



# ACTIVE OLDER ADULT SPECIAL EVENTS PAGE

**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!



**CREATE A BETTER  
VERSION OF YOU**  
Personal Training Special

**July 1st-September 1st**

Whether your goal is to lose weight, get stronger, improve your body composition or recover from injury, personal training can help achieve your goals!

3 Sessions for \$90.00 member/ \$110.00 non-member

Purchase an optional half hour consultation for \$10.00

Packages are non-refundable, sessions must be used September 31st.

**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.



**CHAIR YOGA STRETCH**

Looking for a **safe and gentle**, yet effective yoga practice that doesn't have you performing those "pretzel-like" yoga positions? A practice where you can enjoy all the benefits of traditional yoga while being comfortably supported by a chair?

This Chair Yoga course has you in mind. If limited mobility or injuries are holding you back from enjoying your body to the fullest, then you owe it to yourself to give this course a try. It's an amazing way to *safely stretch and strengthen* your body.

July Dates

Friday July 7th and Friday July 21st

August Dates

Friday August 4th and Friday August 18th

(Replaces Silvers Sneakers Classic for that Friday)



# ACTIVE OLDER ADULT cont.



LIVESTRONG<sup>®</sup>

FOUNDATION

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body.

## FALL 2017 Session:

September 25th–December 14th

Monday and Wednesday 11:00am–12:30pm

## COFFEE WEDNESDAY

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

## WALK AND RUN CLUB

June 12th–August 31st 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.

**Are you a current Runner that would like to get more out of their training? This RUN CLUB is for you! Just like the walk to run, the Run Smarter Program will help improve your current pace.**

Monday and Wednesday Evenings 6:00pm–7:15pm

This program will meet 2 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 week

## 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.