

# ACTIVE OLDER ADULTS PROGRAM GUIDE 2020



KANKAKEE AREA YMCA

WE ARE THE Y!



# ACTIVE OLDER ADULT ATHLETICS

## 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.**

**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.

## LAZY MAN IRONMAN

There's nothing lazy about it! Swim 2.4 miles/Run 26.2 miles/Bike 112 miles spread over six weeks. You will be provided with a way to individually track your progress.

Training times in the Wellness Center, Cycling Room, and pool will be reserved throughout the week for Lazy Man participants.

**Members: \$15**

**Prospective Members: \$35**

# ACTIVITIES AND EVENTS

## ART AFTERNOONS

Join us Thursday afternoon for the first of four seasonal art activities taught by the amazing Jan Glazar. For this first event, Jan will be teaching step-by-step how to paint a beautiful spring picture on canvas. Supplies will be included.

3:00 - 5:00 PM  
March 19th

**Members: \$5**  
**Prospective Members: \$10**

## HOW DOES YOUR GARDEN GROW?

The first part in our YMCA gardening series will be this March! Join us for this informative session with Mary Thomson if you are interested in starting your own garden.

11:30 AM - 12:30 PM  
March 20th

**Members: \$5**  
**Prospective Members: \$10**

## MATTER OF BALANCE

Participants will be taught safe and simple exercises to promote strength, flexibility, and balance; problem-solving strategies to address habits and behaviors; lifestyle changes to promote safety; ways to create a safer home environment; and more!

Matter of Balance is a **FREE** event open to both members and prospective members! Registration is required at the YMCA Welcome Center, online at [k3ymca.org](http://k3ymca.org), or by calling 815-933-1741.

All classes held on Thursdays from 1:30 - 3:30 PM in the Active Older Adult Club Room.

February 6, 2020  
February 13, 2020  
February 20, 2020  
February 27, 2020

March 5, 2020  
March 12, 2020  
March 19, 2020  
March 26, 2020

# THEATRE TRIPS



The Y will be taking multiple trips to Drury Lane Theatre in Oakbrook Terrace for lunch and a show! We will be taking a luxury bus — which includes a bathroom — from Reliable Limo up to a restaurant for lunch followed by the show. Prices include cost of the ticket.

**Members: \$95**

**Prospective Members: \$115**



## An American in Paris

March 28th, 2020

Leave the Y- 10:30 AM

Anticipated Return- 3-4 PM

Based on the Academy Award winner for Best Picture, *An American in Paris* brings breathtaking moments of dance and song to the stage. Come away with Jerry Mulligan, an American GI doing his best to make it as a painter in the bustling city of Paris following the end of World War II.

## Evita

May 21st, 2020

Leave the Y- 9:30 AM

Anticipated Return- 3-4 PM

Based on true events, *Evita* tells the story of Eva Perón's rags-to-riches life as she goes from poor provincial child to First Lady of Argentina. A champion of the working-class descamisados, she uses popularity and politics to serve her people – and herself.



# BROWN BAG SERIES

**Members: \$10**

**Prospective Members: \$15**

## Why doesn't my New Year's Resolution for dieting work?

Compare healthful diets to assist you with making lifestyle changes that will last and are a good fit for you. We will compare Mediterranean versus Keto versus Paleo diets and more.

**Thursday, January 9th**  
**11 AM - 12 PM**

## Satisfying the Sweet Tooth

How your habits affect cravings for sugary foods & simple carbohydrates. We will work together to make a list of strategies for selecting better-for you snacks, curb emotional eating, & identify situations when indulging is okay.

**Thursday, February 6th**  
**11 AM - 12 PM**

## National Nutrition Month

We will discuss month-to-month nutrition challenges you can implement throughout the year.

**Thursday, March 5th**  
**11 AM - 12 PM**

## Spring Salads

You will learn how to fix salads with combinations of proteins, fruits and vegetables, and nuts to switch it up from your normal routine.

**Thursday, April 2nd**  
**11 AM - 12 PM**

## Organic Foods & the Home or Urban Gardener

Ideas for selecting foods without chemicals & additives & Springtime ideas for planning & planting on time.

**Thursday, May 7th**  
**11 AM - 12 PM**

## Where does my food come from?

Healthier for you choices, from food banks to the gas station, drive thru's, grocery stores, farmer's markets, restaurants & from your own garden & kitchen.

**Thursday, June 4th**  
**11 AM - 12 PM**

# 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.**

## Qui Gong for Health and Well-Being

Exercise gently, with slow, steady movements, controlled breathing, and meditation for your mind-body connection.

**Wednesday**

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

## RESTORATION SUNDAY

### Chair 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. - 9:00 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.**



# LECTURE SERIES



Join us for our guest lecture series!  
Topics will include information on nutrition,  
pharmaceuticals, heart health, diabetes  
prevention, and more.

All classes will be held in the Active Older Adult  
Club Room unless specified otherwise.

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

## PANOPTIC

We will be joined by Panoptic for part of our lecture series on the third Friday of every month. The first lecture will begin February 21, 2020.

### Future dates:

March 20, 2020	July 17, 2020
April 17, 2020	August 21, 2020
May 15, 2020	September 18, 2020
June 19, 2020	October 16, 2020



## AMITA

Amita's lecture series will begin on February 25, 2020 and is set to be the fourth Tuesday of every month. Future dates will be to be. Visit [k3ymca.org](http://k3ymca.org) and our Facebook page for more information.



# 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.

## NORTH ENTRANCE

To make access to the Active Older Adult Club Room easier, the Y has opened our North Entrance on Fridays only from 8:00 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  
We Are the Y!**

**1075 N. Kennedy Dr.  
Kankakee, Illinois**