

ACTIVE OLDER ADULTS (AOA)



The YMCA Active Older Adults programs are designed to enrich the lives of people in the middle and older years. A variety of activities promoting physical health and well-being and social connections are offered every month. The YMCA strives to create a home away from home for its Active Older Adults by creating a welcoming atmosphere that fosters growth and learning opportunities. Come make new friends, explore new interests, and improve your fitness with the YMCA Active Older Adults.

Programs include:

- Group Exercise Classes
- Social Gatherings and Activities
- Outings
- Workshops

SPECIAL EVENTS

DAY	TIME	EVENT/HOST
Wed. Jan. 4	10:00 a.m. to 12:00 p.m.	Takoma Regional Hospital Wellness Fair - including exercise and nutrition tips, interactive booths, blood pressure screenings, BMI information and a chance to meet the YMCA Personal Trainers!
Fri. Feb. 10	12:00 p.m.	Valentine's Day Party— Please bring a covered dish to share

BLOOD PRESSURE CHECKS

DATE	TIME	SPONSOR
Tues. Jan. 3rd	9:00 a.m. - 10:00 a.m.	Smoky Mountain Home Health & Hospice
Tues. Jan. 17th	9:00 a.m. - 10:00 a.m.	Caris
Tues. Feb. 14th	9:00 a.m. - 10:00 a.m.	Smoky Mountain Home Health & Hospice
Tues. Feb. 28th	9:00 a.m. - 10:00 a.m.	Caris
Tues. March 6th	9:00 a.m. - 10:00 a.m.	Smoky Mountain Home Health & Hospice
Tues. March 20th	9:00 a.m. - 10:00 a.m.	Caris
Tues. April 3rd	9:00 a.m. - 10:00 a.m.	Smoky Mountain Home Health & Hospice
Tues. April 17th	9:00 a.m. - 10:00 a.m.	Caris
Tues. May 1st	9:00 a.m. - 10:00 a.m.	Smoky Mountain Home Health & Hospice
Tues. May 15th	9:00 a.m. - 10:00 a.m.	Caris

Contact:
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**ACTIVE OLDER ADULTS
(AOA)
Schedule
WINTER 2012
January - May**

**Greene County YMCA
404 Y Street
Greeneville, TN 37745**

423-639-6107

www.greencounty-ymca.org

WELLNESS PROGRAMS

DAY	TIME	CLASS
Mon.	11:05 a.m.	Fabulous Forever Chair (30 min)
	11:35 a.m.	Gentle Yoga (45 min)
Wed.	11:05 a.m.	Fabulous Forever Chair (30 min)
	11:35 a.m.	Gentle Yoga (45 min)
Thu.	10:00 a.m.	Dance Rhythms (45 min)
Fri.	11:05 a.m.	Dance Rhythms (45 min)

Dance Rhythms - A fun filled dance class designed especially for active older adults. A mixture of Latin, Line, and Hip Hop dance steps. Instructor: Leanna Lawson

Fabulous Forever Chair - Safe exercises for people who do not want to exercise standing unaided. Strength building and balancing exercises, done standing or seated along with a lively seated dance. Instructor: Sharon Harris

Gentle Yoga - This 45 minutes class is designed for beginners, people with multiple sclerosis, fibromyalgia, chronic fatigue syndrome, arthritis and other limiting conditions. Instructor: Sharon Harris



MISSION STATEMENT

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

BINGO

DATE	TIME	SPONSOR
Tues. Jan. 3rd	10:00 a.m.	Smoky Mountain Home Health & Hospice
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SOCIAL EVENTS

DAY	TIME	CLASS
Mon.	8:00 a.m.	Basketball - Adult Gym
	9:00 a.m.	Y Member Fellowship—Coffee and snacks provided.
Wed.	8:00 a.m.	Basketball - Adult Gym
	9:00 a.m.	Y Member Fellowship—Coffee and snacks provided.

NON-MEMBERS MAY ATTEND WORKSHOPS

HEALTH RELATED WORKSHOPS

DATE	TIME	TOPIC/GUEST
Mon. Jan. 23rd	10:00 a.m.	Diseases of The Eye and Treatments - Dr. Laura Urban-Ritter and Laughlin Memorial Hospital
Wed. Feb. 1st	10:00 a.m.	TBA- Takoma Regional Hospital
Mon. Feb. 27th	10:00 a.m.	Cardio and Respiratory Rehab - Jeff Miller and Celena Nichols and Laughlin Memorial Hospital
Wed. March. 7th	10:00 a.m.	TBA- Takoma Regional Hospital
Mon. March 19th	10:00 a.m.	Colorectal Cancer - Mike Morelock, RN and Laughlin Memorial Hospital
Wed. April 4th	10:00 a.m.	TBA- Takoma Regional Hospital
Mon. April 16th	10:00 a.m.	Reading Food Labels for Healthy Eating - Ashley Head, MS,RD, LDN and Laughlin Memorial Hospital
Wed. May 9th	10:00 a.m.	TBA- Takoma Regional Hospital
Mon. May 21st	10:00 a.m.	Protecting Your Skin from the Sun - Laughlin Memorial Hospital