

YMCA of Greater Kalamazoo — MAPLE BRANCH

Activities for Active Older Adults September 2009

Sun	Mon	Tue	Wed	Thu	Fri
<p>Questions? Call Matt at 345-9622 Ex 160</p>	<p>*Additional SilverSplash class Thursday 9a-10a</p>	<p align="center">1 10:30a-11:30a MSROM® 2:00p-3:00p CardioCircuit®</p>	<p align="center">2 9:30a-10:30a YogaStretch® 3:00p-4:00p SilverSplash®</p>	<p align="center">3 10:30-11:30a MSROM® 9:00a-10:00a 3:00p-4:00p SilverSplash®</p>	<p align="center">4</p>
<p align="center">6</p>	<p align="center">7 3:00p-4:00p SilverSplash®</p>	<p align="center">8 10:30a-11:30a MSROM® 2:00p-3:00p CardioCircuit®</p>	<p align="center">9 9:30a-10:30a YogaStretch® 3:00p-4:00p SilverSplash®</p>	<p align="center">10 10:30-11:30a MSROM® 9:00a-10:00a 3:00p-4:00p SilverSplash®</p>	<p align="center">11</p>
<p align="center">13</p>	<p align="center">14 3:00p-4:00p SilverSplash®</p>	<p align="center">15 10:30a-11:30a MSROM® 2:00p-3:00p CardioCircuit®</p>	<p align="center">16 9:30a-10:30a YogaStretch® 3:00p-4:00p SilverSplash®</p>	<p align="center">17 10:30-11:30a MSROM® 9:00a-10:00a 3:00p-4:00p SilverSplash®</p>	<p align="center">18</p>
<p align="center">20</p>	<p align="center">21 3:00p-4:00p SilverSplash®</p>	<p align="center">22 10:30a-11:30a MSROM® 2:00p-3:00p CardioCircuit®</p>	<p align="center">23 9:30a-10:30a YogaStretch® 3:00p-4:00p SilverSplash®</p>	<p align="center">24 10:30-11:30a MSROM® 9:00a-10:00a 3:00p-4:00p SilverSplash®</p>	<p align="center">25</p>
<p align="center">27</p>	<p align="center">28 3:00p-4:00p SilverSplash®</p>	<p align="center">29 10:30a-11:30a MSROM® 2:00p-3:00p CardioCircuit®</p>	<p align="center">30 9:30a-10:30a YogaStretch® 3:00p-4:00p SilverSplash®</p>	<p align="center">YOLDER ADULTS™ We build strong kids, strong families, strong communities.</p>	

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Active Older Adults Special Events September 2009

Sun	Mon	Tue	Wed	Thu	Fri
<i>All AOA Programs are located in the Chapel unless otherwise noted.</i>	<i>All events are free to the community</i>	1 Blood Pressure Reading Clinic 3p-5p Lobby	2	3	4
6	7	8 Blood Pressure Reading Clinic 8a-10a Lobby	9	10	11
13	14	15	16	17	18 Reading Clinic 1p-3p Lobby Y" Read Book Discussion 1:30p-3p
20	21	22 AOA Speaker Series Event 2p-3p*	23	24 Blood Pressure Reading Clinic 9a-11a Lobby	25 AOA Advisory Committee mtg. 1:30-2:30
27	28	29	30	*Speaker Series Tuesday, Sept. 22 2p-3p Laurel Andonian from Visiting Physicians speaks on the topic of "Housecall Medicine and How it Can Benefit You!"	