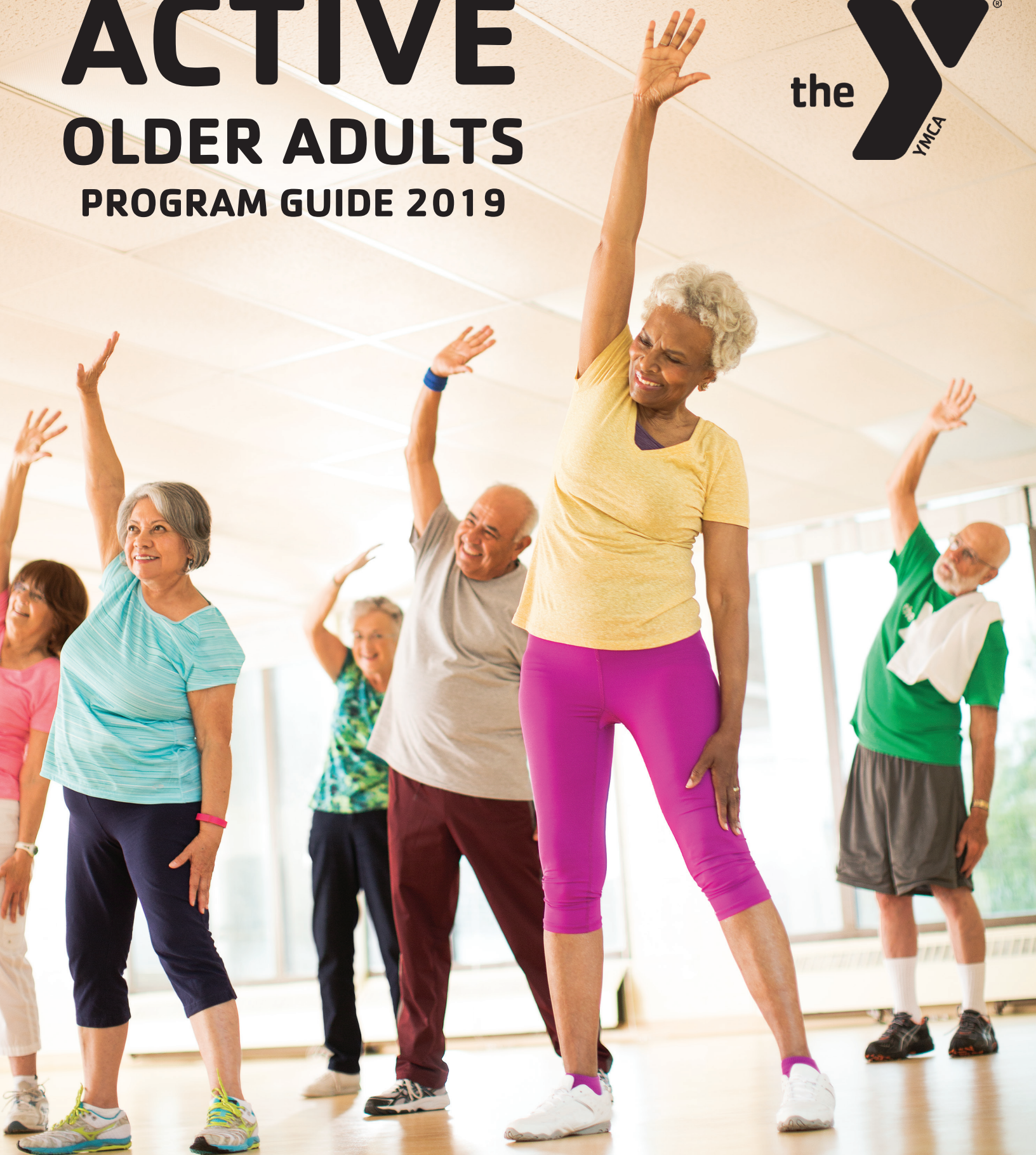


# ACTIVE OLDER ADULTS PROGRAM GUIDE 2019



**KANKAKEE AREA YMCA**



## ACTIVE OLDER ADULT SPORTS

### PICKLEBALL

A fun sport that combines elements of tennis, badminton and ping-pong. It is played on a badminton court with a low net. Pickleball is easy for beginners, and is becoming one of the fastest-growing sports. It is played with a ball similar to a whiffle ball and a wood or composite paddle.

**Tuesday** 11:00 a.m. - 1:00 p.m.  
**Thursday** 5:00 p.m. - 7:00 p.m.  
**Saturday** 1:30 p.m. - 3:30 p.m.  
**Sunday** 8:00 a.m. - 10:00 p.m.

