

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 8am-2pm

GREAT SOUTH BAY YMCA

All Day

Fitness Center Orientation Fitness Center ([1st Floor](#))

9:00am-9:45am

Power Walking Pool ([1st Floor](#))

10:15am-11:00am

Chair Fitness Loft ([4th Floor](#))

10:30am-11:15am

Tai Chi Outside ([Weather Permitting](#))

10:30am-11:30am

Adult Open Swim Limited Availability Pool ([1st Floor](#))

11:30am-1:00pm

Adult Open Swim Pool ([1st Floor](#))

10:30am-12:30pm

Senior Volleyball Half of Gym ([2nd Floor](#))

11:30am-12:15pm

ZUMBA Gold Loft ([4th Floor](#))

11:00am-2:00pm

Information Fair: Come meet over 15 organizations that offer services to Seniors! Giveaways, Health Assessments and more! [Half of Gym \(2nd Floor\)](#)

12:30pm-2:00pm

Guest Speaker and Lunch will be served Half of Gym ([2nd Floor](#))



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