



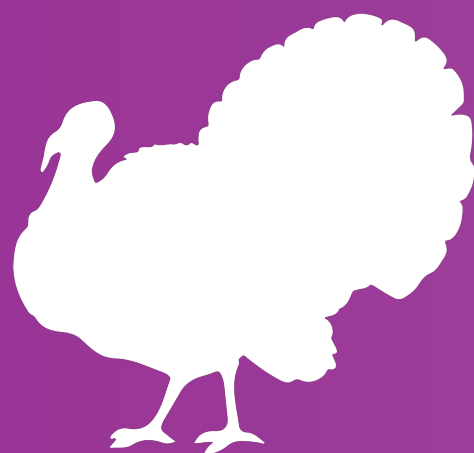
# ACTIVE OLDER ADULTS

## SCHEDULE

MON	TUES	WED	THUR	FRI	GroupEx
		<b>Journal Club</b> 9am-10am Weekly in the Community Rooms		<b>Table Tennis</b> 5pm-7pm Weekly in the Community Rooms	<b>SilverSneakers Classic</b> Monday & Tuesday 10am-11am Gymnasium  <b>SilverSneakers Chair Yoga</b> Monday & Friday 11am-12pm Exercise Studio  <b>SilverSneakers Stability</b> Wednesdays 11am-12pm Exercise Studio  <b>Silver Soul</b> Wednesday & Thursday 10am-11am Gymnasium  <b>Water Fitness</b> Mon & Wed: 5:30pm-6:30pm Tues & Thur: 8:30am & 9:30am Fridays: 8:30am-9:30am Main Pool  <b>Aqua Tone</b> Wednesdays: 11am-11:45am Therapy Pool  <b>Aqua Zumba</b> Wednesdays: 6pm-7pm Therapy Pool
		<b>Creative Corner</b> 11am-3pm Weekly in the Community Rooms		<b>NOV 3</b> <b>Educational Seminar</b> 12pm-1pm Topic: "Benefits of Homemade Bread" Presented by Tiffani Hinkeldey	
		<b>Table Tennis</b> 5pm-7pm Weekly in the Community Rooms		<b>NOV 10</b> <b>Potluck</b> 12pm-1pm Theme: "Friendsgiving"	
<b>NOV 27</b> <b>Book Club</b> 9am-10am "Bel Canto" by Ann Patchett				<b>NOV 17</b> <b>Game Day</b> 12pm-1pm Game: "Domino"	

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.



# NOV 2023