



# ACTIVE OLDER ADULTS

May 2026

YMCA OF STEUBEN COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Water Aerobics</b> <b>Silver Sneakers - Strength</b> <b>Silver Sneakers - Cardio</b> <b>Water Walking</b> <b>Low Impact Exercise</b> <b>Lunch N Learn</b> <b>Bingo</b> <b>Community</b>				<b>Water Aerobics Pool</b> <b>7:30 AM &amp; 10:15 AM</b> <b>Silver Sneakers - Strength Fitness Room</b> <b>10 AM &amp; 11 AM</b> <b>Water Walking Pool</b> <b>11 AM - 12 PM</b> <b>BINGO</b> <b>Cameron Woods</b> <b>1:00 PM</b>
4	5	6	7	8
<b>Water Aerobics Pool</b> <b>7:30 AM &amp; 10:15 AM</b> <b>Silver Sneakers - Strength Fitness Room</b> <b>10 AM &amp; 11 AM</b> <b>Water Walking Pool</b> <b>12 PM - 1 PM</b> <b>Tai Chi Room 2</b> <b>12:00 PM</b>	<b>Water Aerobics Pool</b> <b>10:15 AM</b> <b>Silver Sneakers - Cardio Fitness Room</b> <b>10 AM</b> <b>Water Walking Pool</b> <b>12 PM - 1 PM</b>	<b>Water Aerobics Pool</b> <b>8 AM &amp; 9:30 AM</b> <b>Silver Sneakers - Strength Fitness Room</b> <b>10 AM &amp; 11 AM</b> <b>Lunch N Learn</b> <b>Brittany Wiegand</b> <b>Better Life Wellness, LLC</b> <b>Room 2 - 12 PM</b>	<b>Water Aerobics Pool</b> <b>10:15 AM</b> <b>Silver Sneakers - Cardio Fitness Room</b> <b>10 AM</b> <b>Water Walking Pool</b> <b>12 PM - 1 PM</b>	<b>Water Aerobics Pool</b> <b>7:30 AM &amp; 10:15 AM</b> <b>Silver Sneakers - Strength Fitness Room</b> <b>10 AM &amp; 11 AM</b> <b>Water Walking Pool</b> <b>11 AM - 12 PM</b>
11	12	13	14	15
<b>Water Aerobics Pool</b> <b>8 AM &amp; 9:30 AM</b> <b>Silver Sneakers - Strength Fitness Room</b> <b>10 AM &amp; 11 AM</b> <b>Water Walking Pool</b> <b>11 AM - 12 PM</b> <b>Chair Yoga Room 2</b> <b>12:00 PM</b>	<b>Water Aerobics Pool</b> <b>9:30 AM</b> <b>Silver Sneakers - Cardio Fitness Room</b> <b>10 AM</b> <b>Water Walking Pool</b> <b>11 AM - 12 PM</b>	<b>Water Aerobics Pool</b> <b>8 AM &amp; 9:30 AM</b> <b>Silver Sneakers - Strength Fitness Room</b> <b>10 AM &amp; 11 AM</b> <b>Lunch N Learn</b> <b>Senior 1 Care</b> <b>Room 2 - 12 PM</b>	<b>Water Aerobics Pool</b> <b>9:30 AM</b> <b>Silver Sneakers - Cardio Fitness Room</b> <b>10 AM</b> <b>Water Walking Pool</b> <b>11 AM - 12 PM</b>	<b>Water Aerobics Pool</b> <b>8 AM &amp; 9:30 AM</b> <b>Silver Sneakers - Strength Fitness Room</b> <b>10 AM &amp; 11 AM</b> <b>Water Walking Pool</b> <b>11 AM - 12 PM</b> <b>BINGO</b> <b>Cameron Woods</b> <b>1:00 PM</b>
18	19	20	21	22
<b>Water Aerobics Pool</b> <b>8 AM &amp; 9:30 AM</b> <b>Silver Sneakers - Strength Fitness Room</b> <b>10 AM &amp; 11 AM</b> <b>Water Walking Pool</b> <b>11 AM - 12 PM</b> <b>Tai Chi Room 2</b> <b>12:00 PM</b>	<b>Water Aerobics Pool</b> <b>9:30 AM</b> <b>Silver Sneakers - Cardio Fitness Room</b> <b>10 AM</b> <b>Water Walking Pool</b> <b>11 AM - 12 PM</b>	<b>Water Aerobics Pool</b> <b>8 AM &amp; 9:30 AM</b> <b>Silver Sneakers - Strength Fitness Room</b> <b>10 AM &amp; 11 AM</b> <b>Lunch N Learn</b> <b>On Touch Health</b> <b>Room 2 - 12 PM</b>	<b>Water Aerobics Pool</b> <b>9:30 AM</b> <b>Silver Sneakers - Cardio Fitness Room</b> <b>10 AM</b> <b>Water Walking Pool</b> <b>11 AM - 12 PM</b> <b>Northern Lakes</b> <b>Movie 1 PM</b> <b>The Brokaw</b>	<b>Water Aerobics Pool</b> <b>8 AM &amp; 9:30 AM</b> <b>Silver Sneakers - Strength Fitness Room</b> <b>10 AM &amp; 11 AM</b> <b>Water Walking Pool</b> <b>11 AM - 12 PM</b>
25	26	27	28	29
<b>Memorial Day</b>	<b>Water Aerobics Pool</b> <b>9:30 AM</b> <b>Silver Sneakers - Cardio Fitness Room</b> <b>10 AM</b> <b>Water Walking Pool</b> <b>11 AM - 12 PM</b>	<b>Water Aerobics Pool</b> <b>8 AM &amp; 9:30 AM</b> <b>Silver Sneakers - Strength Fitness Room</b> <b>10 AM &amp; 11 AM</b> <b>Lunch N Learn</b> <b>Northern Lakes</b> <b>Room 1 - 12 PM</b>	<b>Water Aerobics Pool</b> <b>9:30 AM</b> <b>Silver Sneakers - Cardio Fitness Room</b> <b>10 AM</b> <b>Water Walking Pool</b> <b>11 AM - 12 PM</b> <b>BINGO</b> <b>Room 2</b> <b>11:00 AM</b>	<b>Water Aerobics Pool</b> <b>8 AM &amp; 9:30 AM</b> <b>Silver Sneakers - Strength Fitness Room</b> <b>10 AM &amp; 11 AM</b> <b>Water Walking Pool</b> <b>11 AM - 12 PM</b> <b>Caregiver Support Group</b> <b>YMCA - Room 1</b> <b>12 PM</b>



