

WEDNESDAY, MAY 21, 2025

ACTIVE OLDER ADULTS DAY

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

PATCHOGUE FAMILY YMCA

TIME:	ACTIVITY:	LOCATION:
ALL DAY	Fitness Center Orientation	Fitness Center
7:00am - 11:30am	Pickleball	Gymnasium
9:00am	Light Breakfast	Lobby
9:00am - 1:00pm	Information Fair	Second Floor Hallway
*9:45am - 10:45am	Small Group Training - Stengthen Your Heart, Muscles & Prevent Osteoporosis with PT Joe	Fitness Center
*9:45am - 10:50am	Gentle Yoga with Marcia *Please Bring Mat*	Studio A
*10:15am - 10:45am	Respect, Protect, Empower: Combating Elder Abuse & Ageism - ECLI Vibes	Conference Room
*11:00am - 11:45am	Stronger Seniors with Emily	Studio A
*12:00pm - 12:20pm	Senior Dancercise with Katie	Studio A
*12:30pm	Lunch	Gymnasium
12:45pm	Bingo & Trivia	Gymnasium

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



Patchogue Family YMCA
255 W Main Street
Patchogue, NY 11772

**VIEW SCHEDULE
OF ACTIVITIES!**

