



# ACTIVE OLDER ADULTS

## SCHEDULE

**MON**

**TUES**

**WED**

**THUR**

**FRI**

**GroupEx**

**Journal Club**  
9am-10am  
Weekly in the  
Community Rooms

**April 3**  
Meet us for Mahjong!  
12pm-3pm

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

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

**April 4**  
Book Club  
9am-10am  
Book Discussion:  
"Black Cake"  
by Charmaine  
Wilkinson

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

**April 5**  
Educational Seminar  
12pm-1pm  
Topic: "Volunteerism:  
Get Involved with Pueblo!"  
Presented by Jena Sanchez

**April 12**  
Potluck  
12pm-1pm  
Theme:  
"Walk on your Wildside!"

**SilverSneakers Classic**  
Monday & Tuesday  
Mon: 9am-10am & 10am-11am  
Tues: 10am-11am  
Gymnasium

**Chair Yoga**  
Tuesday & Friday  
Tue: 12pm-1pm  
Fri: 11am-12pm  
Exercise Studio

**Balance & Motion**  
Wednesdays: 11am-12pm  
Exercise Studio

**Silver Soul**  
Wednesdays: 10am-11am  
Gymnasium

**Silver Soul**  
Thursdays: 10am-11am  
Gymnasium

**Water Fitness**  
Tues & Thur: 8:30am & 9:30am  
Fridays: 8:30am-9:30am  
Main Pool

**Aqua Tone**  
Wednesdays: 11am-11:45am  
Therapy Pool

**Aqua Zumba**  
Wednesdays: 6pm-7pm  
Therapy Pool

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.

**APR**  
**2024**