



NEWS RELEASE

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For Immediate Release

Contact:

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New Senior Programs at the YMCA!

Warsaw, Indiana- The Kosciusko Community YMCA isn't just for exercise! Social activities for seniors will now be offered every day of the week in addition to our current fitness programs. Staying active physically and socially can be a great way to have fun, make new friends, and improve health.

Bingo will be played every Monday at 1:00 p.m. On Tuesdays at 8:30 a.m. coffee and a snack will be provided for a time of social gathering. On Wednesdays at 1:00 p.m. Bridge will be played. During Film Festival Fridays, seniors can enjoy a movie and popcorn with friends at 1:00 p.m. Thursday events include a guest speaker the first Thursday of every month at 11:30 a.m., crafts on the second and fourth Thursday of the month at 9:00 a.m. and a book club on the third Thursday of the month at 9:00 a.m.

All Senior Programs will meet in the YMCA Youth Center. The programs are free for YMCA and Silver Sneakers members and a small fee for other community seniors. Contact Tonya Welsh at 269-9622 with any questions.

For seniors looking for fitness programs and a way to stay active we offer SilverSneakers® Muscular Strength and Range of Motion, SilverSneakers® Yoga Stretch, Young Again and Weights and Women in Action. SilverSneakers group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL those who enjoy a positive, upbeat social environment. In the SilverSneakers® Muscular Strength and Range of Motion Fitness Class participants move 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 support. In the SilverSneakers® YogaStretch Class move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures

We Build Strong Kids, Strong Families and Strong Communities.

designed to increase flexibility, balance, and range of movement. The Young Again & Weights class helps participants 55 and older learn how to use free weights and Cybex machines and feel comfortable in our fitness rooms. Women in Action is a water aerobics class that helps to limber joints, tone muscles, and burn calories without stress on the joints.

The Kosciusko Community YMCA, a not for profit organization, provides community based programs that build healthy spirit, mind and body for all of Kosciusko County. All the efforts and offerings of the YMCA are guided by the core values of caring, honesty, respect and responsibility. The Kosciusko Community YMCA does not deny any youth, adult, or family membership or participation based on their inability to pay. Need-based scholarships are available.

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