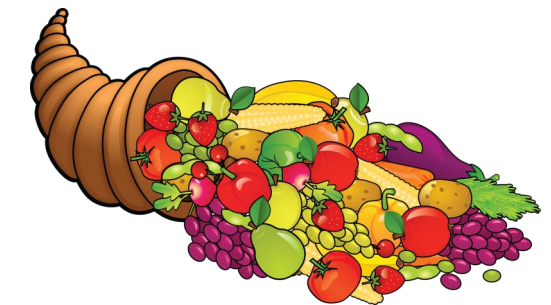


**SENIOR NEWSLETTER**  
**NOVEMBER 2018**



**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**

**Wednesday, November 7**

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/finger food, business meeting, announcements
- 12:45 Program: Bingo \$1.00/card

**Wednesday, November 14**

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 be bringing lunch. If you wish to have lunch with us, let me know by Nov. 9. Business meeting, announcements
- 12:30 Program: Diane Pilati from SarahCare, "The Continuum of Care: home care, independent living, assistant living. How to know the differences and when they are needed."

**Wednesday, November 21**

NO Senior Social Day at the Y!  
Happy Thanksgiving!

- 8:30 Shallow Water Aerobics
- 9:00 Water Yoga
- 9:35 Deep Water Aerobics
- 10:00 Chair Yoga with Beth

**Wednesday, November 28**

NO Senior Social Day at the Y!  
Trip to Tara!

- 8:30 Shallow Water Aerobics
- 9:00 Water Yoga
- 9:35 Deep Water Aerobics
- 10:00 Chair Yoga with Beth

Anyone who is registered and pre-paid will meet at North Canton Church of Christ, 1301 E. Maple St. for our trip to Tara. The bus leaves at 9:30am.

Non-Profit Org.  
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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



# 2018 TRIP RESERVATION FORM

Name \_\_\_\_\_

Phone \_\_\_\_\_

Please check trip(s) you wish to reserve.

<b>BUS TRIPS</b> (Price includes motor coach and all tips)	
Wednesday Nov. 28  <input type="checkbox"/>	Wed., Nov. 28 from 9:30am-7:00pm Shop at Grove City Outlets, Kraynak's Christmas Store & tour Tara Country Inn; dinner included. <u>\$65.00, due Nov. 1</u>
Wednesday Dec. 12  <input type="checkbox"/>	Wed, Dec. 12 from 11:30am-1:00pm Christmas Party at Skyland Pine; dinner and entertainment included. <u>\$17.00, due Dec. 5</u>
Trips will resume between March & April of 2019. Stay tuned for more information.	
If you have any suggestions for future trips contact Terri Pollock, Seniors Director at (330-499-2587, ext. 117) or <a href="mailto:tpollock@ymcastark.org">tpollock@ymcastark.org</a>	

When paying for trips, please make checks out to NCYMCA Seniors, along with this form. Please put in an envelope marked "Terri Pollock" and give to me, or turn in at the Membership Desk. If you mail checks, please put "Attention: Terri" on the outside of the envelope.

## 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

330-499-2587ext.132

or email [mkintz@ymcastark.org](mailto: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 — November 2018

Hi! Happy Fall!

A lot is happening here at the Y in November!

- The Sunday Group Cycling Class will return on Nov. 4 from 12:00-1:00pm
- Our annual Fall Family Fun Fest will be held from 5-7pm on Friday, Nov. 9. This is a member appreciation day and will be open to members only. There will be food, fun, games, crafts, and bingo. You are welcome to come and eat dinner and enjoy yourself. If you would like to volunteer at the event, please call Madison Staib, Teen & Family Director at 330-499-2587, ext. 133; or myself at 330-499-2587, ext. 117.
- Please watch for any class schedule changes for the days surrounding Thanksgiving.
- The Senior Social Group will not meet the day before Thanksgiving, Wed., Nov. 21st.
- The last motor coach trip of the year will be Wed, Nov. 28. We will go to Grove City Outlets and Kraynak's Christmas Store for shopping, and then tour and eat dinner at Tara, the Gone with the Wind-style mansion. Money and reservations are due ASAP. Call me 330-499-2587, ext. 117 if you have questions or would like to sign up.
- Our annual Senior Christmas party at Skyland Pines will be held on Wed, Dec. 12 this year. Doors open at 11am, lunch served at 11:30am and entertainment at 12pm. The menu will offer a choice of Boston Sliced Prime Rib or Chicken Parmesan. Both entrees will be served with mashed potatoes and gravy, rigatoni, Broccoli Almondine, salad, dinner rolls, ice cream and beverage. We will be entertained by the combined show choirs of GlenOak High School. Please put \$17 cash or check made out to NCYMCA Seniors in an envelope along with your choice of entrée. Either mail the envelope to NCYMCA, 200 S. Main St, N. Canton, OH, 44720 or leave it at the Front Desk of the Y. Be sure "att: Terri" is on the envelope.

Have a wonderful Thanksgiving!