**Members: FREE**  
**Prospective Members: \$5**

Pickleball can be played outside or in the gym, depending on weather.

**Stay tuned for  
more active older  
adult sports in the  
future!**



# ACTIVITIES AND EVENTS

## SPECIAL EVENTS

### **Chili Cook Off:**

Thursday November 7th  
5:30 p.m. - 7:30 p.m.

### **Winter Ball:**

Friday December 6th  
5:30 p.m. - 8:00 p.m.



## LUNCH AND LEARN

Come join us for our monthly Lunch and Learn events! Get important information that can change your life. 11:00 a.m. to 1:00 p.m. Lunch will be included.

**Members: \$7 / Prospective Members: \$14**

## WHAT AM I EATING?

**Thursday, October 17th: 11:00 a.m. to 1:00 p.m.**

How do I read this food label? Is this food actually healthy for me? What if I want to eat out? Cyndi Hunt, NDTR, will be sharing information on healthy food options, understanding complicated labels and eating for overall health.

## ACTIVE OLDER ADULT TRIPS

Join us for monthly local trips and quarterly away trips. From the theater to musicals, to just casual dinner with friends, meet new people, see new places, and have experiences you will cherish for a lifetime. Stay tuned for more information coming soon.

# GROUP FITNESS

## YOGA

Breathe, focus, and relax while burning calories in our Hatha style yoga classes.

**Monday, Wednesday, Friday**

**8:30 a.m. - 9:30 a.m.**

## FUNDAMENTAL STRETCH

This class focuses on lengthening your tight muscles and restoring flexibility. It will involve both static and dynamic stretching.

**Wednesday**

**10:30 a.m. - 11:15 a.m.**

## RESTORATION SUNDAY

### Chair Yoga and Gentle Yoga

Join us on Sunday mornings and we breath, stretch and align our spirit, mind and body before the start of the week.

**Sunday**

**8:00 a.m. - 10 a.m.**

## Therapeutic Tai Chi in a Chair

Benefits of Tai Chi: 1. Increase Flexibility 2. Improve and Maintain Balance 3. Improve Muscle Strength 4. Reduce Anxiety and Depression 5. Reduce Arthritis Pain 6. Reduce Blood Pressure.

**Friday 10:45 a.m. - 11:15 a.m.**

## Therapeutic Qui Gong in a Chair

Guided, relaxing routines of movements to aide you in de-stressing at the end of your week. Chair stretching with continuous movement, with mindful meditation, self-improvement, and self-realization at the end of each session.

**Friday 5:00 p.m. - 5:45 p.m.**



# AQUATICS



## SWAN POOL

Spend some time relaxing in our heated pool. Only three feet deep and heated to 89 degrees, this pool is amazing for joint, back and muscle pain or just for relaxing after an exhausting week.

## LARGE POOL CLASSES

### Aqua Aerobics

Try aerobics with a splash! In this class you will try a variety of routines in varying depths of water.

**Tuesday and Thursday**  
**8:15 a.m. - 9:15 am**

### Deep Water Aerobics

This class will get your heart pumping! Participants should be comfortable in deep water.

**Monday, Wednesday and Friday**  
**8:15 - 9:00 a.m.**

### Twinges in the Hinges:

Have arthritis? This class focuses on slow movements and range of motion.

**Tuesday and Thursday**  
**1:00 a.m. - 2:00 p.m.**

# ACTIVE OLDER ADULT CLUB ROOM

## OPEN NOW!

Join us Monday through Friday 8:00 a.m. to 12:00 p.m. in our Active Older Adult Club Room! Visit with friends, have a cup of coffee, play cards and games, read your favorite book, check out what's on the schedule or just enjoy a quiet space all your own.

## WEST ENTRANCE

To make access to the Active Older Adult Club Room easier, the Y has opened our West Entrance Monday through Friday from 7:00 a.m. - 12:00 p.m. Members can check in and leave through these doors, but all membership changes or questions must be directed to the Welcome Center.



# HEALTH CARE MEMBERSHIPS

A YMCA Health Care membership may be included at a reduced rate or FREE with your insurance plan! We are now accepting health care memberships through Silver Sneakers, AARP, Silver & Fit, and RenewActive. Simply bring your proof of eligibility to the Welcome Center, and a YMCA team member can get you started!





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**IT'S NEVER TOO LATE  
TO FEEL GREAT!**

815-933-1741  
[www.k3ymca.org](http://www.k3ymca.org)

Kankakee Area YMCA

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