



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

January–April 2018 Active Older Adult Calendar of Events

If you have any questions, call Amber @ 765.286.0818

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coffee & Conversation 11:30am (DT)		Bible Study 9–10:15AM (DT) Coffee & Conversation 11:30am (DT) Hearing Screening Jan 3 11:45–1:15pm (NW) Jan 24 11:30am–1:00pm (DT) Super Social Jan 3, Feb 7, Mar 7, Apr 4 11:45–1:00pm (NW) Super Social Jan 24, Mar 28 11:30am–12:30pm (DT)	Knitting and Crocheting Club 9:30–10:30AM (YT) Hearing Screening Feb 22 11:30–1:00pm (DT) Super Social Feb 22 Apr 26 11:30am–12:30pm (DT)	Birthday Celebration Jan 5, Feb 2, Mar 2, Apr 6 11:45am (NW) *members volunteer to bring treats Coffee & Conversation 11:30am (DT) Coffee & Conversation 11:45am (NW) Lunch at a local restaurant 11:30am (YT)	AoA Trip* Feb 10 Gaither Family Resources 945am–2pm AoA Trip* April 28 Dayton AirForce Museum 7am–5pm *details on AoA newsletter



**Active Older Adult
Group Exercise Schedule**

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00am Hydro Fit DT	8:00-9:00am Hydro Fit DT	8:00-9:00am Hydro Fit DT	8:00-9:00am Hydro Fit DT	8:00-9:00am Hydro Fit DT	9:00-9:45am Aqua Jogging
9:00-9:45am Water Yoga DT	8:45-9:45am Strength NW	9:00-9:45am Deep Water DT	8:45-9:45am Strength NW	9:00-9:45am Water Yoga DT	
9:15-10:00am SilverSneakers® Classic YT	9:00-9:45am SilverSneakers® Splash DT	9:15-10:00am AoA Intervals YT	9:00-9:45am SilverSneakers® Splash DT	9:15-10:00am SilverSneakers® Classic YT	
10:30-11:15am SilverSneakers® Classic DT	10:00-10:45am ZumbaGold™ NW	9:45-10:30am SilverSneakers® Yoga NW	10:00-10:45am ZumbaGold™ NW	10:30-11:15am SilverSneakers® Classic DT	
10:45-11:30 SilverSneakers® NW	10:30-11:15am SilverSneakers® Classic DT	10:30-11:15am SilverSneakers® Yoga DT	10:30-11:15am SilverSneakers® Classic DT	10:45-11:30 SilverSneakers® NW	
11:30-12:00pm AoA Intervals DT	11:00-11:45am ZumbaGold™ YT	10:45-11:30am SilverSneakers® Circuit NW	11:00-11:45am ZumbaGold™ YT	11:30-12:00pm AoA Intervals DT	
5:15-6:00pm Hydro Fit DT	5:15-6:00pm Hydro Fit DT	11:20-12:05pm ZumbaGold™ DT	5:15-6:00pm Hydro Fit DT		
		5:15-6:00pm Hydro Fit DT			