



SAVVY SENIOR NEWS

2019

April Schedule Of Events

April 3, 9:00 - 11:30 AM SENIOR HEALTH FAIR

Come walk thru the gym at Cooper to visit a variety of vendors from around the community all in one place to provide resources for healthy living for Active Older Adults.

April 5, 9:30 AM - Mission Arlington

Join us at Mission Arlington for two hours of volunteering then to lunch afterward. Meet at Mission Arlington located at 210 W. South Street near UTA.

April 9, Noon - Easter Potluck Bingo

Join us with your potluck dish in the community room at noon. We will eat our lunch then play bingo for prizes sponsored by Care n Care. *Please sign up at the Welcome Center by April 8th so we can have a count for bingo.*

April 10, Noon - Lunch and Movie

Join us in the community room at the Cooper Family Center. We will have Schlotzsky's box lunch, popcorn, and a drink while watching the NEW "Grand Daddy Day Care" movie. The cost is \$8.00. *Please sign up at the Welcome Center by April 10th as space will be limited.*

April 11, 11:30 PM - Birthday Lunch at Cotton Patch

Join us at Palio's Pizza , 2200 N FM 157 # 232 Mansfield, Texas 76063 for the celebration of April Birthdays.

April 16, 9:00 AM - Dallas Arboretum

Meet at the Cooper branch to load the Y bus for Dallas. We will tour the Arboretum and gardens learning how to incorporate vegetables into our flowers. The cost is \$14 for the Arboretum and the bus, lunch is not included, we should return to the Y by 2:45 PM. *Please sign up at the Welcome Center as the space will be limited.*

April 17, Noon -Lunch and Learn

Join us in the Community Room. USMD Senior Care is providing lunch. Come hear an educational talk on staying hydrated. *Please sign up at the Welcome Center by April 15th as space will be limited.*

April 25, 9:00AM - Fort Worth Zoo

Meet at the Cooper branch at 9:00 Am to load the Y bus for Fort Worth. We will tour the Zoo seeing the new exhibits that have been recently added. The cost is \$14 for the zoo and the bus, lunch is not included, we should return to the Y by 2:45 PM. *Please sign up at the Welcome Center as the space will be limited.*

Class Descriptions

SilverSneakers Classic– SS1-Gym

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers Cardio—SS2-Gym

Get Up & Go with an aerobics instructor that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and Relaxation exercises designed to energize your active lifestyle.

Senior Circuit-Fitness Floor

A personal trainer supervises this small group as you workout with a very basic, personalized program in the weight room using the resistance equipment. This class meets in the fitness area.

Chair Yoga—Yoga Stretch-Gym

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Mall Walk

Mall walkers meet at the mall entrance next to the Cheesecake Factory. This class is walking at your own pace, stretching, and lots of socialization.

Zumba Gold –Group Exercise Studio

A dance class that combines zesty Latin music like salsa, meringue, cumbia and reggaeton. This class is for everyone from beginners to senior level.



APRIL 2019

Arlington-Mansfield YMCA —Cooper Family Center
 7120 S. Cooper St., Arlington, TX 76001
 817-419-9629 Ext. 4203
 www.amaymca.org
 Contact person: Kim Bay, kimb@amaymca.org

SAVVY SENIORS—CALENDAR OF ACTIVITIES

Mon	Tue	Wed	Thu	Fri	Sat
1 8:25am Silver Sneakers Classic 9:35am Chair Yoga 11:45am Beginner Line Dance	2 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35 AM Silver Sneakers Classic 11:45am Beginner/Improver Line Dancing	3 "FREE" SENIOR HEALTH FAIR 9-11:30 AM COOPER	4 8:25am SS Classic 8:30am Mall Walk 9:35am SS Cardio 11:45am Intermediate Line Dancing 1:00 PM Chair Yoga	5 9:35am Chair Yoga 1:00pm Senior Circuit Mission Arlington 9:30 AM	6
8 8:25am Silver Sneakers Classic 9:35am Chair Yoga 11:45am Beginner Line Dance	9 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Beginner/Improver Line Dancing Easter Bingo Potluck Noon Prizes by Care N Care	10 8:15am Zumba Gold 9:35am Silver Sneakers Cardio Lunch and Movie Grand-Daddy Day Care Noon	11 8:25am SS Classic 8:30am Mall Walk 9:35am SS Cardio 11:45am Intermediate Line Dancing 1:00 PM Chair Yoga Birthday Lunch Palio's Pizza 11:30 AM	12 9:35am Chair Yoga 1:00pm Senior Circuit	13
15 8:25am Silver Sneakers Classic 9:35am Chair Yoga 11:45am Beginner Line Dance	16 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Beginner/Improver Line Dancing Trip Dallas Arboretum \$14 9:00 AM	17 8:15am Zumba Gold 9:35am Silver Sneakers Cardio Lunch and Learn "Staying Hydrated" Noon Lunch provided by USMD Senior Care	18 8:25am SS Classic 8:30am Mall Walk 9:35am SS Cardio 11:45am Intermediate Line Dancing 1:00 PM Chair Yoga	19 9:35am Chair Yoga 1:00pm Senior Circuit	20
22 8:25am Silver Sneakers Classic 9:35am Chair Yoga 11:45am Beginner Line Dance	23 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Beginner/Improver Line Dancing	24 8:15am Zumba Gold 9:35am Silver Sneakers Cardio	25 8:25am SS Classic 8:30am Mall Walk 9:35am SS Cardio 11:45am Intermediate Line Dancing 1:00 PM Chair Yoga Trip to the Fort Worth Zoo \$14 9:00 AM	26 9:35am Chair Yoga 1:00pm Senior Circuit	27
29 8:25am Silver Sneakers Classic 9:35am Chair Yoga 11:45am Beginner Line Dance	30 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Beginner/Improver Line Dancing	May 1 8:15am Zumba Gold 9:35am Silver Sneakers Cardio	May 2 8:25am SS Classic 8:30am Mall Walk 9:35am SS Cardio 11:45am Intermediate Line Dancing 1:00 PM Chair Yoga	May 3 9:35am Chair Yoga 1:00pm Senior Circuit Mission Arlington 9:30 AM	May 4