

GET BALANCED LIVE HEALTHY STAY SENIOR SAVVY

Active Older Adults Day

Wednesday, May 31, 2023

HUNTINGTON YMCA SCHEDULE OF EVENTS

- 10:00 am: Senior Stretch w/ Lauren Weissman – Barre Studio
Chair Fitness w/ Chrissy Naughton – Group X Studio
- 10:30 am: Seated Drumming w/ Chrissy – Group X Studio
Power of Self Love + 15 min Meditation w/ Elizabeth Castelli – Mind Body Studio
Beginner Pickleball Clinic w/ Tom McMahon – Gymnasium
Beading Bracelets w/ Bead Utopia – Barre Studio
- 11:00 am: Group Equipment Orientations w/ Lauren Weissman – Rauch Fitness Center
Tai Chi w/ Bonnie Millen – Group X Studio
Nutrition: Maintaining Brain Health by Alaina Hoschke – Teaching Kitchen
- 11:30 am: Aging with Attitude w/ Jan Rose – Mind Body Studio
Chair Yoga w/ Jayne McPartlin – Group X Studio
Senior Boxing w/ Wally Matthews – Spin/Boxing Studio
- 12:00 pm: Lunch Served – HLC Lobby
Art Therapy w/ Sandra Graf – Barre Studio
Enhance your Golf & Tennis Swing w/ Wayne Ruben – Rauch Fitness Center
- 12:30 pm: Bone Density Workshop w/ Jane McGoldrick
Beginner Pickleball Clinic w/ Tom McMahon – Gymnasium
- 1:00 pm: Memory Loss, Dementia & Alzheimer's w/ Willing Hearts Helpful Hands – Mind Body Studio
A Firm Grip on Retirement w/ Brandon Kaley – HLC Lobby
Water Walking w/ Carrie Williams – Albicocco Pool – Rauch Bldg.
- 1:30 pm: Country Line Dancing w/ Coleen DeLorenzo – Group X Studio
Proper Form & Stretch for Pickleball w/ Peter Wayne – Gymnasium
Group Equipment Orientations w/ Lauren Weissman – Rauch Fitness Center

All Day Events: Blood Pressure Screenings, Vendors, Food



YMCA OF LONG ISLAND

Bay Shore

Holtsville

East Hampton

Huntington

Glen Cove

Patchogue

855-2YMCALI

YMCALI.org