

WEDNESDAY, MAY 21, 2025

ACTIVE OLDER ADULTS DAY

Fitness Classes, Social Opportunities, How To's, Partner Organizations,
Health Screenings, Giveaways, Food, and more!

HUNTINGTON YMCA

TIME:	ACTIVITY:
10:00am	Chair Yoga
10:30am	ZUMBA/ZUMBA Toning Combo Class
10:30am	Osteoporosis Prevention Workshop
10:45am	Intro To Yoga
11:30am	Intro to Moving For Better Balance
11:30am	Assisted Living Q & A
12:00pm	Lunch
12:30pm	Brain Saver Games
1:00pm	Nutrition Meeting "Make Food Your Medicine"
1:00pm	Trivia For Fun & Prizes



Huntington YMCA
60 Main Street
Huntington, NY 11743

**VIEW SCHEDULE
OF ACTIVITIES!**
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