

ACTIVE OLDER ADULTS PROGRAM GUIDE 2020



KANKAKEE AREA YMCA



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.

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.

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 Glazer. 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: \$10
Prospective Members: \$20

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

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!

Dates and times TBA

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.



BROWN BAG SERIES

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.

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

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 ok.

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

National Nutrition Month

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

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

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.

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

Organic Foods & the Home or Urban Gardener

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

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

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.

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

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.



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
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Kankakee Area YMCA

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