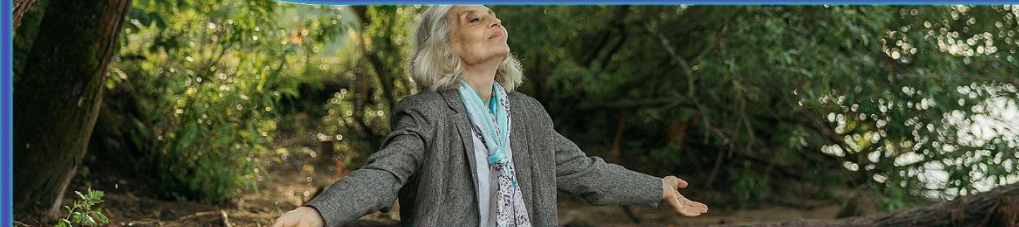


PERSPECTIVE

e-zine of YMCA Alumni

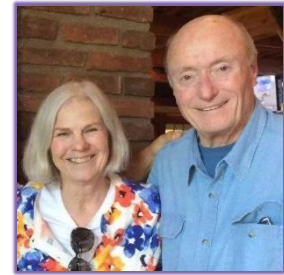


Inaugural Issue * Fall 2025

*Fit at 60... and 70,
80 and 90, too!*

Editors' Note – Craig Altschul and Peggi Simmons

What's old is new again. Members of **YMCA Alumni** will likely remember **PERSPECTIVE** Magazine. It enjoyed a long life -- more than 300 issues, some 2,400 stories and columns over 34 years published by the **Association of YMCA Professionals (AYP)**.



The final edition was published in May 2009, when the printed and mailed monthly magazine reached its zenith of 60-plus pages per issue. **PERSPECTIVE** was no longer affordable for a professional society struggling to survive the “Great Recession” of 2007-2009. Sadly, **AYP** itself, did not survive, at least as we knew it.

We live in a technologically changed world 15 years later. **YMCA Alumni**, a century -old association of retired **YMCA** professionals numbers more than 1,400 members, thrives through 17 regionally located chapters and a strong National Board providing direction and leadership. Its 3-word motto says it all: “*Connect, Travel, Serve.*”

Today, **YMCA Alumni** launches a new magazine for our members. We're bringing back the original magazine's name and style for old times' sake and because it remains relevant. The stories in this first issue, as well as the upcoming quarterly themed editions, are designed to entertain, inform, and challenge us on topics that matter in our daily lives. Articles will primarily be written by **YMCA Alumni** members with career or post-career expertise on the subjects they cover.

Modern technology lets us produce **PERSPECTIVE** in an exciting new, far more financially sustainable publishing format—as an “e-zine” (electronic magazine). You will receive it in your email and can view it on any device, though it is easiest to read on your laptop, desktop, or tablet.

We hope you will enjoy this newest **YMCA Alumni** membership benefit... a revival of an old friend repurposed just for you and your lifestyle today.

Craig Altschul and Peggi Simmons have owned and operated craig altschul + associates (ca+a) for 51 years. Their first client in 1974 was the Association of Professional Directors (APD) of the YMCA. Their first assignment from Executive Director Bob Goff was to create a magazine that would encompass stories of administration, physical education, and personal and professional growth, challenging YMCA Directors to write and share their expertise. Thus, PERSPECTIVE was born. Craig, Peggi, and colleague Steve Kendall combined to publish the magazine for 35 years. YMCA Alumni has been a ca+a client for communications services since 2009. Steve owned an advertising agency for 20 years and is now a successful novelist. Times have changed. Sort of.

PRE-SPECTIVE:

Meeting Those Significant Challenges In A New Era - Dick Jones

Maintaining a healthy lifestyle as we grow older can be a significant challenge. It's frustrating not to be able to participate in activities we've enjoyed for so many years. We can be discouraged by health problems, diseases, and injuries that often accompany the aging process.



But, there's a bright side. Today, a wide range of tools and instruments is available to help us lead active and safe lives.

Falling is a significant and growing problem in our age cohort, often leading to injury, hospitalization and extensive rehabilitation, disability, loss of independence, and increased healthcare costs. Prevention strategies—such as exercise, medication review, home safety modifications, and regular vision checks—are essential to reduce the risk and consequences of falls.

