



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY AGING APPRECIATION CELEBRATING OUR ACTIVE OLDER ADULTS THE WHOLE MONTH OF MAY



May is "Older Americans Month" and the Cumberland Cape Atlantic YMCA is celebrating our Active Older Adult community - ALL MONTH LONG!

**Find Our Resource Table Outside the Fitness Center
Friday, May 3 & Wednesday, May 8th**

On May 8th, get complimentary Blood Pressure Screenings from 9am-1pm



SPECIAL FITNESS EVENT & LUNCHEON FRIDAY, MAY 17TH | 10:30AM - 1:30PM

Walk to the Oldies but Goodies and complete a functional fitness assessment, Riggins Room from 10:30am-12pm. Followed by a Social Lunch and Games from 12:00-1:30pm in the Riggins/Davis Room. We would also invite you to bring a guest on this day! Pre-registration for a guest is required.

PT Mini sessions on Mobility and Stability

Join our Personal Trainers for a half hour to help you learn about mobility and stability exercises

5/21 9:15-9:45 Davis Room-Joe	5/22 9:15-9:45 Davis Room-Bert	5/23 9:15-9:45 Davis Room-Rebecca	5/29 9:15-9:45 Davis Room-Megan	5/31 10:00-10:30 Davis Room-Pam
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Special For Our Active Adult Members:

All month long, all Senior Members (65+), check in 4x and get a complimentary courtesy pass to share with a friend.*

*Courtesy passes allow one day access to gym, group exercise classes, and pool. Valid for guests 18+. Must present photo ID and complete necessary forms.

IT'S NEVER TOO LATE TO FEEL GREAT!

Cumberland Cape Atlantic YMCA

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