

## Schedule of Events



### September 3 Volunteer at Mission Arlington

We will meet here at the YMCA at 9:30 a.m. and carpool to Mission Arlington to volunteer for two hours. Mission Arlington is located on South Street by UTA. We will go out to lunch afterwards.



### September 8 Lunch and a Movie

Join us at Noon to watch "Its Complicated" and enjoy Chili Dogs and chips, popcorn and drinks. The cost is \$6. **Make sure to sign up at the Welcome Center by September 7.**



### September 15 Game Day Potluck Noon

Bring your favorite finger food to share and come ready to play games! If you have any games please bring them. **Please sign up at the Welcome Center.**



### September 22 Lunch and Learn (Potluck) Vascular Surgeon Dr. Caruso

Meet at The Y with your potluck dish at 11:30 am. We will eat lunch then listen to Dr. Caruso talk about the vascular system. **Please sign up at the Welcome Center.**



### September 30 Field Trip to the State Fair of Texas







Come join us for a day of fun. Cost is \$5 for the bus trip over then get into the fair for free. We will meet at the YMCA at 8:30 am. and return around 3:30 p.m. **Please sign up at the Welcome Center.**

### September 29 Lunch and Learn Orthopedic Surgeon Dr. Woolf

Meet at the Cooper St YMCA for lunch at 11:30am. ( 3517 S. Cooper St. Arlington, Texas 76015). After lunch we will here Dr. Woolf talk about the bones in our bodies. There will be a Q&A at the end. **Please sign up at the Welcome Center this is limited to the first 60 people.**

For more information, contact Kim Bay at (817) 419-9629 or email [kimb@ymca-arlington.org](mailto:kimb@ymca-arlington.org).

# September 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Don't forget to sign up for "The Promise Play" see flyer for details.</b></p> 			<p>1 SS II 9:35 a.m.</p>	<p>2 SS I 8:25 a.m. SS II 9:35 a.m. Walk 8:30 a.m. (Parks mall)</p>	<p>3 Yoga Stretch 9:35 a.m. Senior Circuit 1:00 p.m. <b>Mission Arlington</b></p> 	<p>4</p>
<p>5</p>	<p>6 <b>Labor Day</b> <b>No Classes</b></p>	<p>7 SS I 8:25 a.m. SS II 9:35 a.m. Walk 8:30 a.m. (Parks Mall)</p>	<p>8 SS II 9:35a.m. <b>Lunch and Movie Noon</b></p> 	<p>9 SS I 8:25 a.m. SS II 9:35 a.m. Walk 8:30 a.m. (Parks mall)</p>	<p>10 Yoga Stretch 9:35 a.m. Senior Circuit 1:00 p.m.</p>	<p>11</p>
<p>12</p>	<p>13 SS I 8:25 a.m. Yoga Stretch 9:35 a.m.</p>	<p>14 SS I 8:25 a.m. SS II 9:35 a.m. Walk 8:30 a.m. (Parks Mall)</p>	<p>15 SS II 9:35a.m. <b>Game Day Potluck Noon</b></p> 	<p>16 SS I 8:25 a.m. SS II 9:35a.m. Walk 8:30 a.m. (Parks mall)</p>	<p>17 Yoga Stretch 9:35 a.m. Senior Circuit 1:00 p.m.</p>	<p>18</p>
<p><b>Last Week to sign up for "The Promise"</b></p> 			<p>22 SS II 9:35a.m. <b>Lunch and Learn Vascular Surgeon Dr. Caruso</b></p> 	<p>23 SS I 8:25 a.m. SS II 9:35 a.m. Walk 8:30 a.m. (Parks Mall) <b>Birthday Celebration 11:00 am. Ryan's Restaurant</b></p>	<p>24 Yoga Stretch 9:35a.m Senior Circuit 1:00 p.m.</p>	<p>25</p>
<p>26</p>	<p>27 SS I 8:25 a.m. Yoga Stretch 9:35 a.m.</p>	<p>28 SS I 8:25 a.m. SS II 9:35 a.m. Walk 8:30 a.m. (Parks mall)</p>	<p>29 SS II 9:35a.m. <b>Lunch and Learn Orthopedic Surgeon Dr. Woolf</b> YMCA 11:30am.</p> 	<p>30 SS I 8:25 a.m. SS II 9:35 a.m. Walk 8:30 a.m. (Parks Mall) <b>State Fair of Texas 8:45am</b></p> 		

Hello Everyone,

Well Summer has come and gone, the kids are back in school which means the building is a little more quiet. I want to thank everyone for their patience during these months I know it can be very trying as far as noise level and parking spaces.

This month we have several activities please make sure to read the calendar and sign up early for the events that have limited seating. I will also be putting a flyer for our annual trip to Glen Rose, Texas to see The Promise please note that you will need to sign up early for this event as the bus get full quick. As always I am open to suggestions for different field trips as well as lunch and learns. Have a great month and I look forward to seeing you all at different events and classes through out the month.

Kim Bay

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## Active Older Adult Class Descriptions

### **SSI or SilverSneakers® 1-Muscular Strength & Range of Movement:**

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, and a chair is used for seated and/or standing support.

**SSII or SilverSneakers® 2- Cardio Circuit:** Combine fun with fitness to increase you 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.

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

**Senior Circuit:** 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.

**Aqua Aerobics:** The water exercise class provides a low-impact alternative to traditional land aerobics with all levels of intensity. Aerobic activity and strength building exercises in the water are seamlessly incorporated into each class for a total body workout. Please see the water aerobics schedule for class times. These classes are all located in the pool area.

**Mall Walk:** Mall walkers meet at the mall entrance next to the Cheesecake Factory. This class is at your own pace walking and stretching with a whole lot of socialization.



**Make sure to join us  
throughout the month for  
our various activities and  
classes.**