We also become susceptible to heart attacks, strokes, falling and other emergencies. These can be particularly hazardous if we live alone. Medical alert buttons – there are plenty of different models online - can literally be lifesavers. (*Forbes Magazine* rates Medical Guardian, Mobile Help and Medical Alert among the best.) These can take the form of pendants that can be hung around the neck, wristbands, and watches. We push a button, and help is on the way. The best options are ones we can take with us when we leave home.

Smartwatches and phones can also be helpful to older adults with various health issues. They can take our blood pressure, monitor insulin and blood sugar levels, serve as pedometers, record and regulate pulse rate, provide methods of communication, and perform numerous other tasks, all designed to help us manage our health. Some watches and phones contain GPS apps such as [Life360](#) and [Angel Sense](#), among others, that enable family members to track our location and alert when we fall.

Stimulators can be used to treat people with chronic pain or manage other health-related problems. These devices are inserted by medical specialists, such as pain management and rehabilitation doctors, neurosurgeons, and anesthesiologists, under the skin in varying locations, depending on the location of the pain. Companies such as [Axonics](#) (*for bladder control*) and [Medtronic](#) (*for cardiac rhythm and diabetes management*) can help specialists diagnose if these stimulators can help alleviate and manage our pain.

Modified exercise programs are valuable assets for those of us seeking to remain active and maintain our physical fitness. Chair and low impact exercise classes; seated volleyball with a beach ball; playing doubles instead of singles in tennis, racquetball, and pickleball; walking, swimming and bicycling instead of jogging; using modified strength training with lighter weights, are just a few programs that can help us to continue having fun while we exercise. People with disabilities may also participate in these activities.

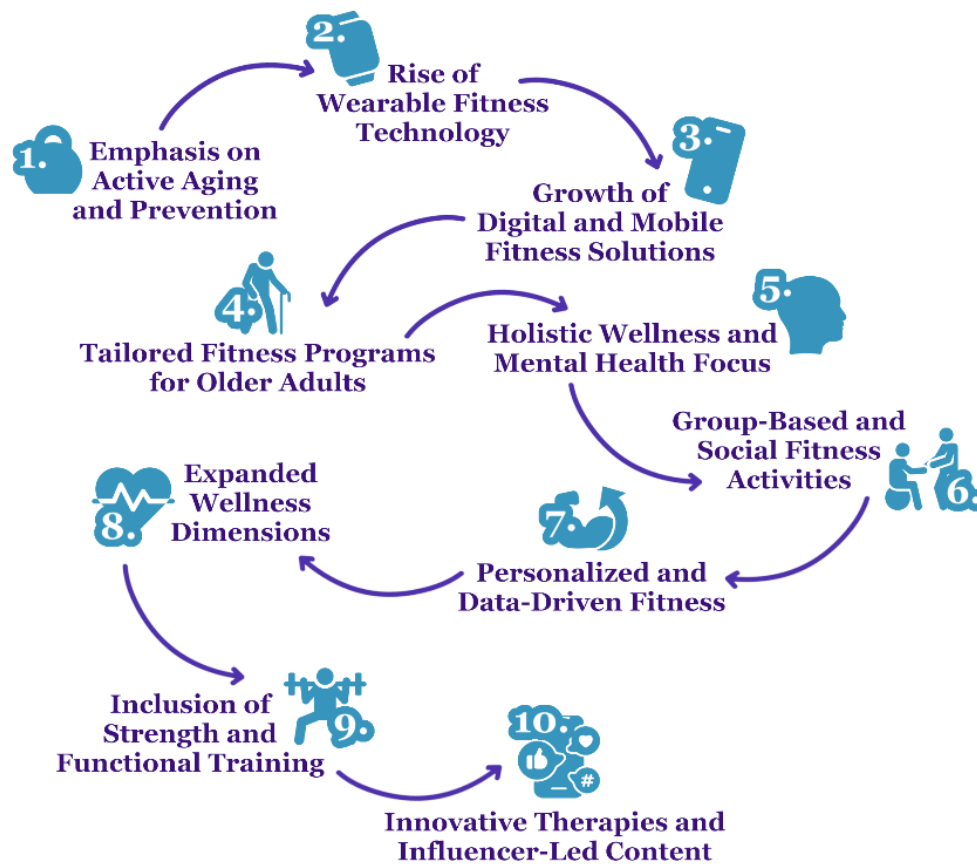


Figure: Key trends in fitness and wellness for seniors

The Internet is an easily accessible source of medical information. But be careful. Prioritize information from trusted sources, such as government (.gov) or educational (.edu) websites, reputable medical institutions, credible media outlets, and professional organizations. Look for clear identification of the website's author and contact information. Check the date of the information and if it's regularly reviewed and updated. Be wary of websites and unsolicited emails offering products that claim to provide miracle cures. Always verify information with your healthcare provider.

