

# 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–1pm

# HUNTINGTON YMCA

- 9am** Breakfast Served  
Fit Workout w/ Jane – Group X Rm  
Retirement Planning w/ Mike Palma Traverse Capital Mgmt – HLC Lobby
- 9:30am** Art Therapy w/ Lauren Belcastro – Barre Studio  
Chair Fitness w/ Chrissy Naughton – Group X Rm  
Positive Energy & Guided Meditation w/ Elizabeth Castelli – Mind/Body Room
- 10am** Seated Drumming w/ Chrissy Naughton – Group X Room  
Brain Gym w/ Emily Eisen – Mind/Body Room  
Know your Blood Pressure w/ Jane McGoldrick – HLC Lobby  
Group Equipment Orientations w/ Lauren Weissman – Fitness Center  
Resistance Bands, Strength & Mobility w/ Peter Wayne – Fitness Center  
Water Walking w/ Aquatics Staff – Albicoco Pool
- 10:30am** How to Age Strong through Nutrition w/ Coleen DeLorenzo – Teaching Kitchen  
55 + low impact Cycle w/ Julie Karpeh – Cycle Room
- 11:00am** Art Therapy w/ Lauren Belcastro – Barre Studio  
Chair Yoga w/ Bonnie Millen or Coleen DeLorenzo – Group X Studio  
Brain Gym w/ Emily Eisen – Mind/Body Studio  
Navigating the YMCA App w/ Katie Vitale – HLC Lobby
- 11:30am** Improve your Golf / Tennis Swing w/ Wayne Rubin – Fitness Center  
Moving for Better Balance w/ Bonnie Millen
- 12pm** Lunch Served  
Group Equipment Orientation w/ Lauren Weissman – Fitness Center  
Bingo for Prizes – YMCA Staff – HLC Lobby



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