



# ACTIVE OLDER ADULTS

## SCHEDULE

MON

TUES

WED

THUR

FRI

GroupEx

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

**June 5**  
Meet us for Mahjong!  
12pm-3pm

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

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

**June 6**  
Book Club  
9am-10am  
Book Discussion:  
"Alias Grace"  
by Margaret Atwood

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

**June 7**  
Educational Seminar  
12pm-1pm  
Topic: "Lung Health: Function & Care  
Tips" Presented by Chuck & Nancy  
Cosgrove

**June 14**  
Potluck  
12pm-1pm  
Theme:  
"Flag Day!"

**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**  
Wed & Thur: 10am-11am  
Gymnasium

**Zumba Gold**  
Thursdays: 9am-10am  
Gymnasium

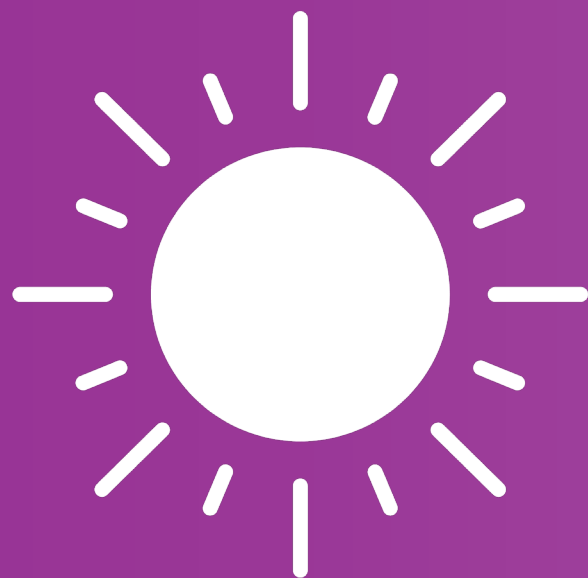
**Water Fitness**  
Mon & Wed: 5:30pm-6:30pm  
Tues & Thur: 8:30am & 9:30am  
Fridays: 8:30am-9:30am  
Main Pool

**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.



# JUNE 2024