



# ACTIVE OLDER ADULT PROGRAMMING

## NORTHWEST FAMILY YMCA | JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Happy New Year's Day! 10 am-2 pm Branch Hours	6:30-10am 12:30-2:30pm Pickleball 7:30-9:45am (3 sessions, 45 minutes each) Active Older Adult Time with Sanjay in the Wellness Center	6:30-9am 12:45-2:30pm Pickleball
6:30-9am 12:45-2:30pm Pickleball 12:45-2pm Recipe Exchange Group	6:30-10am Noon to 2:30pm Pickleball 7:30-9:45am (3 sessions, 45 minutes each) Active Older Adult Time with Sanjay in the Wellness Center 10am-12:30pm Dominoes	6-8am 1-2:30pm Pickleball 10am-12:30pm Euchre 11am-1pm Older Adult Basketball - West Gym	6:30-10am   12:30-2:30pm Pickleball 7:30-9:45am (3 sessions, 45 minutes each) Active Older Adult Time with Sanjay in the Wellness Center 10am to Noon Knitting/Crocheting/ Handcrafting Group 11:30am-12:15pm Line Dancing - West Gym	6:30-9am 12:45-2:30pm Pickleball
6:30-9am 12:45-2:30pm Pickleball 10am Peanut Butter & Jelly Factory - Strong Kids Room	6:30-10am Noon to 2:30pm Pickleball 10am-12:30pm Dominoes	6-8am 1-2:30pm Pickleball 10am-12:30pm Euchre 11am-1pm Older Adult Basketball - West Gym	6:30-10am 12:30-2:30pm Pickleball 10am to Noon Knitting/Crocheting/ Handcrafting Group 11:30am-12:15pm Line Dancing - West Gym Come and enjoy dancing and meet new friends	6:30-9am 12:45-2:30pm Pickleball 12:45pm-1:45pm RocDog Therapy Dogs - Strong Kids Room
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\*Notes that registration is required.



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### EVENT DESCRIPTIONS

#### **Pickleball**

Enjoy a fun paddle sport combining elements of tennis, badminton, and ping-pong. Perfect for players of all skill levels, it's a great way to stay active and socialize. Equipment is provided.

#### **Dominoes**

Gather for a relaxed game of dominoes and enjoy friendly competition. Whether you're a seasoned player or a beginner, all are welcome to join in the fun. Bring your best strategies or just your enthusiasm.

#### **Recipe Exchange Group**

Share your favorite recipes and discover new ones in this engaging group for food enthusiasts. Swap tips, ideas, and stories about your favorite dishes. A perfect blend of inspiration and connection for all culinary levels.

#### **Peanut Butter & Jelly Factory**

Join us in the Strong Kids Room! We are looking for volunteers to make sandwiches for the House of Mercy general distribution to the areas homeless.

#### **Active Older Adult Basketball**

Shoot hoops and enjoy a great workout in a fun, supportive environment. Whether you're playing for exercise or just love the game, this activity welcomes all ages and abilities. Bring your energy and enjoy some team spirit.

#### **RocDog Therapy Dogs**

Spend time with adorable and certified therapy dogs who bring comfort and joy. These furry friends are here to brighten your day and reduce stress. A paws-itively wonderful experience for all ages.

Join the YMCA AOA Facebook Group!  
Scan the QR code now and stay  
updated on all AOA programming.

