

Happy Summer! Hope you are enjoying the warmer temperatures and some serious summer fun at the Y! All are welcome!

Please see the attached calendar of upcoming events and sign up with Terri Pollock for MPR events or through our Front Desk for offsite/paid events. Please check out the Senior Exercise Classes below if you're ready to *move* & pick up a pink copy our new *Senior Edition* Group Exercise schedule available in the 2nd floor lobby!

AQUA ZUMBA	TUESDAY 8:45 a.m. Pool
BALANCE/MOBILITY	FRIDAY 9:15 a.m. MPR
CHAIR YOGA	WEDNESDAY 11:00 a.m. MPR
FOREVER FIT	WEDNESDAY 10:30 a.m. East Gym
SENIOR FITNESS	FRIDAY 10:20 a.m. East Gym
SILVER SNEAKERS	MONDAY, TUESDAY, THURSDAY, 10:15 a.m. East Gym
ZUMBA GOLD	MONDAY 10:15, TUESDAY 10:30 & FRIDAY 9:30 a.m. Exercise Studio

Please let me know if you have any questions & we look forward to seeing you! Thank you for being a part of our YMCA Family!

Lorin Zuppe

lzuppe@ymcastark.org

(330) 499-2587 Ext. 115



www.ymcastark.org



North Canton YMCA



north_canton_ymca

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.



August 3 Portage Lakes
Pontoon Cruise!

Join us for a fun time on Portage Lakes with Captain Judy!

Boats depart from Picks at Portage Lakes restaurant at 10 a.m. (for a 2 hour cruise, and lunch at the restaurant after! Please arrive by no later than 9:45 & let us know if you need golf cart assistance.

530 Portage Lakes Dr.
Akron, OH 44319
<https://picksatplx.com/>

Cost is \$30/person for the cruise, plus lunch. Please register thru our Front Desk by stopping by or calling (330) 499-2587.

Please contact us with any questions!
Thanks!



North Canton YMCA
Active Older Adults Newsletter
August 2022

FUN NEVER RETIRES



TRIP RESERVATION FORM



It's HERE!

August 19

**Ohio Amish Country Bus Trip
w/2 Gals & a Bus!**

Cost: \$82/person

Itinerary: 9:30 a.m. leave

Stops:

**Sugar Fuse in Dover
Reeves Museum tour/lunch
shopping in Amish country
Ice cream
5:00 return**

***Registration is open online
at www.ymcastark.org, stop-
ping at or calling the North
Canton Front Desk at (330)
499-2587.**

**Please contact us with any
questions!**

AUGUST 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* 11:00 Card play every Wednesday in the MPR Lobby (unless offsite)! Come join in the fun!	1 Deadline for Boat Ride registrations!	2	3 PORTAGE LAKES Boat Trip! 10:00 a.m. Cost \$30/person; lunch at dock restaurants after. Register thru Front Desk	4	5 Deadline for Bus Trip registrations!	6
7	8	9	10 MPR 12:00 Lunch n Learn w/Golden Reserve Retirement Investments Lunch provided.	11	12	13
14	15	16	17 OFFSITE Out to Lunch Day! 11:30 a.m. No 11:00 cards	18	19 OHIO AMISH COUNTRY Senior Bus Trip! 9:30 a.m.	20
21	22	23	24 MPR 12:00 brown bag lunch, bday cakes 12:30 BINGO with Megan & Vicki!	25	26	27
28	29	30	31 MPR 12:00 brown bag lunch 12:30 MUSIC day with Mike Curtis (our own Chair Yoga guy)!			