



# ACTIVE OLDER ADULTS

## ACTIVITIES CALENDAR

**MON**

**TUES**

**WED**

**THUR**

**FRI**

**GroupEx**

**Y-Tour Tuesdays**  
9am-9:45am

**Journal Club**  
9am-10am  
Weekly in the  
Community Rooms

**Meet us for  
Mahjong!**  
12pm-3pm

**Creative Corner**  
11am-3pm  
Weekly in the  
Community Rooms

**Table Tennis**  
5pm-7pm  
Weekly in the  
Community Rooms

**Sept 5**  
**Book Club**  
9am-10am  
Book Discussion:  
"Our Missing Hearts"  
by Celeste NG

**Table Tennis**  
5pm-7pm  
Weekly in the  
Community Rooms

**Sept 6**  
**Educational Seminar**  
12pm-1pm  
Topic: "Discover the Benefits of  
Medicare" Presented by  
Tim Ives, Refuge Financial Solutions

**Sept 13**  
**Potluck**  
12pm-1pm  
Theme:  
"Defy Superstition Day"

**SilverSneakers Classic**  
**Monday & Tuesday**  
Mon: 9am-10am & 10am-11am  
Tues: 10am-11am  
Gymnasium

**Chair Yoga**  
**Tuesday & Friday**  
Tue: 12pm-1pm  
Fri: 11am-12pm  
Exercise Studio

**Balance & Motion**  
**Wednesdays: 11am-12pm**  
Exercise Studio

**Silver Soul**  
**Wednesdays: 10am-11am**  
Gymnasium

**Zumba Gold**  
**Thursdays: 10am-11am**  
Gymnasium

**Water Fitness**  
Mon/Wed: 6pm-7pm  
Tues & Thur: 8:30am & 9:30am  
Fridays: 8:30am-9:30am  
Main Pool

**Aqua Tone**  
**Wednesdays: 11am-11:45am**  
Therapy Pool

**Aqua Zumba**  
**Wednesdays: 6pm-7pm**  
Therapy Pool

Visit [puebloymca.org/aoa](http://puebloymca.org/aoa) and click on the "Social Events" to learn more about all AOA social programs or contact Cheri Ward at 719-543-5151 x 322 or email [cward@puebloymca.org](mailto:cward@puebloymca.org)

**Please note:** GroupEx classes are only for YMCA members. All other events are FREE to the public.



**SEPT**  
**2024**