

# ACTIVE OLDER ADULTS

August 2025

YMCA OF STEUBEN COUNTY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SPECIAL EVENTS</b> <b>GAMES</b> <b>COMMUNITY</b> <b>LEARNING</b> <b>WATER EXERCISE</b> <b>EXERCISE</b>					1
					WATER AEROBICS POOL 8 AM & 9:30 AM
					SILVER SNEAKERS FITNESS ROOM 10 AM & 11 AM
					WATER WALKING POOL 11 AM - 12 PM
	4	5	6	7	8
	WATER AEROBICS POOL 8 AM & 9:30 AM	WATER AEROBICS POOL 9:30 AM	WATER AEROBICS POOL 8 AM & 9:30 AM	WATER AEROBICS POOL 9:30 AM	WATER AEROBICS POOL 8 AM & 9:30 AM
	SILVER SNEAKERS FITNESS ROOM 10 AM & 11 AM	SILVER SNEAKERS FITNESS ROOM 10 AM	SILVER SNEAKERS FITNESS ROOM 10 AM & 11 AM	SILVER SNEAKERS FITNESS ROOM 10 AM	SILVER SNEAKERS FITNESS ROOM 10 AM & 11 AM
	WATER WALKING POOL 11 AM - 12 PM		WATER WALKING POOL 11 AM - 12 PM		WATER WALKING POOL 11 AM - 12 PM
	CHAIR YOGA ROOM 2 NOON		LUNCH N LEARN GREG GIANT RPH ROOM 2 - NOON		BINGO CAMERON WOODS 1 PM
	11	12	13	14	15
	WATER AEROBICS POOL 8 AM & 9:30 AM	WATER AEROBICS POOL 9:30 AM	WATER AEROBICS POOL 8 AM & 9:30 AM	WATER AEROBICS POOL 9:30 AM	WATER AEROBICS POOL 8 AM & 9:30 AM
	SILVER SNEAKERS FITNESS ROOM 10 AM & 11 AM	SILVER SNEAKERS FITNESS ROOM 10 AM	SILVER SNEAKERS FITNESS ROOM 10 AM & 11 AM	SILVER SNEAKERS FITNESS ROOM 10 AM	SILVER SNEAKERS FITNESS ROOM 10 AM & 11 AM
	WATER WALKING POOL 11 AM - 12 PM		WATER WALKING POOL 11 AM - 12 PM		WATER WALKING POOL 11 AM - 12 PM
	CHAIR YOGA ROOM 2 NOON		LUNCH N LEARN SENIOR 1 CARE ROOM 2 - NOON		
	18	19	20	21	22
	WATER AEROBICS POOL 8 AM & 9:30 AM	WATER AEROBICS POOL 9:30 AM	WATER AEROBICS POOL 8 AM & 9:30 AM	WATER AEROBICS POOL 9:30 AM	WATER AEROBICS POOL 8 AM & 9:30 AM
	SILVER SNEAKERS FITNESS ROOM 10 AM & 11 AM	SILVER SNEAKERS FITNESS ROOM 10 AM	SILVER SNEAKERS FITNESS ROOM 10 AM & 11 AM	SILVER SNEAKERS FITNESS ROOM 10 AM	SILVER SNEAKERS FITNESS ROOM 10 AM & 11 AM
	WATER WALKING POOL 11 AM - 12 PM		WATER WALKING POOL 11 AM - 12 PM	NORTHERN LAKES MOVIE - 1 PM THE BROKAW	WATER WALKING POOL 11 AM - 12 PM
	CHAIR YOGA ROOM 2 NOON				BINGO CAMERON WOODS 1 PM
	25	26	27	28	29
	WATER AEROBICS POOL 8 AM & 9:30 AM	WATER AEROBICS POOL 9:30 AM	WATER AEROBICS POOL 8 AM & 9:30 AM	WATER AEROBICS POOL 9:30 AM	WATER AEROBICS POOL 8 AM & 9:30 AM
	SILVER SNEAKERS FITNESS ROOM 10 AM & 11 AM	SILVER SNEAKERS FITNESS ROOM 10 AM	SILVER SNEAKERS FITNESS ROOM 10 AM & 11 AM	SILVER SNEAKERS FITNESS ROOM 10 AM	SILVER SNEAKERS FITNESS ROOM 10 AM & 11 AM
	WATER WALKING POOL 11 AM - 12 PM		WATER WALKING POOL 11 AM - 12 PM	BINGO ROOM 2 11 AM	WATER WALKING POOL 11 AM - 12 PM
	CHAIR YOGA ROOM 2 NOON		LUNCH N LEARN NORTHERN LAKES ROOM 2 - NOON		CAREGIVER SUPPORT ROOM 2 NOON

**LUNCH N LEARN – PRESENTED BY SENIOR 1 CARE** – Topic to be decided. Come and have fellowship, good food, and a great learning experience.

**LUNCH N LEARN – PRESENTED BY NORTHERN LAKES** – Topic to be decided. Come and have fellowship, good food, and a great learning experience.

**LUNCH N LEARN – PRESENTED BY Greg Giant, RPh** – Topic to be decided. Come and have fellowship, good food, and a great learning experience.

**BINGO @ CAMERON WOODS** – Offsite Program. Bingo is held at Cameron Woods.

**SENIOR MOVIE DAY** – Offsite Program. The movie is held at the Brokaw. Includes a FREE movie ticket, a small popcorn, and a small drink. Doors open at 1 PM – Movie starts at 2 PM. Presented by Northern Lakes Nursing & Rehabilitation.

**Silver Sneakers (Monday, Wednesday, & Friday)** – Muscular Strength & Range of Motion – We combine fun with fitness to increase your muscle strength, range of movement, coordination, agility, & activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is offer for either standing or seating support.

**Silver Sneakers (Tuesday & Thursday)** – Cardio Circuit – We combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offer for support, stretching, & relaxation.

**CHAIR YOGA** – Come and do chair yoga! Chair yoga is a gentle, accessible form of yoga that involves sitting or standing while using a chair for balance or support.

**WATER AEROBICS** – Water aerobics uses the natural resistance and buoyancy of water against your body, along with light water weights, to provide a wide variety of conditioning activity. No swimming is required.

**WATER WALKING** – Water walking uses the natural resistance and buoyancy of water against your body to provide a low impact workout. No swimming is required.

**FAMILY CAREGIVER SUPPORT GROUP** – This support group provides an opportunity for caregivers affected by Alzheimer’s disease or Dementia to share their experiences and receive inspiration, guidance, & support.

**BINGO** – Come and play Bingo, have fellowship, and win some amazing prizes! Snacks & Drinks will be provided.