

**GET BALANCED LIVE HEALTHY STAY SENIOR SAVVY**

# Active Older Adults Day

Wednesday, May 31, 2023

## TIME:

## ACTIVITY:

## LOCATION:

ALL DAY

Fitness Center Orientations

Fitness Center

7:00-11:30AM

Pickleball

Gymnasium

9:00AM

Light Breakfast

Lobby

9:00-1:00PM

Information Fair

Second Floor Hallway

\*9:45-11:00AM

Gentle Yoga with Marcia  
\*Please bring a mat\*

Studio A

\*10:00-10:45AM

Preventing Scams &  
Identity Theft

Conference Room

\*10:30-10:50AM

Balance & Stretch with Nikki

Studio B

\*11:00-11:45AM

Stronger Seniors with Emily

Studio A

12:00PM

Lunch

Gymnasium

12:15PM

BINGO

Gymnasium

12:45PM

Trivia

Gymnasium

\*1:30-2:30PM

Chair Yoga with Marcia

Studio B

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



**YMCA OF LONG ISLAND**

Bay Shore

Holtsville

East Hampton

Huntington

Glen Cove

Patchogue

**855-2YMCALI**

**YMCALI.org**