



ACTIVE OLDER ADULTS

ACTIVITIES CALENDAR

MON

TUES

WED

THUR

FRI

GroupEx

Y-Tour
Tuesdays
9am-9:45am

Journal Club
9am-10am
Weekly in the
Community Rooms

**Meet us for
Mahjong!**
12pm-3pm

Creative Corner
11am-3pm
Weekly in the
Community Rooms

Equipment Orientation
4:30pm

Table Tennis
5pm-7pm
Weekly in the
Community Rooms

Dec 5
Book Club
9am-10am
Book Discussion:
"The Christmas Train"
by David Baldacci

Dec 6
Educational Seminar
12pm-1pm
Topic: "Intro to the Blood Pressure Self
Monitoring Program"

Dec 13
Potluck
12pm-1pm
Theme:
"Cozy Cocoa Christmas"

Table Tennis
5pm-7pm
Weekly in the
Community Rooms

SilverSneakers Classic
Monday & Tuesday
Mon: 9am-10am & 10am-11am
Tues: 10am-11am
Gymnasium

Chair Yoga
Tuesday & Friday
Tue: 12pm-1pm
Fri: 11am-12pm
Exercise Studio

Balance & Motion
Wednesdays: 11am-12pm
Exercise Studio

Silver Soul
Wednesdays: 10am-11am
Gymnasium

Zumba Gold
Thursdays: 10am-11am
Gymnasium

Water Fitness
Mon/Wed: 6pm-7pm
Tues & Thur: 8am & 9am
Fridays: 8am-9am
Main Pool

Aqua Tone
Wednesdays: 11am-11:45am
Therapy Pool

Aqua Zumba
Wednesdays: 6pm-7pm
Therapy Pool

Visit puebloymca.org/aoa and click on the "Social Events" to learn more about all AOA social programs or contact Cheri Ward at 719-543-5151 x 322 or email cward@puebloymca.org

Please note: GroupEx classes are only for YMCA members. All other events are FREE to the public.



DEC
2024