



June 2019

Arlington–Mansfield YMCA—Central Family Center
 2200 S. Davis Dr., Arlington, TX 76013
 817-274-9622

www.amaymca.org

Contact person: Kelly Myers, kellym@amaymca.org

AOA - CALENDAR OF ACTIVITIES

Mon	Tue	Wed	Thu	Fri
3 9:00am Muscle Fusion 10:05am SS Classic	4 9:00am SS Chair Yoga 10:05am SS BOOM Muscle 10:35am SS BOOM Mind	5 9:00am SS Circuit 10:05am SS Classic 11:05am Line Dancing Cooper— 9:30am “Breakfast of Medi- care” at Mimi’s Sponsored By Amerilife	6 8:30am Mall Walk 9:00am SS Chair Yoga 10:05am ZUMBA GOLD	7 9:00am SS Classic 10:05am Muscle Fusion
10 9:00am Muscle Fusion 10:05am SS Classic	11 9:00am SS Chair Yoga 10:05am SS BOOM Muscle 10:35am SS BOOM Mind Central 1:00–3:00 Volunteer at Mission Arlington	12 9:00am SS Circuit 10:05am SS Classic 11:05am Line Dancing Cooper– 12:00pm Lunch and Learn “Being Prepared” Lunch provided by Atria	13 8:30am Mall Walk 9:00am SS Chair Yoga 10:05am ZUMBA GOLD	14 9:00am SS Classic 10:05am Muscle Fusion
17 9:00am Muscle Fusion 10:05am SS Classic	18 9:00am SS Chair Yoga 10:05am SS BOOM Muscle 10:35am SS BOOM Mind	19 9:00am SS Circuit 10:05am SS Classic 11:05am Line Dancing Cooper 11:00 AM Senior Picnic and Games See Flyer for Details \$2	20 8:30am Mall Walk 9:00am SS Chair Yoga 10:05am ZUMBA GOLD Central 11:30 Out to Lunch! El Gabacho	21 9:00am SS Classic 10:05am Muscle Fusion
24 9:00am Muscle Fusion 10:05am SS Classic	25 9:00am SS Chair Yoga 10:05am SS BOOM Muscle 10:35am SS BOOM Mind	26 9:00am SS Circuit 10:05am SS Classic 11:05am Line Dancing Cooper Lunch and Movie “Instant Family” Noon \$8	27 8:30am Mall Walk 9:00am SS Chair Yoga 10:05am ZUMBA GOLD Cooper Birthday Lunch Our Place	28 9:00am SS Classic 10:05am Muscle Fusion



Active Older Adult News

Schedule of Events

June 5, 9:30 AM—Cooper

Breakfast of Medicare at Mimi's Cafe

Reserve a spot to learn more about Medicare from Amerilife at Mimi's Café in the Highlands. Breakfast is covered by Amerilife.

Sign up at the Welcome Center as space is limited.

June 11th, 1:00 PM—Central

Volunteer Opportunity

Meet us at Mission Arlington to spend 2 hours serving. Meet us at 210 W South St, Arlington, TX 76010

Sign up at the Welcome Center by June 10th!

June 12, Noon—Cooper

Lunch and Learn

Join us in the Community Room. Atria Senior Living is providing lunch. Come hear an educational talk on "Being Prepared" from Livens and Reed, PLLC.

Please sign up at the Welcome Center by June 10th as space will be limited.

June 19, 11:00 AM—Cooper

Senior Picnic and Games

Join us for lunch and senior games at Fox Run Estates. We have a barbeque planned along with playing games such as corn hole, ladder golf, horse shoes, music trivia and many others both inside and out. The cost to you is \$2. *Please sign up at the Welcome Center to reserve your spot for a bus shuttle time from the Cooper St. Y to go over to Fox Run Estate as parking and space will be limited. Make sure to check out the flyer for more details.*

June 20th, 11:30 AM— Central

Out to Lunch!

Meet us at El Gabacho for a lunch together. 2408 W. Abram St., Arlington, TX 76013

Sign up at the Welcome Desk so we know how many people will be joining us!

June 26, Noon— Cooper

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 "Instant Family" movie.

The cost is \$8.00. *Please sign up at the Welcome Center by June 25th as space will be limited.*

June 27, 11:30 AM—Cooper

Birthday Lunch at Our Place

Join us at Our Place, 915 W. Debbie Ln. Mansfield, Texas 76063 for the celebration of June Birthdays.

Coming Soon:

July 3, Noon—Cooper

Potluck and Bingo for Prizes

Join us in the community room with your potluck dish. We will eat our lunch then play bingo for prizes. Bingo prizes are sponsored by Amerilife. *Please sign up at the Welcome Center by July 1st as space will be limited.*

Have any suggestions for events—Please fill out a comment card or let Kelly know.

Silver Sneakers Classic - Chair Strength

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 Silver Sneakers ball are offered for resistance. A chair is available if needed .

Silver Sneakers BOOM Muscle—30 minute class:

Incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.

Silver Sneaker BOOM Mind— 30 minute class:

The best from yoga and Pilates are combined into one fusion class designed to relax the body and mind. The focus is on core muscles, lower-body strength and balance.

Muscle Fusion - *Recommended for very active seniors.*

A strength conditioning and toning class that works all major muscle groups. Class format includes squats, lunges, Abs workouts on the floor and some low impact cardio.

*Class is recommended for seniors who want a fitness workout above the chair formatted classes.

Silver Sneakers Yoga - Chair Yoga—

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.

Silver Sneakers Circuit—

A standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

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

Zumba Gold—Active older adults who are looking for a modified *Zumba®* class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.

Line Dancing—This is a mixed level line dancing class.

This class spends more time breaking down dances. If you are new to line dancing this is a great class to start with.

