



ACTIVE OLDER ADULT

# Y-GAMES

Sept. 8-12

## EVENT SCHEDULE

All of the following  
classes and activities  
are FREE for YMCA  
members.

### A WEEK OF FRIENDLY COMPETITION

Please make sure to RSVP at the Front Desk. No commitment; we just want to place you on a team, in case you decide to participate in any of the following activities.

Show your team spirit!

Wear your team t-shirt and/or color wrist band whenever you come to the Y, during the week of Y-GAMES!

#### MONDAY, SEPT. 8:

##### Class Competition Day

Join us for our regular, **morning classes** (Essentrics, Water Aerobics, Silver Sneakers & Zumba), and be prepared to participate in a quick challenge during class, which can earn your team points.

**10-10:30am 1-Mile Walk.** Meet us at the front entrance at 10am and we'll go over to the outside track to walk around the pond 4 times. Get team points just for participating.

**10:30-11:30am Brunch & Learn\*** with the Ness Bros. Topic: Senior Relocation. Planning for your future.

\*Please register at the Front Desk, so we know you plan to attend.

**11:30am-1pm Wii Bowling & Board Games.** Show up for a variety of game options, including Wii Bowling (in the conference room) and other board games, such as Yahtzee, Uno, Backgammon, Aggravation and more (in the "Hangout" room.) Encourage a teammate to show up to be your partner.

#### TUESDAY, SEPT. 9:

##### Door Prize Day

Attend **morning classes**. Door prizes given away during each class.

**9-10am BINGO & Euchre.** Meet us in the "Hangout" room and you can choose to play BINGO or practice your Euchre skills.

**11:30am-12:30pm Taste & Tell.** Bring your favorite snack/treat/side dish and your recipe to share. We will do a tasting and vote on your delicious dishes. We will compile a digital recipe book and send you all the recipes by email.

**1-2pm Water Volleyball.** Meet us in the warm pool to play (informal) water volleyball. Earn points for your team, just by participating.

**Schedule Continued...on the back**

**WEDNESDAY, SEPT. 10:****Medley Day**

Join us for our regular, **morning classes** (Essentrics, Water Aerobics & Silver Sneakers), and be prepared to participate in a quick challenge during class, which can earn your team points.

**10-11am Water Volleyball.** Meet us in the warm pool to play (informal) water volleyball. Earn points for your team, just by participating.

**10-11:30am Cornhole & Open Yard Games.** Meet us in our outdoor, basketball court area to play a variety of yard games, including cornhole, ladder ball, basketball “horse,” and much more. If you’d rather just watch, that’s fine too.

**11:30am-12:15pm Aging Backwards Class.** Participate in this special exercise class with Dawn (instructor of Essentrics) that will provide you with practice and advice on how to keep your body healthy, strong, and pain-free, regardless of your chronological years.

**THURSDAY, SEPT. 11:****Game Day**

**9-10am Euchre Tournament.** We’ll play quick rounds of Euchre, tournament-style. Encourage a teammate to show up to be your partner.

**9:30-10am Water Volleyball.** Meet us in the warm pool to play (informal) water volleyball. Earn points for your team, just by participating.

**10-11:30am Cornhole & Open Yard Games.** Meet us in our outdoor, basketball court area to play a variety of yard games, including cornhole, ladder ball, basketball “horse,” and much more. If you’d rather just watch, that’s fine too.

**11:30am-1pm Wii Bowling & Board Games.** Show up for a variety of game options, including Wii Bowling (in the conference room) and other board games, such as Yahtzee, Uno, Backgammon, Aggravation and more (in the “Hangout” room.) Encourage a teammate to show up to be your partner.

**FRIDAY, SEPT. 12:****Party Day**

**10:30-11:15am Dance Party.** Let’s exercise the good old-fashioned way; dance! Our Silver Sneakers Circuit class will be transformed into a dance workout on this day. Several instructors will lead you through various dance styles; line-dance, Zumba, Cardio Drumming, and more. Of course, you’ll have the opportunity to free dance, too!

**11:30am-12:30pm BBQ Lunch & Awards.** Let’s celebrate the conclusion of the games by feasting together on the patio. We’ll announce the Y-Games event winners and share stories about the fun competition of the week.

**A BIG THANKS TO THESE Y-GAMES EVENT SPONSORS!**

SHELTON  
Financial Group



**Parkview Huntington Family YMCA**