

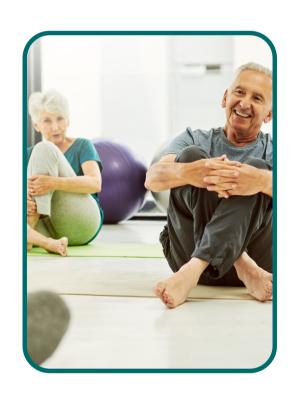
# IT NEVER GETS OLD TO FEEL GREAT ACTIVE OLDER ADULTS

Our Active Older Adult Program (AOA) encompasses a variety of classes, social gatherings, and learning opportunities designed with every age in mind for both women and men ages 50 to 100... and everything in between.

Ask at the Welcome Desk, to learn how to become a member or if your insurance includes YMCA access.

## Some of our current AOA opportunities

Pickleball
Dominoes
AOA Group Exercise Classes
Water Group Exercise
Lunch and Learn
Card Clubs, Bridge and Spades
Holiday/Themed Socials
Bingo
Social Outings
Ping Pong/Billiards
Day Trips
Service Projects



Flip over for our current program schedule

### **KANNAPOLIS YMCA**

Heather Kee Director of Membership and AOA hkee@rocabymca.org 704.939.9622





# **Current Program Calendar**

### **Mondays**

9:00am to 10:00am Silver Sneakers Cardio

9:30am to 11:30am Pickleball 12:00pm to 4:00pm Bridge Club

### **Tuesdays**

9:15am to 10:15am Gentle Flow Yoga

9:30am to 11:30am Pickleball

10:30am to 11:30am Silver Sneakers Group Exercise

12:00pm to 1:00pm Line Dancing

1:00pm to 3:00pm Spades

### Wednesdays

9:30am to 11:30am Pickleball

10:30am to 11:30am Silver Sneakers Group Exercise

10:30am to 12:30pm Mexican Train Dominoes

11:45am to 1:00pm Lunch and Learn (1st Wed of each month)

### **Thursdays**

9:30am to 11:30am Pickleball

10:15am to 11:15am Chair Yoga

11:15am to 12:15pm Silver Sneakers Group Exercise

12:00pm to 4:00pm Bridge Club

### **Fridays**

9:30am to 11:30am Pickleball

10:30am to 11:30am Silver Sneakers Cardio









### **Other Opportunities**

Be on the lookout for other events such as, holiday parties, social outings, games and more If you have a special talent to share or program idea, please to let us know Contact Heather Kee: 704.939.9622 or hkee@rocabymca.org