



September 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
2 9:00am Muscle Fusion 10:05am SS Classic	3 9:00am SS Chair Yoga 10:05am SS BOOM Muscle 10:35am SS BOOM Mind	4 9:00am SS Circuit 10:05am SS Classic 11:05am Line Dancing	5 8:30am Mall Walk 9:00am SS Chair Yoga 10:05am ZUMBA GOLD 12:15 Trip to Meadowbrook Memory Care and Dementia Live	6 9:00am SS Classic 10:05am Muscle Fusion
9 9:00am Muscle Fusion 10:05am SS Classic	10 9:00am SS Chair Yoga 10:05am SS BOOM Muscle 10:35am SS BOOM Mind 12:00 Movie and Popcorn	11 9:00am SS Circuit 10:05am SS Classic 11:05am Line Dancing	12 8:30am Mall Walk 9:00am SS Chair Yoga 10:05am ZUMBA GOLD	13 9:00am SS Classic 10:05am Muscle Fusion
16 9:00am Muscle Fusion 10:05am SS Classic	17 9:00am SS Chair Yoga 10:05am SS BOOM Muscle 10:35am SS BOOM Mind 12:00 Lunch and Learn	18 9:00am SS Circuit 10:05am SS Classic 11:05am Line Dancing	19 8:30am Mall Walk 9:00am SS Chair Yoga 10:05am ZUMBA GOLD	20 9:00am SS Classic 10:05am Muscle Fusion
23 9:00am Muscle Fusion 10:05am SS Classic	24 9:00am SS Chair Yoga 10:05am SS BOOM Muscle 10:35am SS BOOM Mind	25 9:00am SS Circuit 10:05am SS Classic 11:05am Line Dancing	26 8:30am Mall Walk 9:00am SS Chair Yoga 10:05am ZUMBA GOLD 11:30 Out to Lunch!	27 9:00am SS Classic 10:05am Muscle Fusion
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Active Older Adult News

Schedule of Events

September 5th, 12:15

Trip to Meadowbrook Memory Care

Meet at 12:15 to load a bus from Meadowbrook Memory Care. Once at Meadowbrook, you will be served lunch, 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 by 2:00pm.

Please sign up at the Welcome Desk by September 4th

September 10th, 12:00

Movie and Popcorn

Join us in the classroom to watch 42: The true story of an American Legend. This biopic focuses on baseball icon Jackie Robinson, who in 1947 became the first black major league baseball player of the modern era. Popcorn will be provided.

Please sign up at the Welcome Desk

September 17th, 12:00

Lunch and Learn

Subject is TBD. Presentation and lunch provided by Town Village Crossing

Please sign up at the Welcome Desk by September 16th

September 26th, 11:30

Out to Lunch!

Join us at Prespa's Italian Restaurant at 3100 W Arkansas Ln, Arlington, TX 76016

Please sign up at the Welcome Desk so we know how many are coming!

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.

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.