



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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



Held in Gymnasium



Held in Group Exercise Room



Held in Community Room



Held in Multipurpose Room

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