

SAVVY SENIOR NEWS



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January 2012
Cooper Street Branch

7120 S. Cooper Street
Arlington, TX 76001
817-419-9629
www.ymca-arlington.org



Register Now!!!
Nutrition and You
Lunch and Learn

January 18, 2012
Noon

HAPPY
NEW
YEAR

January Schedule Of Events

January 6 , 9:30a.m. – Mission Arlington

Join us as we volunteer at Mission Arlington for two hours and go to lunch afterward. Meet at the Cooper Street YMCA (to carpool) or meet us there. Mission Arlington is located at 210 W. South Street near UTA.

January 11, Noon – Lunch and Movie

Meet at noon in the Community Room at the Cooper Street YMCA for stuffed baked potato's, popcorn, drink and to see the movie "Something Borrowed" The cost is \$7. **Please Sign up at the Welcome Center by January 10.**

January 18, Noon – Lunch and Learn "Nutrition and You"

Meet at the Y at noon with your side dish Potluck, we will eat then listen to Dr Ayodele Osowo. **Please Sign up at the Welcome Center to make sure we have a count.**

January 25, Noon – Game Day

Meet at the Y at noon with your finger food potluck. We will eat then play games. **Please sign up at the Welcome Center.**

January 27, 9:30am – Field Trip Ft. Worth Stock Show and Rodeo

Meet here at the YMCA to load the bus to go over to Fort Worth. We will tour the show then attend the Rodeo at 2:00pm. We should be back by 5:00pm. **Please sign up at the Welcome Desk to reserve your spot by January 20.**

Exercising with Friends

The New Year is here lets be sure to welcome all of our new members and help them enjoy our classes.

ENJOY THE YMCA?

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

QUESTIONS, COMMENTS, IDEAS?

Contact, Kim Bay, Active Older Adults Coordinator
817-419-9629 ext. 208
kimb@ymca-arlington.org

Program Highlight Field Trip to Fort Worth Stock Show and Rodeo

January 27

Cost is \$20 Sign up at the Welcome Center to reserve your spot.

Birthday Celebration

January 12

11:00am at

Furr's

(located off the service road of I-20 between Matlock and Collins)

Class Descriptions

Silver Sneakers® 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. A chair is used for seated and/or standing support.

Silver Sneakers® 2- Cardio Circuit: 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.

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. All classes are located in the pool area.

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 and Events

Monday

8:25am Silver Sneakers® I
9:35am Yoga Stretch

Tuesday

8:25am Silver Sneakers® I
9:35am Silver Sneakers® II
8:30am Mall Walk (Parks Mall)

Wednesday

9:35am Silver Sneakers® II

Events:

January 11 @ noon Lunch and Movie-
January 18 @ noon Lunch and Learn
January 25 @ noon Game Day Potluck



Thursday

8:25am Silver Sneakers® I
9:35am Silver Sneakers® II
8:30am Mall Walk (Parks Mall)

Events:

January 12 @ 11:00am Birthday
Celebration at Furr's Restaurant

Friday

9:35am Yoga Stretch
1:00p Senior Circuit

Events:

January 6 @ 9:30am Mission Arlington
January 27 @ 9:30am Fort Worth Stock Show
And Rodeo



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