

GET BALANCED LIVE HEALTHY STAY SENIOR SAVVY

ACTIVE OLDER ADULTS DAY

WEDNESDAY, MAY 20, 2026

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



YMCA of Long Island
Bay Shore • East Hampton • Patchogue
Glen Cove • Huntington

**VIEW SCHEDULE
OF ACTIVITIES!**



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HUNTINGTON YMCA

TIME:

ACTIVITY:

10:00AM	QI GONG W/ SHIRLEY IN THE MIND/BODY STUDIO
10:00AM	METRO PHYSICAL THERAPY W/KERI IN THE GROUP EX STUDIO
10:15AM	OSTEOPOROSIS PREVENTION W/ JANE IN THE BARRE STUDIO
10:30AM	CARIBBEAN DANCE WORKSHOP W/ ANGELA IN THE GROUP EX STUDIO
11:00AM	EGOSCUE FUNCTION AND FORM POSTURAL WORKSHOP W/LISA WEINER IN THE MIND/BODY STUDIO
11:00AM	EXERCISE SNACKING WORKSHOP WITH RUSS IN THE LOBBY
11:15AM	GENTLE REFORMER DEMO WITH JANE IN THE REFORMER STUDIO
11:15AM	SEATED & STANDING CARDIO DRUMMING W/ CHRISSY IN THE GROUP EX STUDIO
11:30AM	MOVING FOR BETTER BALANCE IN THE BARRE STUDIO
12:00PM	LUNCH IS SERVED
1:00PM	SHUFFLE DANCE WORKSHOP W/ AMALIA IN THE GROUP X STUDIO
1:00PM	ARBORS ASSISTED LIVING W/ ANA IN THE MIND/BODY STUDIO
1:00PM	COMMUNITY DEVELOPMENT LI W/ JONATHAN IN THE BARRE STUDIO

ALL DAY VENDORS INCLUDE:

NY Cryogen • Health & Welfare Council of LI • HUD Certified Housing • Fetterman, Lanza Corporation
Plan 4 Medicare • D&D CBD • PSEG LI • Huntington Community Development Agency • NYS EPIC Outreach
& MUCH MORE



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