



SAVVY SENIOR NEWS

2019

September Schedule Of Events

September 4, 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 "Breakthrough" The cost is \$8.00. **Please sign up at the Welcome Center by September 3rd as space will be limited.**

September 10, Noon - Cooking Demo by Care n Care

Join us with your sack lunch in the community room at noon. We will eat our lunch, then watch as Henry demo's a fun recipe This event is sponsored by Care n Care. **Please sign up at the Welcome Center by September 8th.**

September 11, Noon - Potluck & Bingo

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 September 10th as space will be limited.**

September 12, 11:30 PM -Birthday Lunch at Our Place

Join us at Our Place in Mansfield, 915 W Debbie Lane Mansfield, Texas 76060 for the celebration of September Birthdays.

September 18, Noon - Lunch and Learn

Join us in the Community Room. Atria Senior Living is providing lunch. Come hear a vascular educational talk on from Cardio, Vascular and Thoracic surgeon and Author R.D. Sutherland. **Please sign up at the Welcome Center by September 16th as space will be limited.**

September 19, 7:30 AM— Choctaw Casino Trip

Meet at the Cooper St Family Center to load a chartered bus for Oklahoma. The cost is \$20 and includes the bus ride. You will get a discount on the buffet with your card. Come see Choctaw's new games and theater. The cost of these activities are not included. **Please sign up at any Welcome Center by September 20th.**

September 26, 8:00 AM-Senior Jamboree

Meet at the Cooper YMCA to load the bus for Ft. Worth. Once at Camp Carter you will be able to enjoy bingo, live music, games, and visit with vendors. Lunch will be served. We should be back at the YMCA by 2:30PM. **Please sign up at the Welcome Center as space will be limited.**

September 27, 4:30 PM-The Promise Trip

Meet at the Cooper YMCA to load the bus for Glen Rose, Texas. We will stop on the way down to have dinner. Then go on up to the amphitheater to watch the show. We should be back at the YMCA by 10:30PM. The cost is \$32 for the bus and ticket. **Please sign up at the Welcome Center as space will be limited.**

October 3, 8:45 AM - State Fair Trip

Cost is \$8 for the bus, back by 3:30 PM
See Flyer For Details

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.

Ener-Chi – Community Room

an energetic blend of Tai Chi, Yoga and Qi Gong. The class focuses on traditional stretching and meditation with the intention to enhance and restore your natural energy, balance, strength, mobility, mental calmness and clarity.





SEPTEMBER 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
2 LABOR DAY 9:25am Silver Sneakers Classic	3 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing	4 8:15am Zumba Gold 9:35am Silver Sneakers Cardio Lunch and Movie "Breakthrough" Noon \$8	5 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing 1:00 PM Chair Yoga	6 9:35am Chair Yoga 1:00pm Senior Circuit	7
9 8:25am Silver Sneakers Classic 9:35am Chair Yoga 11:15am EnerChi 11:45am Line Dancing	10 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing Cooking Demo Sack Lunch Care n Care Noon	11 8:15am Zumba Gold 9:35am Silver Sneakers Cardio Potluck and Bingo W/ Prizes by Amerilife Noon	12 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 11:30 Our Place	13 9:35am Chair Yoga 1:00pm Senior Circuit	14
16 8:25am Silver Sneakers Classic 9:35am Chair Yoga 11:15am EnerChi 11:45am Line Dancing	17 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing	18 8:15am Zumba Gold 9:35am Silver Sneakers Cardio Lunch and Learn "Vascular Disease" Lunch provided by Atria Senior Living Noon	19 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing 1:00 PM Chair Yoga Choctaw \$20 7:15 AM	20 9:35am Chair Yoga 1:00pm Senior Circuit	21
23 8:25am Silver Sneakers Classic 9:35am Chair Yoga 11:15am EnerChi 11:45am Line Dancing	24 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing	25 8:15am Zumba Gold 9:35am Silver Sneakers Cardio	26 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing 1:00 PM Chair Yoga Senior's Jamboree See Flyer	27 9:35am Chair Yoga 1:00pm Senior Circuit "The Promise" 4:30 PM Cost \$32	28
30 8:25am Silver Sneakers Classic 9:35am Chair Yoga 11:15am EnerChi 11:45am Line Dancing	Oct. 1 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing	Oct. 2 8:15am Zumba Gold 9:35am Silver Sneakers Cardio	Oct. 3 8:25am Silver Sneakers Classic 8:30am Mall Walk 9:35am Silver Sneakers Cardio 11:45am Line Dancing 1:00 PM Chair Yoga State Fair field trip \$8 9:00 AM	Oct. 4 9:35am Chair Yoga 1:00pm Senior Circuit	Oct. 5