

GET BALANCED LIVE HEALTHY STAY SENIOR SAVVY

ACTIVE OLDER ADULTS DAY

WEDNESDAY, MAY 27, 2026

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



YMCA East Hampton RECenter
2 Gingerbread Lane
East Hampton, NY 11937

**VIEW SCHEDULE
OF ACTIVITIES!**



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YMCA EAST HAMPTON RECENTER

TIME:

ACTIVITY:

ALL DAY!	COMPLIMENTARY EVOLT SCREENINGS! FIRST COME FIRST SERVE
8:30-9:15AM	WATER EXERCISE
9:00-11:00AM	PICKLEBALL CLINICS
9:00AM-12:00PM	VENDORS
10:00-10:45AM	PILATES



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