

GET BALANCED LIVE HEALTHY STAY SENIOR SAVVY

ACTIVE OLDER ADULTS DAY

WEDNESDAY, MAY 29, 2019

ACTIVITIES

- 9:00AM-10:00AM Breakfast CONFERENCE ROOM
- 9:00AM-2:00PM Pickleball GYMNASIUM
- 9:00AM-2:00PM Informational Fair GYMNASIUM & LOBBY
including YMCA Programs, Village Walk Senior Living, Medford
Multicare, NCN Adult Day Health Services, Metro Physical
Therapy, Gurwin Jewish Family of Healthcare Services, The
Bristol Senior Living, Brookhaven Heart, Suffolk Care
Collaborative, Long Island Community Hospital
- 10:00AM-11:00AM MELT Hand and Foot with Ellen CONFERENCE ROOM
- 10:45AM-11:45AM Chair Yoga with Marcia ROOM B
- 11:00AM-12:00PM Zumba Gold with David ROOM A
- 11:00AM-12:00PM Moving For Better Balance with Ellen ROOM C
- 11:00AM-12:00PM Water Fitness Exercise with Christina POOL
- 12:00PM-1:00PM PSEG Lunch & Learn Session on Hot Topics CONFERENCE ROOM
- 12:00PM-1:00PM SilverSneakers Classic with David
- 12:00PM-1:00PM Senior Spin with Amy ROOM C
- 1:00PM-2:00PM Dr. Saurin MD from Brookhaven Heart CONFERENCE ROOM

Please RSVP at
Member Services
by May 24th.



PATCHOGUE FAMILY YMCA

255 West Main Street, Patchogue, NY 11772

(631) 891-1800 • YMCALI.org/PSEGLISeniors



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