

August 2018 Senior Activities-YMCA of McDonough County

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Water Fitness Classes appropriate for Seniors:</u> M/W/F-Water Workout at 2pm T/Th-Water Walking at 9:15am T/Th-Arthritis/Mobility at 10am Water classes end August 11.	<u>Phone Numbers for Meal Sites</u> Macomb 837-5733 Bushnell 772-2279 Colchester 776-4366 Industry 255-7626	10:15 Balance Stretch Strength 11:30 Lunch 12:30 Scrabble and Pinochle	1 8:00 Master Builders 11:30 Lunch 5:00 Pitch Potluck 5:30 Pitch <i>Line Dance Demo Day</i>	2 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch
6 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch	7 8:00 Master Builders 11:30 Lunch 12:30 Canasta 3:00 Forever Fit! 4:00 Kneedlers	8 10:15 Balance Stretch Strength 11:30 Lunch 12:30 Scrabble and Bridge	9 8:00 Master Builders 11:30 Lunch 1:00 Line Dancing 5:30 Pitch	10 8:00 Pilates w/ Heather 9:30 Card Construction Workshop* 10:15 Balance Stretch Strength 11:30 Lunch
13 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch 2:00 Caregiver Support Group	14 8:00 Master Builders 11:30 Lunch 12:30 Mexican Train 3:00 Forever Fit! 4:00 Kneedlers	15 10:15 Balance Stretch Strength 11:30 Lunch 12:30 Scrabble and Pinochle	16 8:00 Master Builders 11:30 Lunch 1:00 Line Dancing 5:30 Pitch	17 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch
YMCA Annual Shutdown Senior Center open 8-4pm YMCA open 8-4pm Business only	YMCA Annual Shutdown Senior Center open 8-4pm YMCA open 8-4pm Business only 11:30 Lunch 12:30 Canasta 1:00 Kneedlers 3:00 Forever Fit!	YMCA Annual Shutdown Senior Center open 8-4pm YMCA open 8-4pm Business only 11:30 Lunch 12:30 Scrabble and Bridge	YMCA Annual Shutdown Senior Center open 8-4pm YMCA open 8-4pm Business only 11:30 Lunch 1:30 Line Dancing	YMCA Annual Shutdown Senior Center open 8-4pm YMCA open 8-4pm Business only 11:30 Lunch
27 11:30 Lunch	28 11:30 Lunch 12:30 Mexican Train 3:00 Forever Fit! 4:00 Kneedlers	29 11:30 Lunch 12:30 Scrabble	30 11:30 Lunch 1:00 Line Dancing 5:30 Pitch	31 11:30 Lunch

*Please register for program by calling the Senior Center Office at 309-837-5733. If a meal needs to be cancelled please do so by 1pm the preceding day.