

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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PATCHOGUE FAMILY YMCA

TIME:

ACTIVITY:

LOCATION:

| TIME: | ACTIVITY: | LOCATION: |
|----------------|--|-------------------|
| ALL DAY! | FITNESS CENTER ORIENTATION | FITNESS CENTER |
| 7:00-11:00AM | PICKLEBALL | GYMNASIUM |
| 9:00AM | LIGHT BREAKFAST | LOBBY |
| 9:00AM-1:00PM | INFORMATION FAIR | TRACK (3rd FLOOR) |
| 9:30-10:00AM* | ASSET PROTECTION SECRETS: KEEP WHAT YOU'VE EARNED & PROTECT WHO YOU LOVE W. FUTTERMAN LANZA, LLP | CONFERENCE ROOM |
| 9:30-10:00AM* | THE OTAGO EXERCISE PROGRAM W. MEDICARE THERAPY SERVICES | STUDIO B |
| 9:45-10:50AM* | GENTLE YOGA WITH MARCIA (PLEASE BRING A MAT) | STUDIO A |
| 10:15-10:45AM* | AGING STRONG: EMPOWERMENT, INDEPENDENCE & PROTECTION - ECLI VIBES | CONFERENCE ROOM |
| 11:00-11:45AM* | STRONGER SENIORS W. EMILY | STUDIO A |
| 12:00-12:30PM* | SENIOR DANCE W. 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!



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