We can meet the challenge of maintaining as active a lifestyle as possible as we age.

RICHARD 'DICK' JONES was inducted into the YMCA Hall of Fame in 2023. Under Dick's leadership and supervision, YMCA Leaders' Club programs flourished throughout the Great Lakes Region. His leadership in program development led to thousands of qualified individuals ascending to leadership positions in the Y movement. He retired as National Associate Director of Sports for the YMCA of the USA. Dick is a member of the Chambers Chapter of YMCA Alumni.

Cover Story:

Fit at 60...and 70, 80, and 90 - Lynne Vaughan

Physical activity offers profound benefits as people age, supporting both physical and mental well-being while helping to maintain independence and quality of life.

The notion of “being fit” is not new to any of us. We’ve all had different relationships with physical activity throughout our lives. Have you been able to make exercise part of your daily routine? Would you focus on fitness for a while and then stop? Has fitness activity always been elusive to you?



My definition of being fit at any age is about having the physical capacity to do the things that bring me joy. Each decade brings in nuances that we all need to pay attention to as we age.

Our bodies undergo changes that are beyond our control as we age. However, we can learn to manage these changes in a way that supports our overall **happiness, health, and well-being**.

Here are a few changes related to physical activity and how exercise can help mitigate them:

Resting heart rate increases; *cardiovascular activities that elevate your heart rate and breathing for a sustained period can decrease it. Some options are running, cycling, swimming, and dancing.*

Blood pressure increases; *focus on lifestyle modifications, such as a healthy diet, regular exercise, weight management, and reduced sodium intake. Low-impact exercises such as walking, cycling, swimming, and elliptical training (on machines that simulate walking, jogging, or climbing stairs) are gentle on the joints.*

Bones become less dense; *weight-bearing exercises, such as walking, running, dancing, climbing stairs, and jumping put stress on bones, stimulate them to grow stronger and denser.*

- **Muscle mass decreases;** *focus on strength training, a diet rich in protein with sufficient calories. Be sure to get enough sleep and manage your stress levels to increase muscle mass.*
- **Metabolism decreases;** *engage in regular physical activities, prioritize quality sleep, and eat a balanced, not calorie-restrictive diet.*

There is no magic bullet for managing the changes in our bodies. However, the first step is deciding that physical activity will become a top priority.

The changes in our bodies will become more apparent through the senior decades. The key is for us to embrace the changes, learn how they are affecting our activities, and commit to working with our assets and challenges, neither fighting nor ignoring them.

Cover Story:

FIT AT 50

Staying fit at **50** is about being able to do a variety of activities. Try to build an exercise routine into your daily life that includes **cardio, strength training, and flexibility exercises**. If you're new to regular exercise, consider getting some guidance.

Find a trainer and start on solid ground. Explore various exercise modalities, including yoga and Pilates. Connecting with a community of like-minded individuals or a workout buddy can make exercising more enjoyable and provide the social support needed to maintain your routine and reach your goals.

FIT AT 60

Staying fit in your **60s** is a lot like being in your **50s** - except for one *key difference*. This is the decade when we need to tune into what our bodies are telling us. We need to listen and then take some action if issues are impacting your daily life. Consult a professional and discuss your next steps. Get to the bottom of emerging problems and find the right treatment. Don't wait – act soon. You'll recover more effectively, and your body will thank you for it.

FIT AT 70

Staying fit at **70** means continuing to commit to a routine of physical activity while listening carefully to your body. You may need to adjust or modify your routine based on how you feel after exercising.

This is the decade of enjoying a **fulfilling life** with independence, preventing injuries, and managing age-related health conditions.

FIT AT 80

Staying fit at **80** is about finding a balance between physical activity and our changing abilities. This decade is all about maintaining **mobility, independence, and overall health**. To make exercise more enjoyable, try to make it a social experience too. Group classes, such as water aerobics, chair yoga, and Tai Chi, are both fun and beneficial.

