

Y Active Older Adults

**SENIORS KEEP AN EYE ON THE BULLETIN BOARD
AND AT THE WELCOME CENTER FOR
SENIOR ACTIVITIES AND REGISTRATION FOR SPECIAL EVENTS!!!**

Red Hat Society

The Campanelli YMCA welcomes the Red Hat Society members. Monthly gatherings are held here at the YMCA. If you've interested in becoming an active member of this group or just want a little information call Lisa Math at 847-891-9622 at ext. 107.

Silver Sneakers

The YMCA has partnered with Healthways to provide the Silver Sneakers program to qualified individuals in the Campanelli YMCA service area. Certified Silver Sneaker instructors will be offering low impact aerobic classes. For more information call Lisa Math at 847-891-9622 ext. 107.

Senior Craft Group

Mondays

It's back again!!! Every Monday beginning this Fall, join the Seniors for "Crafts and Laughs." Bring your creative ideas, sense of fun, and your lunch. Additional information is available by calling Lisa Math at 847-891-9622 ext. 107.

Time: Noon - 2:00 pm

Holiday Floral Decoration

Day and Time: December 12th 1:00 pm

Join us on a Saturday afternoon. We will be creating a beautiful "Holiday Floral Decoration" for the Holiday season. An experienced instructor will be on hand to help design and assist us with our craft. The fee is for supplies. Look for date and time to be announced. For additional information call Lisa Math at 847-891-9622 ext. 107.

Registration is required

Fee: \$15 per person for supplies

Valentine's Day Dance

Saturday February 13, 2010

6:30 pm - 10:00 pm

Join us for an evening of dining, dancing, and wonderful company!

\$25 per couple \$12 per individual

Senior Walking Club

Mondays, Wednesdays, and Fridays

Do you want to lose some extra weight? Would you like to do it walking and have company to talk to as you do this? Well then this is the group for you. Join our new "Senior Strut Club" now. We will meet three times each week for some "Fit and Fun." Fee includes a T-Shirt. For more information contact Lisa Math at 847-891-9622 ext. 107.

Time: 9:30 am - 10:15 am

Fee: Winter 1 & 2

\$10 Members \$15 Program Members

Card Club

Tuesdays and Thursdays

Join together to play cards (your choice), board games, and share a lunch together. It's a great time to socialize and have some fun. Organization is on your own. For further information contact Lisa Math at 847-891-9622 ext. 107.

Time: Noon - 2:00 pm

Fee: FREE

Senior Events for 2009-2010

"Plaid Tidings" Pheasant Run TBA
(Friday Evening Play & Dinner)

Christmas Party Lunch December 10, 2009
Glendale Lakes Golf Club

Valentine's Day Dance February 13, 2010

Check out Senior Salsa
and other exercise classes
on pages 17-19!