

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
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Patchogue

855-2YMCALI

YMCALI.org

GET BALANCED – LIVE HEALTHY – STAY SENIOR SAVVY

Active Older Adults Day

Wednesday, May 25, 2022 8am–2pm

EAST HAMPTON RECENTER YMCA

9:00am Yoga ([Multi-Purpose Room](#))

10am–2pm Informational Tables ([Outside Basketball Court](#))

- EH Senior Center
- AARP
- Alzheimer's Association
- EH Library
- Southampton Hospital
- Tai Chi
- US Pickleball Association

11am Pickleball Clinic ([Outside Basketball Court](#))

12:30pm Better Bones and Balance ([Outside Basketball Court](#))

Refreshments will be served throughout the day.
EH senior center will provide free rides to anyone in need.



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