



# ACTIVE OLDER ADULT SPECIAL EVENTS PAGE

## BUNCO PARTY

Wednesday May 17th

11:30am-12:30pm

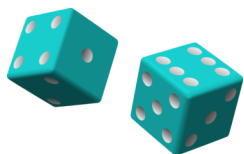
Ages 55 and up

Enjoy a spirited game of bunco with friends while enjoying some light refreshments. This will be a great time for socializing, if you have never tried bunco before this is your chance.

Fulton YMCA Members FREE!

Register at the desk, seats are limited!

\*Registration opens May 1st\*



## PRE-K GRADUATION CELEBRATION DAY

Friday, June 16th

9:00am-10:45am

Ages 55 and up

You are cordially invited to attend the Fulton YMCA Pre-school Graduation Ceremony Join us in celebrating this accomplishment with our graduates teachers, family and friends. The kids have some songs planned and after the diplomas are all handed out, join us for cake and juice! This will replace the Silver Sneakers Class for the day.

Fulton YMCA Members Only

Please register for proper food count!

## COFFEE WEDNESDAY

Members enjoy a complimentary cup of coffee every Wednesday! Stay and visit with friends or take it to go!



## RIVER RUN REVIVAL 5k walk/run and 8k

Father's Day, Sunday June 18th

Kids Fun Run Begins at 8:00am

Registration Fee:

8k and 5k walk/run: \$25.00

Student Rate (K-12): \$15.00

Kids Fun Run( Up to 11 years ): \$5.00

\*T-shirts available until May31st

Registration opens April 1st!

We are very excited to revive the River Run 8k course that will travel through Pollard Hills and onto Forest Ave! Join us for a morning of fitness and fun!



## SUMMER FUN! GAMES AND SNACKS

Friday, July 14th

11:30am-1:00pm

Ages 55 and up

The weather is perfect to enjoy some outdoor games and picnic snacks! We will offer ladder golf, corn hole, can jam and croquet. Light refreshments will be served, members are welcome to bring snacks to share with the group! If you have a friend who is interested in joining the Y bring them along for the FUN!

Fulton YMCA Members Only!



# ACTIVE OLDER ADULT cont.

## GET CREATIVE!

### PAINT AND SIP ART PARTY

Wednesday, August 16th

11:30am-12:30pm

Ages 55 and up

This is a great way to have fun with your friends, or meet new friends; relax or just let your hair down and be you; or simply discover your inner artist! We will provide light snacks, coffee and lemonade. A YMCA Art Instructor will provide the lesson with all supplies included. Instructor: Sarah Wilder

Fulton YMCA Members: \$10.00

Register at the desk, class is limited to 15 people.



## WALK TO RUN CLUB

April 10th-June 12th 2017

Ideal for brand-new runners, or those returning to the sport from injury or a long layoff, a run/walk program guides the athlete to a safe transition from non-running to running, or allows him or her to return to running successfully.

Monday Evenings 6:00pm-7:15pm

This program will meet 1 day per week and a weekly training schedule will be provided to all participants.

Instructor: Zach McQuaid

Free for Fulton YMCA Members

Non members \$5.00 per class

\*Participants who attend 5 classes or more will receive \$5.00 the River Run!



## PICKLEBALL FOR SENIORS

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced competitive game for experienced players.

When: Wednesday's 11:30am-1:30pm

Free for Fulton YMCA Members / Non-members \$4

## RIEKI HEALING

This simple, non-invasive healing system works with the Higher Self of the Receiver to promote health and well being of the entire physical, emotional and spiritual body. Therefore it is truly a system of attaining and promoting wholeness of Mind, Body and Spirit. Reiki healing is a natural therapy that gently balances life energies and brings health and well being to the recipient

Usui Reiki Master: Kim Simmonds

Members: 1 hour \$30.00/ ½ hour \$15.00

Non-members: 1 hour \$40.00/ ½ hour \$20.00

See the front desk for more information and to contact Kim to schedule your appointment.

## MASSAGE THERAPY

### Winter Session

Massage therapy may be defined as systematic and scientific manipulations of body tissues for the purpose of affecting the nervous, muscular, visceral, circulatory, digestive and facial systems.

Patricia Gonyea is a graduate from the Humanities Center School of Massage and is a fully licensed therapist with the state of Florida. She provides a variety of services including clinical, sports and chair massage.

Rates	Members	1 hour	\$50.00
		½ hour	\$25.00
	Non-Members	1 hour	\$60.00
		½ hour	\$35.00

See the front desk for more information and to contact Patricia to schedule your massage.