



SAVVY SENIOR NEWS

2019

August Schedule Of Events

August 5, 8:45 AM - Bus Breakfast and Tour with Dementia Live Training

Meet at the Cooper Branch YMCA at 8:45 AM to load a bus from Meadowbrook Memory Care. Once at Meadowbrook you will be served breakfast given a tour and then go through a Dementia Live training. Dementia Live is a training that will help you understand what a loved one may be going through. We should return to the Cooper YMCA by 10:45 AM ***Please make sure to sign up at the Welcome Center by August 3rd as space is limited.***

August 7, Noon - Lunch and Learn

Join us in the Community Room, WellMed is providing lunch and a speaker on "Immunizations", by Merin Philips PA-C ***Please make sure to sign up at the Welcome Center as space is limited.***

August 12, 8:45 AM - Bus Breakfast and Tour with Dementia Live Training

Meet at the Cooper Branch YMCA at 8:45 AM to load a bus from Meadowbrook Memory Care. Once at Meadowbrook you will be served breakfast given a tour and then go through a Dementia Live training. Dementia Live is a training that will help you understand what a loved one may be going through. We should return to the Cooper YMCA by 10:45 AM ***Please make sure to sign up at the Welcome Center by August 10th as space is limited.***

August 13, Noon - Jewelry Making Sack Lunch

Join us with your sack lunch in the community room at noon. We will eat our lunch, then Mo will be here to help us make a beaded bracelet. This event is sponsored by Care n Care. ***Please sign up at the Welcome Center by August 11th space is very limited.***

August 14, Noon - Lunch and Learn

Join us in the Community Room. Randol Mill Pharmacy is providing lunch. Come hear an educational talk on "Medical Equipment and Pharmacies". We will also have a pharmacist here to answer questions. ***Please sign up at the Welcome Center by August 12th as space will be limited.***

August 21, 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 movie "The Upside." The cost is \$8.00. ***Please sign up at the Welcome Center by August 20th as space will be limited.***

August 22, 11:30 PM - Birthday Lunch at Black Eye Pea

Join us at Black Eye Pea in the Highlands, 4000 Bagpiper Way Arlington, Texas 76018 for the celebration of August Birthdays.

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.





AUGUST 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
July 29 8:25am Silver Sneakers Classic 9:35am Chair Yoga 11:45am Line Dancing	July 30 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing	July 31 8:15am Zumba Gold 9:35am Silver Sneakers Cardio	1 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing	2 9:35am Chair Yoga 1:00pm Senior Circuit	3
5 8:25am Silver Sneakers Classic 9:35am Chair Yoga 11:45am Line Dancing Bus Breakfast and Tour for Dementia Live 8:45 AM	6 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing	7 8:15am Zumba Gold 9:35am Silver Sneakers Cardio Lunch and Learn "Immunization's" Lunch Provided by WellMed Noon	8 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing 1:00 PM Chair Yoga	9 9:35am Chair Yoga 1:00pm Senior Circuit	10
12 8:25am Silver Sneakers Classic 9:35am Chair Yoga 11:45am Line Dancing Bus Breakfast and Tour for Dementia Live 8:45 AM	13 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing Jewelry Making Sack Lunch Care n Care Noon	14 8:15am Zumba Gold 9:35am Silver Sneakers Cardio Lunch and Learn "Medical Equipment and Pharmacies" Lunch provided by Randol Mill Pharmacy Noon	15 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing 1:00 PM Chair Yoga	16 9:35am Chair Yoga 1:00pm Senior Circuit	17
19 8:25am Silver Sneakers Classic 9:35am Chair Yoga 11:45am Line Dancing	20 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing	21 8:15am Zumba Gold 9:35am Silver Sneakers Cardio Lunch and Movie "The Upside" Noon \$8	22 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing 1:00 PM Chair Yoga Birthday Lunch Black Eye Pea 11:30 AM	23 9:35am Chair Yoga 1:00pm Senior Circuit	24
26 8:25am Silver Sneakers Classic 9:35am Chair Yoga 11:45am Line Dancing	27 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing	28 8:15am Zumba Gold 9:35am Silver Sneakers Cardio	29 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing 1:00 PM Chair Yoga	30 9:35am Chair Yoga 1:00pm Senior Circuit	31