FIT AT 90

Staying fit at **90** means prioritizing **strength, balance, flexibility, and heart health**, all tailored to your abilities and needs. Aim to stay as active as you can, in ways that support your overall well-being. Walking, taking your dog for a walk, and continuing to attend group classes are great ways to build muscle strength in a way that works for you.

Being fit at any age is a lifelong journey and, like any journey, it has its highs, lows, ups, and downs. The key is for us to be wise enough to listen to our body, adapt, and carry on. Keep moving.

LYNNE VAUGHAN is President of the YMCA Alumni Grand Canyon chapter. Her YMCA career spanned 40 years in Michigan, Pennsylvania, and Wisconsin, as well as 20 years at Y-USA, where she primarily focused on health and fitness, organizational improvement, and system development. She served four years on The Gulick Project, a national initiative aimed at helping YMCAs become more welcoming to individuals who struggle with lifestyle changes. Lynne enjoys being physically active through biking, hiking, and community volunteering.

Seniors in a Pickle: Fun, Social, and Good for you, too! - Phill Morgan

Pickleball has become so popular because it is an ideal choice for seniors looking to stay fit and engaged. Pickleball is a fun and accessible sport that combines elements of tennis, badminton, racquetball, and ping-pong. It's not just enjoyable and very social; it's packed with health benefits.

Almost anyone can play pickleball. Learning for seniors comes quickly, even if you have seldom or never played a racquet sport. Finding a place to play is easy, too; they're everywhere. YMCAs, community recreation centers, public parks, commercial fitness chains, and retirement community activity centers offer pickleball play (outdoor and indoor).



Playing pickleball is inexpensive. Your local sporting goods store will likely carry starter pickleball packs -- *two paddles, two wiffle balls, and a set of rules for under \$40.*

First-Impressions 'Roadblocks':

Let's step back a bit and look at the "elephant in the room" – first impression roadblocks for seniors - before getting into the more detailed aspects of the sport.

"I can't do that." "I don't play racquet sports." "It's competitive." "Others are better than me." "I'm busy with other things I like better." "I don't have time for it." "My fitness level isn't good enough to play."

On The Other Hand...:

Why not give pickleball a try? *"I was asked to come and just hit pickleball (not play a game)." "I like learning new things, so why not?" "It's social and I enjoy being with my friends and meeting new people." "I want to learn a sport that is fun." Some of my friends play pickleball, and I want to see what this game is about."*

If you have previously played a racquet sport like tennis, for example, the transition to playing pickleball will be easier. However, you can still learn to play pickleball from scratch, especially if your pickleball group is of a similar skillset.

The Game and Its Origin:

Think of a tennis court size (78 feet long x 36 feet wide). Now think of a pickleball court, which is 44 feet long x 20 feet wide. The pickleball court space is almost half the size of a tennis court.

The game is played with two to four players (singles or doubles). They hit a plastic wiffle ball over a 34-inch net until one side is unable to return the ball or commits a rule infraction.

The game is played to a score of 11 points, with the winning team winning by two points, or it continues until one team wins by two points. The amount of time to play a game varies widely, but most games typically last 15 to 30 minutes.

Pickleball was created in 1965 at the home of Joel Pritchard on Bainbridge Island, Wash., on a badminton court. Pritchard and two friends, Barney McCallum and Bill Bell, are credited with devising the game and establishing the rules.

Pritchard's wife, Joan, named the game as it reminded her of the pickle boat in crew (rowing), where random oarsmen were chosen from the leftovers of the other boats, and the pickle boat was often the least competitive boat in the race.

Similarly, pickleball was created from leftover equipment from several sports: a badminton court, paddleball paddles, a wiffle ball, and a net height close to that of a tennis net.

Recommendations from a tennis *and* pickleball enthusiast (me):

If you have never played pickleball and want to learn, get together with friends who play pickleball and go hit pickleball (without playing a game) to get used to hitting the ball over the net, serving the ball into the opposite box, and hitting the ball in the air without it bouncing.

Then, take a short break to drink some water and socialize a bit. Now go back onto the court and do it again. When you are ready, your friends can slowly introduce you to the game by playing some points and teaching you the rules as you progress during a game.



You may even pick up the sport's unique lingo:

"Stay out of the kitchen" (a 7-foot area on each side of the net that is also called the "non-volley zone in which a player is not allowed to hit the ball before it bounces) or *"That was a dink."* (hitting soft, controlled shots – dinks – into the kitchen area.)

