: \$40



**Community CPR *ages 16+*:** Everything will be covered in this class. You will learn CPR for adults, children and infants.

Saturday, 10:00 am: Jan. 23 & May 22

Tuesdays, 6:30 pm: Jan. 19, Feb. 16, March 23, April 20, May 18

MEM: \$30 PRO & Community: \$40



**Facility Room rentals** starting as low as \$150!  
Contact: Rebecca Shipley 770-578-2800 or [beckys@ymcaatlanta.org](mailto:beckys@ymcaatlanta.org).

**Weight Watchers:** To join or for information, call 1-800-379-5757 or visit [WeightWatchers.com](http://WeightWatchers.com)

45 minute meetings once per week

Wednesdays at 12:00 pm ( Activity Room)



## Senior Adventure Trips

**Fabulous Fox Theatre Tour:** Enjoy a “behind the scenes” tour of the Fabulous Fox! See this landmark like never before.

January 20, 9:00 am - 3:00 pm

Cost: \$30

**Cyclorama Tour:** View the world’s largest painting and Civil War Museum. Go on a guided tour to learn the history of Atlanta.

February 24, 9:00 am - 3:00 pm

Cost: \$25

**William Harris Homestead Tour & Lunch at the Blue Willow Inn:** This restored home was built in 1825! Enjoy a Southern Buffet at the historic Blue Willow Inn and tour!

March 24, 9:00 am - 3:00 pm

Cost: \$35

**Callaway Gardens Azalea Tour:** Spring weather brings out colorful azaleas at Callaway Gardens. Lunch will be provided at the Country Kitchen atop the mountain with spectacular views.

April 14, 8:00 am - 5:00 pm

Cost: \$35

*Have a place in mind that you would like to visit? Contact Cristina Teaver at 770-578-2785 to submit your ideas!*

**YMCA Kickers *ladies ages 60+*:** YMCA ambassadors of fitness and fun! We are now recruiting more members.

Contact Judy Guard, 770-977-5991, Ext. 238 for more information.

