



AGING WITH ATTITUDE

ACTIVE OLDER ADULT WEEK APRIL 20 - 24

Join us at our Eastside location as we celebrate Aging with Attitude! AOA week is designed to be informative, educational and fun. There will be speakers, classes, health screenings, raffles - something for everyone! For a full schedule of class offerings, go to ymcaerie.org/classes and choose Eastside Family Y under 'Branch'.



SCAN FOR INFO OR
TO REGISTER

Non-members must bring ID. Bring your insurance information and we can check to see if you qualify for a free membership!

MONDAY 4/20 - NOURISH YOUR SPIRIT, MIND & BODY

- 11am and 7pm Frank & Sydney Amicucci The Power of Positivity: Good Vibes, Better Health
- 12:30pm and 7:45pm Guided Meditation and Song Bowls (Registration and Fee Required)

WEDNESDAY 4/22 - INDULGE AND STAY HEALTHY

- 9am - 11am Blood Pressure Checks
- 10am Senior Self Defense Class - Space Limited (Registration and Fee Required)
- 11am Amanda Thayer-Zacks Seasoned, Not Salty: Eating Smart for Blood Pressure
- 11:45am - Pot Luck Luncheon - bring a dish to share! (Registration Required)

TUESDAY 4/21 - EXPLORE YOUR INDIVIDUAL STYLE

- 11am Valerie Weaver Fabulous, Frugal, and Fearless: Looking Great on a Budget

THURSDAY 4/23 - TRY NEW EXPERIENCES

- 11am - Debbie Richardson Wrinkles, Wanderlust and Zero Regrets: Traveling in your retirement

FRIDAY 4/24 - GET STRONG, STAY STRONG

- 10am Defying Fragile: Exercising with Osteoporosis and Osteopenia speaker Cheryl Curtis, PT, WCS, BCB-PMD, Board Certified Women's Health Specialist at OBGYN Associates of Erie

ALL WEEK LONG - Senior Classes for all fitness levels, Tours, Basket Raffle in the lobby

Questions? Please contact Karen
at kmclellan@ymcaerie.org or
814-899-9622 Ext 3240

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