PHILL MORGAN, President of YMCA Alumni, is the 2025 Gaston County Senior Games Pickleball silver medalist (singles & doubles), bronze medalist (mixed doubles), and North Carolina State Senior Games Qualifier. His senior tennis team at his home base in Gastonia won the North Carolina 65 and older and 3.5 USTA title last spring. He has held numerous offices in both the former Association of YMCA Professionals (AYP) and YMCA Alumni. Phill holds degrees from Slippery Rock University and Springfield College.

Is 'tee time' in your retirement plan? - Larry Garvin

Retirees might consider taking up golf for a multitude of reasons, primarily focused on physical, mental, and social well-being. Golf offers a low-impact way to stay active, improves cognitive function, provides an opportunity for social interaction, and may even help reduce stress.

Well, friends. Here's some casual advice from a fellow YMCA Alumni member and a long-time golfer. As we consider new activities or hobbies to pursue after retiring from our YMCA careers, one thought that likely comes to mind is taking up the game of golf.



You could be thinking, *"Hey, I have never taken the time to learn or play. What are the things to consider? Where do I start? Do I have the necessary athletic ability or do I have physical limitations that might limit my ability to play? Should I go out and buy a set of clubs? Do I need to join a private club, or who will I play with? What's this new adventure going to cost me?"*

So many questions. Perhaps I can help sort several of them out.

I am not a golf instructor or a PGA Professional. However, I have been playing the game for 28 years now. I am what one might call a very dedicated golfer. Besides, I live in Florida, where golf rules all. It might even be a crime not to play golf if you live here.

Golf is truly a unique sport. It differs from team sports like basketball, softball, football, and volleyball. All of those sports can be learned and played at a novice level with minimal instruction and training, even at our age.

Golf, on the other hand, is an individual sport that requires proper instruction to achieve a reasonable amount of success and satisfaction. But you have time now, right? And, about that stress reduction thing: Some golfers may argue that playing the game does not really reduce stress levels. But, by keeping your brain active and in "thinking" mode, you are focusing more on the game and less on life's worries. So, let's respectfully disagree.

Natural athletic gifts that you are blessed with, such as size, strength, endurance, quickness, speed, along with perseverance, are nice to have. But these are not factors in becoming a good golfer. Eye-hand coordination, patience, proper training, and practice are key.

Here are my suggestions if you are considering taking up golf. I hope they help.

1. Make an appointment with a PGA Professional or local Club Pro to meet and introduce yourself. Ask around for suggestions, and it's OK to Google.
2. The Pro will want to learn about your goals and can even help you refine them. He or she will then design a training program should you decide to pursue the game. There should be no contracts to sign; instead, a pay-as-you-go process for instruction is generally used. Lessons will last between 30 and 45 minutes. Don't rush out and buy golf clubs yet or head to a driving range and hit balls. Bad habits in a golf swing wait for nobody.

3. Either the Pro or a reputable golf course pro shop staffer will be able to fit you for a set of golf clubs once you become comfortable with your instruction. The clubs that are selected will be based on your height, posture, and swing speed.
4. Now that you own a set of clubs, you will need to practice regularly and build on what you have been taught.
5. The Pro will recommend when the time is right for you to shed your training wheels and head out onto the golf course. As a new golfer, the last thing you want to do is be a slow player and hold up those who are playing behind you.

Once you gain confidence and start to enjoy the game, consider joining a neighborhood or church golf group, or playing with friends and neighbors at a public golf course. Hit the resort course when on vacation. You'll find fellow travelers looking for a foursome. [YMCA Alumni](#) chapter gatherings often include a round of golf before or after an event. Perhaps you live in a retirement community with numerous opportunities to learn and engage in the sport. Get involved.

Joining a private club is a major decision that involves a significant financial commitment, but a range of additional amenities, including dining, various recreational and social activities, and golf, might make it worth the investment for you.

Golf is a lifetime sport and a great way to stay active, enjoy the outdoors, and socialize. There's no question that golf can make a big difference for older adults. If you haven't started yet, it's not too late. It just might be the perfect tee time.



YMCA Alumni golfers include Nancy Bonell, Alan Hurst, and Brent Duffy from the New England Chapter; Dan Sager from Hoosier-Buell taking kudos for his hole-in-one, and a fearsome foursome of Mark Elsaser, Bob McDowell, Rich Curl, and Tony Fragale from the Central Atlantic.

