


# YACTIVE OLDER ADULTS™

We build strong kids, strong families, strong communities.

## Calendar of Activities

## March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>SS – ROM 10:30-11:15AM</b> <b>Women in Action WA 10:30-11:30AM</b> <b>Euchre 1:00-3:00PM</b>	<b>2</b> <b>Arthritis WA 8:30-9:30AM</b> <b>SS Yoga 10:30-11:15AM</b> <b>Intro to Fitness and Beyond 6:00-7:00PM</b>	<b>3</b> <b>SS - ROM 10:30-11:15AM</b> <b>Women in Action WA 10:30-11:30AM</b> <b>Bridge 1:00-4:00PM</b>	<b>4</b> <b>Arthritis WA 8:30-9:30AM</b> <b>SS Yoga – 10:30-11:15AM</b> <b>Intro to Fitness and Beyond 6:00-7:00PM</b>	<b>5</b> <b>Women in Action WA 10:30-11:30AM</b> <b>Couples Dance 6:30-8:30PM</b>
<b>8</b> <b>SS – ROM 10:30-11:15AM</b> <b>Women in Action WA 10:30-11:30AM</b> <b>Euchre 1:00-3:00PM</b>	<b>9</b> <b>Arthritis WA 8:30-9:30AM</b> <b>SS Yoga 10:30-11:15AM</b> <b>Intro to Fitness and Beyond 6:00-7:00PM</b>	<b>10</b> <b>SS - ROM 10:30-11:15AM</b> <b>Women in Action WA 10:30-11:30AM</b> <b>Bridge 1:00-4:00PM</b>	<b>11</b> <b>Arthritis WA 8:30-9:30AM</b> <b>SS Yoga – 10:30-11:15AM</b> <b>Intro to Fitness and Beyond 6:00-7:00PM</b>	<b>12</b> <b>Women in Action WA 10:30-11:30AM</b> <b>Couples Dance 6:30-8:30PM</b>
<b>15</b> <b>SS – ROM 10:30-11:15AM</b> <b>Women in Action WA 10:30-11:30AM</b> <b>Euchre 1:00-3:00PM</b>	<b>16</b> <b>Arthritis WA 8:30-9:30AM</b> <b>SS Yoga 10:30-11:15AM</b> <b>Intro to Fitness and Beyond 6:00-7:00PM</b>	<b>17</b> <b>SS - ROM 10:30-11:15AM</b> <b>Women in Action WA 10:30-11:30AM</b> <b>Bridge 1:00-4:00PM</b>	<b>18</b> <b>Arthritis WA 8:30-9:30AM</b> <b>SS Yoga – 10:30-11:15AM</b> <b>Intro to Fitness and Beyond 6:00-7:00PM</b>	<b>19</b> <b>Women in Action WA 10:30-11:30AM</b> <b>Film Festival 1:00PM</b> <small>The Time Traveler's Wife</small> <b>Couples Dance 6:30-8:30PM</b>
<b>22</b> <b>SS – ROM 10:30-11:15AM</b> <b>Women in Action WA 10:30-11:30AM</b> <b>Euchre 1:00-3:00PM</b>	<b>23</b> <b>Arthritis WA 8:30-9:30AM</b> <b>SS Yoga 10:30-11:15AM</b> <b>Intro to Fitness and Beyond 6:00-7:00PM</b>	<b>24</b> <b>SS - ROM 10:30-11:15AM</b> <b>Women in Action WA 10:30-11:30AM</b> <b>Bridge 1:00-4:00PM</b>	<b>25</b> <b>Arthritis WA 8:30-9:30AM</b> <b>SS Yoga – 10:30-11:15AM</b> <b>Intro to Fitness and Beyond 6:00-7:00PM</b>	<b>26</b> <b>Women in Action WA 10:30-11:30AM</b> <b>Couples Dance 6:30-8:30PM</b>
<b>29</b> <b>SS – ROM 10:30-11:15AM</b> <b>Women in Action WA 10:30-11:30AM</b> <b>Euchre 1:00-3:00PM</b>	<b>30</b> <b>Arthritis WA 8:30-9:30AM</b> <b>SS Yoga 10:30-11:15AM</b> <b>Intro to Fitness and Beyond 6:00-7:00PM</b>			<b>1401 E Smith St</b> <b>Warsaw, IN 46580</b> <a href="http://www.kcymca.org">www.kcymca.org</a> <b>For more information</b> <b>contact Tonya Welsh at</b> <b>574-269-9622 x36.</b>

SS – Silver Sneakers

ROM – Range of Motion

WA – Water Aerobics

\*Silver Sneakers classes are free for YMCA members and Silver Sneakers members. Community Members pay \$3.00 for each Silver Sneaker class and \$1.50 for Euchre, movies, and Bridge. There is a small fee for all water aerobic, fitness and couples dance classes. See the YMCA Welcome Center for pricing. All non-aerobic activities will meet in the Youth Center.