

# 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 7am–2:00pm

### PATCHOGUE FAMILY YMCA

**All Day** Fitness Center Orientation ([Fitness Center](#))

**7:00am–10:00am** Pickleball

**9:00am** Light breakfast served in the lobby

**9:00am–1:30pm** Information Fair: Come meet our community partners for information, giveaways and health assessments!  
([Third Floor around the Track](#))

**10:00am–1:00pm** Senior Volleyball

**\*10:00am–10:55am** Gentle Yoga with Marcia ([please bring a mat](#))

**\*10:15am–11:00am** Seated Drum Fitness with Laura

**\*10:30am–11:30am** Senior Small Group Training with Bridgit ([Fitness Center](#))

**\*11:00am–11:45am** Stronger Seniors with Emily

**12:00pm–2:00pm** Lap Swimming with Water Exercise Lane ([sample exercises with equipment if needed](#))

**12:00pm** Lunch served in the gymnasium

**12:15pm** BINGO in the gymnasium during lunch

**1:00pm** Trivia (gymnasium)

\*Indicates registration required. Use our app or call 631-891-1813 to register.



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