LARRY W. GARVIN served as a physical director for the Sandusky County, OH YMCA and was the first Director of Health and Physical Education for the then-new National Capital YMCA in Washington, D.C, before settling in as President/CEO of the Butler County Family YMCA, PA, for 31 years. He holds a BS degree in Health and Physical Education from Pennsylvania State University and a Master of Education degree in Community Leadership and Development from Springfield College. He is a past president of the Willis Chapter of YMCA Alumni and former VP/East of the National Board. Larry may be best known and respected for shepherding the successful 2022-23 National YMCA Reunion in New Orleans through the complex and uncertain COVID years.

It's Not About Age: Dive Back into Better Health - Laura Slane

Swimming is widely recognized as one of the best forms of exercise for seniors, offering a unique combination of physical, mental, and social benefits that are particularly well-suited to the needs of older adults.

It's not about age—it's about your ability and your goals. Whether you're active and fit, in rehab for an injury, or have limited mobility, the pool is where you can get active again. Water provides a supportive environment that welcomes everyone, making it the ideal place to enhance your day-to-day functioning, meet new friends, and participate in an enjoyable activity.



There are times when getting to the pool and into the water is the hardest part of your exercise for that day. Yet, the pool helps you recover and rehabilitate, gradually restoring your functional ability to better levels. Water supports your body while providing gentle resistance, making it ideal for seniors of all fitness levels.

The water is a great option. You can go solo and independent, or engage with a group, as the social side can be a great motivator. Many different facilities are available to help you in your fitness journey back to the pool. The **Y** is likely your first choice, but if it's not convenient, consider checking out your local parks and recreation centers, commercial fitness chains, and even retirement communities.

A variety of classes and activities are available, catering to your interests. You can choose instructional, fitness, recreational, or competitive options — each providing unique opportunities for growth and enjoyment. Going to the pool, lake, river, or beach, just for the fun of it and pure recreation, can be on anyone's list to get in some beneficial movement and to enjoy the day outdoors.

There are adult classes widely available if you don't know how to swim. It's never too late to learn. Consider water aerobics, synchronized swimming, skin diving, or SCUBA lessons if you're looking for new water-based experiences. All are excellent options.

There are many choices for you in the fitness realm. Lap swimming can be tailored to your needs. You can try your old routine or change things up with workouts from the **United States Masters Swimming (USMS)** website (<https://www.usms.org>).

You're not limited to the competitive four strokes in your workout. Add variety with side stroke, elementary backstroke, or inverted breaststroke. Add more leg or arm drills, throw in some sculling (drawing a figure 8 in the water, both head-first and feet-first). You may need to make modifications to your workouts if you have arthritis in your joints or have experienced another injury. The goal is to move and get in a good workout.

Consider adding equipment like short fins, hand paddles, pull buoys, and kickboards to adjust the resistance level. All will help you meet your fitness goals. You can also try water walking, either in a regular pool or a lazy river in a water park-type pool, adding variety to your routine.

Vertical water exercise options are increasingly popular. Various classes are available, including deep water programs, classes tailored to specific medical conditions such as arthritis, and shallow water workouts.

If exercising on your own, you can manage your workout with these tips:

- Vary your speed: *fast or slow*
- Change your step size: *big or small*
- Alter your direction: *forward, sideways, diagonally, or backward*
- Adjust your water depth: *shallow or deep*
- Add equipment to *increase or decrease* water resistance

Those types of movement can help improve balance and agility—all methods to enhance your functionality on land through water-based activities.

Looking to compete? Master's swim programs or triathlon training groups are widely available. Joining a club or team combines workouts and adds social activities. Find workout tips and locate clubs on the USMS website. [YMCA](#) Masters Swimming is offered by many local [Ys](#), United States Masters, or Senior Olympics through the National Senior Games Association, which offers age-group competition opportunities. Don't forget other water sports that provide exercise and social interaction, including water volleyball and water polo teams.



Manage your expectations about how quickly you'll regain previous abilities when returning to water activities after a layoff. It takes time to rebuild endurance, and recovery periods may be more extended than you remember. Consistency and workout flexibility are keys to success.

Every journey back to fitness begins with a single stroke. The water welcomes you at any age, any ability level, and is ready whenever you are to help you improve your health, expand your social circle, and rediscover the joy of movement.

