

SAVVY SENIOR NEWS



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



December 2011 Central Branch

2200 S Davis St
Arlington, TX 76013
817-274-9622
www.ymca-arlington.org

Register Now!!

**Christmas
Luncheon and
Dessert Contest
December 15, 2011
Noon**

December Schedule Of Events

December 2, 9:30 am—Mission Arlington

Join us as we volunteer at Mission Arlington for two hours and go to lunch afterward. Mission Arlington is located at 210 W. South Street near UTA.

December 6, 11:30— Lunch & Learn— Vision Seminar

Texas Eye and Laser Center will provide lunch and a seminar on Healthy Vision presented by Dr. Jenny Terrell. ***Please Sign up at the Welcome Center.***

December 15, Noon—Christmas Luncheon, Dessert Contest and Gift Exchange.

Join us for lunch, a Chinese gift exchange and dessert contest. Bring your favorite holiday dessert to win prizes, and a wrapped gift \$5-\$10 value and enjoy food, fun and fellowship.

Please Sign up at the Welcome Center by December 13.

Holiday Facility Hours

December 24-Open 7a.m. - noon

December 25-Closed

December 31-7:00a.m.-3:00p.m.

January 1-noon-3:00p.m.



ENJOY THE YMCA?

Feel free to share this newsletter with anyone who you think may find it useful.

**QUESTIONS,
COMMENTS, IDEAS?**

Contact, Shelly Morgan,
Member Services Director
817-274-9622 ext. 30

YMCA Highlights

2nd Annual Polar Plunge

9:00am
Saturday
December 31
Central Branch
outdoor pool



Class Descriptions

Strength: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.

Cardio: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Chair Yoga: Mind-body class utilizing the chair for seated yoga poses and to aid in standing poses. Wonderful for relaxation, self awareness, and for flexibility.

Zumba Gold: A combination of high-energy and motivating music with unique moves and combinations, this group-ex is fun and accessible for seniors.

Mall Walk: Mall walkers meet at the mall entrance next to the Cheesecake Factory. This class is walking at your own pace and stretching—and lots of socialization.

Schedule of Classes

Monday

9am AOA Stretch
10am AOA Cardio

Tuesday

9am Chair Yoga
10am AOA Strength
8:30am Mall Walk (Parks Mall)

Wednesday

9am Zumba Gold
10am AOA Stretch

Thursday

9am Chair Yoga
10am AOA Strength
8:30am Mall Walk (Parks Mall)

Friday

10am AOA Cardio



YMCA Mission:
To put Christian principles into practice
through programs that build healthy spirit,
mind, and body for all.