

Wednesday, January 2

NO Senior Social Day at the Y
NO Chair Yoga
NO Shallow Water Aerobics
NO Water Yoga
10:10 Deep Water Aerobics

Wednesday, January 9

Senior Social Day at the Y
8:30 Shallow Water Aerobics
9:00 Water Yoga
9:35 Deep Water Aerobics
10:00 Walk on track, play cards, talk
10:00 Chair Yoga with Beth
11:15 Exercise with Terri
11:50 Lunch: Bring your own, birthday cakes, business meeting, announcements
12:30 Program: Kathy Yaros, with slides and stories about her trip to China! It will be fun to see her again!

Wednesday, January 16

Senior Social Day at the Y
8:30 Shallow Water Aerobics
9:00 Water Yoga
9:35 Deep Water Aerobics
10:00 Walk on track, play cards, talk
10:00 Chair Yoga with Beth
11:15 Exercise with Terri
11:50 Lunch: Bring your own, business meeting, announcements
12:30 Program: Singer, Bud Couts

Wednesday, January 23

Senior Social Day at the Y
8:30 Shallow Water Aerobics
9:00 Water Yoga
9:35 Deep Water Aerobics
10:00 Walk on track, play cards, talk
10:00 Chair Yoga with Beth
11:15 Exercise with Terri
11:50 Lunch: Our speaker will provide lunch. It is free, but I must know if you will be joining us for lunch so she knows how many to bring! Please let me know (330-499-2587, ext. 117) by Wed, Jan. 16 if you will want a lunch.
12:30 Program: Dr. Kelsey O'Connor from Omni Orthopedic. She will talk on pain management, especially back pain.

Wednesday, January 30

Senior Social Day at the Y
8:30 Shallow Water Aerobics
9:00 Water Yoga
9:35 Deep Water Aerobics
10:00 Walk on track, play cards, talk
10:00 Chair Yoga with Beth
11:15 Exercise with Terri
11:50 Lunch: Covered Dish, business meeting, announcements
12:45 Program: Bingo \$1/card

Non-Profit Org.
U.S. Postage
PAID
Canton, OH
Permit #45

NORTH CANTON COMMUNITY BUILDING YMCA
A Branch of the YMCA of Central Stark County
200 S. Main St., North Canton, OH 44720

RETURN SERVICE REQUESTED



SENIOR NEWSLETTER

JANUARY 2019



**NORTH CANTON YMCA
SENIOR ADULT NEWSLETTER**

Terri Pollock
Senior & Special Populations Director
tpollock@ymcastark.org
330-499-2587 x117



"LIKE" THE NORTH CANTON YMCA ON FACEBOOK

2019 SENIOR NEWSLETTER MAILING LIST UPDATE

Name _____

Email _____

Phone _____

Address _____

City _____ Zip _____

Do you prefer to get your newsletter via:

Email _____ Mail _____

Don't send it, I will pick up at the Y _____

Please return this form to Terri Pollock,
Seniors/ Special Populations Director.

NOTE: You may view the current Senior News-
letter on our web page at www.ymcastark.org

EXPLORE YOUR CREATIVE SIDE:

Stamping Classes at the YMCA
Make 8 greeting cards- Bring scissors and
adhesive; All other materials included
Third Wednesday of the month at
9:30am or 6:30 pm
Y Members: \$18/ Non-members \$20

HELP WANTED:

Interested in Volunteering?

Contact Mary Kintz
330-499-2587 ext. 132
or email mkintz@ymcastark.org

North Canton YMCA Senior Social Advisory Committee Members

Pat Marcus, Secretary	Bonnie Fontes
Rose Bresson, Treasurer	Jane Coleman
Ethel Gainey	Pat Skiba
Patti Auber	



Are You Game?

3 on 3 Basketball League

Non-competitive, fun play to keep
active; different age brackets

Contact Heather at ext. 126 for details.

Remember:

Any YMCA member is welcome to attend any
portion of any Wednesday Senior Program at no
extra charge; this is part of your membership. If
you don't usually come to Wednesday social
activities, but you are interested in a certain
program, please come! The times of individual
activities are listed so you know when they will
take place.

The North Canton Y is a provider for:



Senior Adult Newsletter — January 2019

Hi! Happy New Year!

Let us help you keep your New Year resolution of getting healthier! We have a lot of classes designed especially for seniors. Also, as a member of the Y, you can take any class you are able to do and are interested in. It is part of your membership! We have a JumpStart program that is free to members also. If you are not sure where to begin or where to go from where you are, JumpStart may be just right for you. You will meet with a JumpStart coach who will find out about your fitness goals, interests, and limitations and help you get started on a work-out routine or class. If you have friends who would like to join the Y, let them know we will have a membership special during the month of January.

Please remember to check the holiday schedules for land and water classes the last week of December and the first week of January. There may be some cancellations or time changes during that time. Also, please check our website or Facebook for holiday building times.

On Wed, Jan. 9, our old friend Kathy Yaros will be here to speak about her recent trip to China. She always has interesting talks.

On Wed, Jan. 23, Dr. Kelsey O'Connor from Omni Orthopedic will be here to talk to us about pain management, specifically back pain. She will also bring lunch for anyone who wishes to join us. You may come up to the MPR on the second floor of the Y at 12:30 to hear her speak. However, if you wish to partake of the lunch she is bringing, please let me know (330-499-2587, ext. 117) by Wed, Jan. 16 so she has an accurate count.

On the part of this newsletter that usually has trip information, you will see a tear-off sheet asking for name and either address or email address. Please be sure to fill this out and get it to me in person or leave it at the Front Desk of the Y. You may mail it to NCYMCA 200 S. Main St, N. Canton, Ohio, 44720, att: Terri. This is how I will know that you still wish to receive the newsletter and by which method. Starting with the March newsletter, only those who have sent this tear-off sheet back will be mailed a newsletter. We need to update our mailing list every year. We want to send it to you if you wish to receive it! However, we don't want to send it to people who don't want it. We're trying to be good stewards of the environment!

I hope you all had a blessed and happy holiday season and that this will be your best year ever!

Terri