

Happy Summer! We are so ready for warmer temperatures and some serious summer fun at the Y! All are welcome! Please sign up with Lorin for all events this month! Thx!

Please see the attached calendar of upcoming events and sign up with me 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 & 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



## Wed. August 3 Portage Lakes 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. Deadline to register is July 29 or when boat capacity is reached.

Please contact us with any questions!  
Thanks!



## North Canton YMCA Active Older Adults Newsletter July 2022



# FUN NEVER RETIRES



**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.

# 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 will be open  
online at [www.ymcastark.org](http://www.ymcastark.org),  
stopping at or calling the  
North Canton Front Desk at  
(330) 499-2587.**

**Please contact Lorin Zuppe  
with any questions!**

JULY 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* 11:00 Card play every Wednesday in the MPR Lobby (unless offsite)! Come join in the					1	2
3	4 	5	6 The clean up continues! No Senior Social meeting today :(	7	8	9
10	11	12	13 <u>MPR</u> 12:00 Brown Bag, July Birthday cakes 12:30 BINGO!	14	15	16
17	18	19	20 <u>OFFSITE</u> 11:30 lunch at Beyesly's on Main St.	21	22	23
24	25	26	27 <u>MPR</u> 12:00 Lunch n Learn with Deone Swallen of Windsor! <u>Sign up with Lorin or Terri!</u>	28	29	30
31			Portage Lakes Boat Trip August 3!			