Dive in today—your spirit, mind, and body will thank you.

Laura Slane is a past VP/Central of the YMCA Alumni Board and is a member of the Greater Ozark Chapter. She also worked professionally for 35 years for YMCAs in St Louis, Fort Worth, Dallas, and the YMCA of the USA. She spent 13 years in program and executive roles, 11 years at YMCA of the USA as a Specialty Consultant in Aquatics, and 11 years in Leadership and Organizational Development

My Perspective:

A workout? What's that? - Phil Wortman

Should I tell the truth? Okay. I don't exercise regularly. I have good intentions but don't follow through. Oh, at times I'll make the effort and walk around the neighborhood, or do a few pushups, and stretch, but that's about it. Nothing that I would call a "workout."



I was always on the go in my younger years as a YMCA physical director, promoting the benefits of exercise, running, playing racquetball, leading exercise classes, and conducting cardiovascular health programs. But now in my 80s, I've let it slip by. Some of you likely can tell the same story – active and fairly fit in your earlier years, then as those years passed by, you've let yourself slide.

We know the benefits of exercise, but our muscles are soft and prone to injury if we jump into vigorous activities without proper reconditioning. And, at our age, we probably aren't going to do that.



What can we do? Well, part of the answer is, 'What do we presently do?' How about combining the training aspects of functional fitness with the practicality of life-integrated fitness?

Getting fully dressed (no PJs) each day is a good place to start. It requires bending, stretching, and a bit of manual dexterity. While putting on our pants, we can brace ourselves on a chair or bed and do several three-quarter squats. We can even add toe raises to the squats.

In the kitchen? That kitchen counter is about three feet high. While waiting for the soup to simmer, place your hands on

the countertop edge, and back away until you feel your weight in your hands. Keep your back straight and firm, and execute several countertop push-ups to strengthen your arms, shoulders, and core muscles.

The "biggie" is getting down on the floor and, of course, getting up. Using support to get down and up is just fine. It is, in fact, a good safety practice. Simply getting down and up several times in a row is a valuable life exercise. A "can do" mindset makes a big difference in our fitness levels.

PHIL WORTMAN began his YMCA career as a physical director with the YMCA of New Orleans. The University of Georgia graduate retired as CEO of the West Central Florida YMCA. He is best known for 50-plus years as a key staff member and primary curricula writer for the YMCA Blue Ridge Assembly Leaders School. "Mr. Phil" and his wife, "Mrs. Gail," were recently named to the Blue Ridge Assembly "Legends of New Orleans" room. He is a recipient of YMCA Alumni's F. William Stahl Award, AYP's Roberts-Gulick Award, and is a member of the Southeast YMCAs Hall of Fame.

WHERE TO BEGIN? OF COURSE!

There's no surprise here. What better place to start or maintain a wellness regime than one near and dear to our hearts? A growing number of YMCAs across the country offer **Enhance®Fitness**, an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their lives. The program offers moderate-impact classes with high-impact results.

Here are some of the changes participants have noticed: increased energy, better balance, improved upper and lower body strength, greater flexibility and range of motion, improved sleep, increased feelings of happiness, and a sense of independence.

In addition to the physical benefits, research has shown that health costs are reduced by nearly \$1,000 each year among older adults who participate in Enhance Fitness.

Each class session includes cardiovascular, strength training, balance, and flexibility exercises, as well as the fostering of strong social relationships among participants. Those with chronic conditions, such as arthritis, need not worry; you will never have to do anything that hurts. Participants can use chairs for support, if necessary, and increase the weight they use for strength training at their own pace.

Be sure to check SilverSneakers at YMCAs and myriad health clubs. It is designed for adults 65+, which is included with many Medicare Advantage plans.

COMING IN! 2026!

February: Personal Finance for Today's Retirees

May: Making the Right Travel Choices

August: Serve – So Many Ways

November: Hobbies for Fun and Profit

Would you like to write for PERSPECTIVE on any of these subjects? Please send a query to Managing Editor Peggi Simmons (peggisimmons@icloud.com) summarizing your story concept. She will acknowledge your query and send the "Guidelines for Perspective Authors" document to you if your idea is accepted. Don't write it yet.

PERSPECTIVE, e-zine of YMCA Alumni, is published quarterly by YMCA Alumni.

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