

## Book Club

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The group meets the 4th Monday of each month at 10:15am to discuss the book with other avid readers.

Jan- "The Cruellest Month" -Louise Penny

## Lunch and Learn

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Join us for a light lunch and speaker the 4th Wednesday of the month.

Upcoming topics:

January: *5 Sneaky Causes for Weight Gain*

February: *Foot Health*

March: *The Power of Massage*

## Coffee Hour

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A time of fellowship in the coffee lounge every Friday at 10:00am.

1st Friday of each month we will be celebrating birthdays for the month sponsored by Tipton Place.

## Prayer Meeting

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Senior members are welcome to join prayer and reflection time on the 1st Wednesday of the month at 10am.

## Upcoming Events:

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**Oak Lanes Bowling:** January 15th Meet at Oak Lanes @ 1pm

**Prayer Walk:** January 18th Meet at the YMCA @ 10:30am

**Giggabuggy:** January 29th Painting begins at 11:30am at the YMCA. Register at the front desk.

## Active Older Adults

Our Y offers a variety of programs for Active Older Adults that encourage everyone to grow physically, emotionally, socially and spiritually to better their well-being.

We promote a fun and friendly environment. There are plenty of reasons to be strong, healthy and active here at the Parkview Huntington Family YMCA!



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### Parkview Huntington Family YMCA

1160 W 500 N

Huntington, IN 46750

260.359.9622

[www.huntingtony.org](http://www.huntingtony.org)

January 2018



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Staying Active At Any Age



**Parkview Huntington  
Family YMCA**

A SilverSneakers® membership is available to specific insurance plan holders. The insurance company will cover your Y membership.

To see if you are eligible for a SilverSneakers® membership, visit us at the Front Desk.

Active Older Adults Fitness Classes	Day/Time	Location
<b>SilverSneakers® Classic</b> Uses a variety of exercises and movements set to music to increase muscular strength, range of motion, and activities for daily living. FREE WITH MEMBERSHIP	M/W/F 9:00 AM T/Th 10:30 AM M/W 10:30 AM	Studio 2
<b>Circuit Strength Training</b> Utilizes hydraulic machines for a safe and effective strength workout. FREE WITH MEMBERSHIP	T/Th 9:00 AM	Studio 2
<b>SeniorFIT</b> Uses a variety of machine and free weight exercises for a total body workout. \$45 per 7 week session	M/W/F 8:00 AM	Wellness Center
<b>Stretch and Flexibility</b> It is a one hour, full body stretch and strengthening routine that tones muscles, improves posture and flexibility, and creates functional flexibility. FREE WITH MEMBERSHIP	M/W/F 7:30 AM	Studio 2
<b>Water Aerobics</b> A water based fitness class to target, balance, strength, coordination all with the resistance of the water. \$5 per 7 week session/\$30 for year	M-F 8:00 AM M-F 9:00 AM T/TH 1:00 PM	HELP Pool
<b>SilverSneakers Adapted Yoga</b> Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. FREE WITH MEMBERSHIP	T/Th 9:30 AM	Studio 2
<b>Agging Backwards</b> A slow & gentle, full-body stretch and strengthening workout that focuses on increasing mobility, flexibility, and relieving chronic aches, pains, and joint stiffness.	T/Th 11:30 AM	Studio 2



Active Older Adult  
**SILVER BOWL**  
February 16th & 23rd  
Sign up today!

Friday, Feb 16th  
Pickleball  
Triathlon (walk, bike, swim)  
Euchre

Friday, Feb 23rd  
Wallyball  
Basketball Free Throws  
Cornhole

Practice times will begin  
week of January 8th

**CORNHOLE TRAINING** 10AM-NOON  
EVERY TUESDAY IN RACQUETBALL CT  
**WALLYBALL TRAINING** 10AM-NOON  
EVERY WEDNESDAY IN RACQUETBALL  
**PICKLEBALL TRAINING** 10AM-11:45AM  
EVERY FRIDAY IN THE GYM

**INDOOR WALKING**  
**THURSDAYS @ 10AM**



**COME JOIN DAWN FOR**  
**AGING BACKWARDS**  
**T & TH @**  
**11:30AM-12PM**