



SAVVY SENIOR NEWS

2019

May Schedule Of Events

May 3, 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.

May 8, Noon - Lunch and Movie

Join us in the community room at the Cooper Family Center. We will have Chik Fil A box lunch, popcorn, and a drink while watching the NEW "A Dog's Way Home" movie. The cost is \$8.00. *Please sign up at the Welcome Center by May 7th as space will be limited.*

May 9, 11:30 PM - Birthday Lunch at El Arroyo

Join us at El Arroyo, 5024 S. Cooper St. Arlington, Texas 76017 for the celebration of May Birthdays.

May 14, Noon - Cooking Demo

Join us with your sack lunch in the community room at noon. We will eat our lunch then participate in a cooking demo sponsored by Care n Care. *Please sign up at the Welcome Center by May 13th so we can have a count.*

May 15, Noon - Lunch and Learn

Join us in the Community Room. Mansfield Methodist is providing lunch. Come hear an educational talk on cardiology from Cardiology Partners. *Please sign up at the Welcome Center by May 11th as space will be limited.*

May 16, 8:45AM - Trip to American Airlines

CR Smith Museum

Meet at the Cooper branch to load the Y bus for the museum. We will tour the museum then go eat lunch at a restaurant. The cost is \$10 for the museum and the bus, lunch is not included, we should return to the Y by 2:30 PM. *Please sign up at the Welcome Center as the space will be limited.*

May 22, 7:30 - Trip to "NEW" Border / Winstar

Meet at the Cooper branch at 7:15 Am to load the bus by 7:30 AM for Thackerville, Ok. The cost is \$20 for the bus. We will stop just over the border at the New Border Casino however, make sure to bring your Winstar promotions as there is a free shuttle to and from Border Casino that is available to use thru out the day. We should return to the Y by 7:30PM. *Sign up at the Welcome Center by May 18th as space is limited.*

May 29, Noon - Lunch and Learn

Join us in the Community Room. Arlington Physical Therapy is providing lunch. Come hear an educational talk on "Lower Back Pain and Sciatica". *Please sign up at the Welcome Center by May 26th as 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.



MAY 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
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 9:35 AM Silver Sneakers Classic 11:45am Beginner/Improver Line Dancing	1 8:15am Zumba Gold 9:35am Silver Sneakers Cardio	2 8:25am SS Classic 8:30am Mall Walk 9:35am SS Cardio 11:45am Intermediate Line Dancing 1:00 PM Chair Yoga	3 9:35am Chair Yoga 1:00pm Senior Circuit Mission Arlington 9:30 AM	4
6 8:25am Silver Sneakers Classic 9:35am Chair Yoga 11:45am Beginner Line Dance	7 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Beginner/Improver Line Dancing	8 8:15am Zumba Gold 9:35am Silver Sneakers Cardio Lunch and Movie "A Dog's Way Home" Noon	9 8:25am SS Classic 8:30am Mall Walk 9:35am SS Cardio 11:45am Intermediate Line Dancing 1:00 PM Chair Yoga Birthday Lunch El Arroyo 11:30 AM	10 9:35am Chair Yoga 1:00pm Senior Circuit	11
13 8:25am Silver Sneakers Classic 9:35am Chair Yoga 11:45am Beginner Line Dance	14 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Beginner/Improver Line Dancing Cooking Demo Noon by Care N Care	15 8:15am Zumba Gold 9:35am Silver Sneakers Cardio Lunch and Learn "Cardiology" Noon Lunch provided by Mansfield Methodist	16 8:25am SS Classic 8:30am Mall Walk 9:35am SS Cardio 11:45am Intermediate Line Dancing 1:00 PM Chair Yoga Trip to American Airlines CR Smith Museum 8: 45 AM \$10	17 9:35am Chair Yoga 1:00pm Senior Circuit	18
20 8:25am Silver Sneakers Classic 9:35am Chair Yoga 11:45am Beginner Line Dance	21 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Beginner/Improver Line Dancing	22 8:15am Zumba Gold 9:35am Silver Sneakers Cardio Trip to Border / Winstar Casino \$20 7:30 AM	23 8:25am SS Classic 8:30am Mall Walk 9:35am SS Cardio 11:45am Intermediate Line Dancing 1:00 PM Chair Yoga	24 9:35am Chair Yoga 1:00pm Senior Circuit	25
27 Memorial Day! See Class Schedule Flyer	28 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Beginner/Improver Line Dancing	29 8:15am Zumba Gold 9:35am Silver Sneakers Cardio Lunch and Learn "Sciatica and Lower Back Pain" Noon Lunch provided By Arlington Physical Therapy	30 8:25am SS Classic 8:30am Mall Walk 9:35am SS Cardio 11:45am Intermediate Line Dancing 1:00 PM Chair Yoga	31 9:35am Chair Yoga 1:00pm Senior Circuit	June 1