**R** Text @ymcaofste to 81010 to stay up to date with all the AOA activities

# ACTIVE OLDER ADULTS

Subject to Change - Reference Monthly Calendar Online & at the Front Desk

## Weekly Schedule

Day	Time	Activity	Location
<b>Monday</b>	8 AM & 9:30 AM	Water Aerobics	Lap Pool
	10 AM & 11 AM	Silver Sneakers (Strength)	Fitness Room
	11 AM	Water Walking	Lap Pool
<b>Tuesday</b>	12 PM	Low Impact Exercise Class	Room 2
	9:30 AM	Water Aerobics	Lap Pool
	10 AM	Silver Sneakers (Cardio)	Fitness Room
<b>Wednesday</b>	11 AM	Water Walking	Lap Pool
	8 AM & 9:30 AM	Water Aerobics	Lap Pool
	10 AM & 11 AM	Silver Sneakers (Strength)	Fitness Room
<b>Thursday</b>	12 PM	Lunch N Learn	Room 2
	9:30 AM	Water Aerobics	Lap Pool
	10 AM	Silver Sneakers (Cardio)	Fitness Room
	11 AM	BINGO (Last Thursday)	Room 2
	11 AM	Water Walking	Lap Pool
	1 PM	Northern Lakes Movie (3rd Thursday)	Brokaw Theatre
<b>Friday</b>	8 AM & 9:30 AM	Water Aerobics	Lap Pool
	10 AM & 11 AM	Silver Sneakers (Strength)	Fitness Room
	11 AM	Water Walking	Lap Pool
	12 PM	Caregiver Support (Last Friday)	Room 2
	1 PM	BINGO (1st and 3rd Friday)	Cameron Woods

**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 required.

**BINGO**  
Come and play BINGO, have fellowship, and win prizes! Popcorn and drinks will be provided.

### Water Walking

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

### Silver Sneakers – Cardio

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 and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching & relaxation.

### Silver Sneakers – Strength

We combine fun with fitness to increase your muscular strength, range of movement, coordination, agility, and activity for daily living skills. Hand held weights, elastic tubing and a ball are offered for resistance. A chair is offered for either standing or seated support.

### Low Impact Exercise Classes

**Chair Yoga** is a gentle, accessible form of yoga that involves sitting or standing while using a chair for balance or support.

**Tai Chi** is a gentle, low-impact exercise that combines slow, flowing movements with deep breathing and mindfulness. It helps improve balance, flexibility, and relaxation, making it great for all ages and fitness levels.

### Lunch N Learn

Come and have fellowship, good food, and a great learning experience. See monthly calendar for topics and presenters.

### 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 and support.