

GET BALANCED LIVE HEALTHY STAY SENIOR SAVVY

Sponsored by



Active Older Adults Day

Wednesday
May 25, 2022

Fitness Classes, Social
Opportunities, How To's,
Partner Organizations,
Food, Health Screenings,
And More!

**FREE
GIVEAWAY**



While supplies
last.



YMCA OF LONG ISLAND

Bay Shore
East Hampton
Glen Cove

Holtsville
Huntington
Patchogue

855-2YMCALI

YMCALI.org

GET BALANCED - LIVE HEALTHY - STAY SENIOR SAVVY

Active Older Adults Day

Wednesday, May 25, 2022 9am-4pm

YMCA AT GLEN COVE

9am-9:45am Water Aerobics w/ Ally

9am-9:50am Pilates w/ Julie

***10am—10:45am** Chair Yoga w/ Julie

***11am-11:45am** Strong Seniors w/ Jean Anne

11:30am-12:30pm Recreational Swim

12pm-12:55pm Guest Speaker: Lou Anne Delgado
"Positive Affirmation" from Project Hope

1pm-2pm Luncheon

2:30pm-3:30pm Pickle Ball

9am-3pm Information Tables

***Indicates registration required. Use our app or call (516) 671-8270 to register.**



YMCA OF LONG ISLAND

Bay Shore
East Hampton
Glen Cove

Holtsville
Huntington
Patchogue

855-2YMCA LI

YMCA LI.org