



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIVE LAUGH FRIENDS

## Active Older Adult Activities BOWLING FAMILY YMCA



Develop friends, have fun and live. Below are upcoming activities ... watch for others. There are classes as well.

- January 11—Goal Setting
- February 13—Sweetheart Dance
- March 9—Plant a Garden
- April 6—Casino Trip
- May 25—Senior Health and Fitness Day
- June 8—Water Volleyball Game Day
- July 1—4th of July Potluck
- August 10—Loteria Game
- September 7—Grandparents Day
- October 5—Casino Trip
- November 16—Holiday Luncheon
- December 21—Cookie Decorating

**LOCATION:** BOWLING FAMILY YMCA  
5509 Will Ruth  
El Paso, TX 79924  
Kathy Sarver (915) 755-9622  
[www.elpasoymca.org](http://www.elpasoymca.org)



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# AOA FITNESS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday
		SilverSplash 8:00—9:00 Pool		
S&F Excel/SS Circuit 10:00-11:00 Group X Room	Active Older Adults 9:30-10:30 Group X Room	Silver Sneakers® Yoga 10:00-11:00 Group X Room	Active Older Adults 9:30-10:30 Group X Room	Silver&Fit Excel® 9:00-10:00am Group X Room
Twinges & Hinges 1:00 - 2:00 pm Pool	Silver Sneakers® Classic 11:00-12:00 Group X Room	Twinges & Hinges 1:00 - 2:00 pm Pool	Silver Sneakers® Classic 11:00-12:00 Group X Room	Twinges & Hinges 1:00 - 2:00 pm Pool



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