GET BALANCED
LIVE HEALTHY
STAY SENIOR SAVVY

ACTIVE OLDER ADULTS DAY

WEDNESDAY, MAY 30, 2018 FROM 9:00AM – 3:00PM

ACTIVITIES:

DANCING WITH THE EASY CLASSICS WITH 104.7 WELJ
9:00AM-12:00PM
FRONT LAWN

FROM THE GARDEN TO GREAT: COOKING CLASS WITH DONNA MCCUE
11:00AM-12:00PM
LOBBY

YOGA WITH MICKEY
11:00AM - 1:00PM
DANCE STUDIO

HEALTHY NUTRITIONAL WORKSHOP
12:00PM - 1:00PM
LOBBY

PSEG LONG ISLAND LUNCH & LEARN SESSION ON HOT TOPICS
1:00PM- 2:00PM
ENERGY EFFICIENCY
LOBBY

FITNESS TECH AND YOU: MAXIMIZING YOUR HEALTH IN THE DIGITAL ERA
2:00PM - 3:00PM
LOBBY

SNACKS AVAILABLE AS WELL IN THE LOBBY OF THE YMCA

the YMCA

PSEG LONG ISLAND

PSEG Foundation

YMCA EAST HAMPTON RECENTER
2 Gingerbread Lane, East Hampton, NY 11937
631.329.6884
YMCALI.ORG/PSEGLISENIORS