



# ACTIVE OLDER ADULTS SCHEDULE

MON	TUES	WED	THUR	FRI	GroupEx
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**Journal Club**  
9am-10am  
Weekly in the  
Community Rooms

**Creative Corner**  
11am-3pm  
Weekly in the  
Community Rooms

**Table Tennis**  
5pm-7pm  
Weekly in the  
Community Rooms

**MAY 22**  
Book Club  
9am-10am

**Table Tennis**  
5pm-7pm  
Weekly in the  
Community Rooms

**MAY 5**  
Educational Seminar  
12pm-1pm  
Every 1st Friday  
Community Rooms

**MAY 12**  
Potluck  
12pm-1pm  
Every 2nd Friday  
Community Rooms

**MAY 19**  
Cards with Crump  
11am-12pm  
Every 3rd Friday  
Community Rooms

**SilverSneakers Classic**  
Mon/Tues/Thur  
10am-11am  
Gymnasium

**SilverSneakers Yoga**  
Monday & Friday  
11am-12pm  
Exercise Studio

**SilverSneakers Stability**  
Tuesdays  
11am-12pm  
Gymnasium

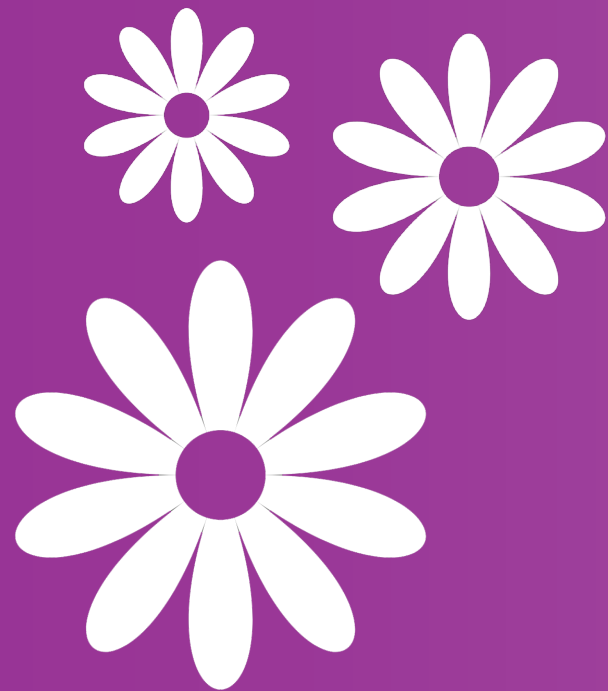
**SilverSneakers Soul**  
Wednesdays  
10am-11am  
Gymnasium

**Water Fitness**  
Monday & Wednesday  
5:30pm-6:30pm  
Tues/Thur/Friday  
8:30am-9:30am  
Main Pool

**POWERSwim**  
Wednesdays  
5:30pm-6:30pm  
Main Pool

Please visit [puebloymca.org/aoa](http://puebloymca.org/aoa) and click on the "Social Events" to learn more about all AOA social programs

**Please note:** GroupEx classes are only for YMCA members. All other events are FREE to the public.



**MAY  
2023**