



SENIOR FOCUSED GROUP EXERCISE CLASSES

ARTHRITIS WATER EXERCISE

When: Mondays, Wednesdays, Fridays at 9:50am, Pool
Low intensity and impact. Workouts in shallow end of pool.

AQUA ZUMBA

When: Tuesdays at 8:40am, Pool

Less impact on your joints so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

CHAIR YOGA

When: Wednesdays at 11:05am, East Gym

A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include improved flexibility, better concentration, increased strength.

FIT & FABULOUS

When: Thursdays at 10:00am, Plain Township Hall

Class Address: Diamond Park Indoor Sports Complex, 2782 Diamond St NE Canton, Ohio 44721

LINE DANCING

When: Tuesdays and Thursdays at 11:15am, Exercise Studio

Each line dance is choreographed to a specific song, incorporating a string of moves that become a dance routine improving coordination, balance and flexibility.

SENIOR FITNESS

When: Thursdays at 10:15am, East Gym

Low impact cardio, toning and flexibility all in one class. (Chairs available if needed)

SILVER SNEAKERS

When: Mondays, Tuesdays, Wednesdays at 10:15am, East Gym

Increase muscular strength, range of movement and activities for daily living. Hand weights, elastic tubes and a ball are used for resistance. Chair is used for sitting and/or standing.

ZUMBA GOLD

When: Mondays at 10:15am, Fridays at 10:00 am

Zumba for beginners and seniors. Mix of Latin and International music. Interval training format combining various rhythms with movement that tone and sculpt the body.



AMONG FRIENDS

NORTH CANTON COMMUNITY BUILDING YMCA
ACTIVE OLDER ADULTS NEWSLETTER

UPCOMING EVENTS AT A GLANCE:

May 1

- Lunch & Learn

May 4

- Walking Club begins

May 8

- Brown Bag Lunch

May 14

- Greenhouse Bus Tour

May 15

- Potluck Luncheon

May 22

- Brown Bag Social

May 29

- Senior Health Fair

May 2024

Updates from AOA Coordinator:

Happy May,

Well, if it is true that April showers bring May flowers, we should have an abundance of flowers and crops this year. The trees will be filled with bright colored leaves that will shelter us from the elements and will rhythmically sway in the breeze and if you listen you will hear them sing a song to you. Nature is a wonderful teacher if we just listen to her. She teaches us about resilience, how to stay the course and how to bend without breaking. May there be a little bit of spring in all of us all year round. Stay well, stay active and mostly stay you.

Always humbled to be a part of such a gracious and loving group,

Debbie

North Canton YMCA AOA Coordinator
330-499-2587

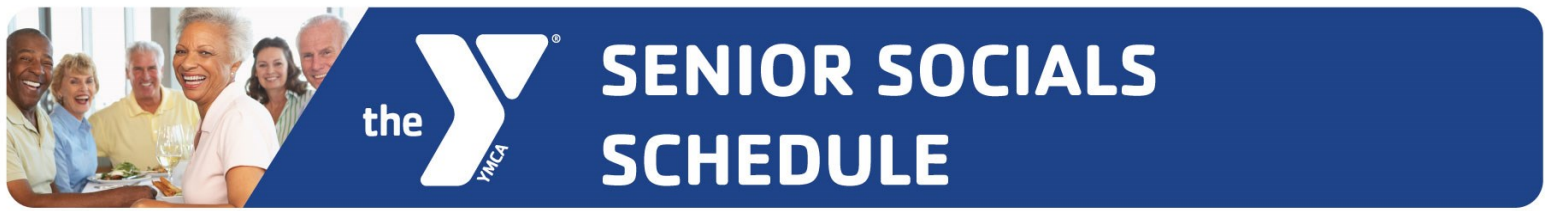
Did you know?

May is a pretty good month for U.S. presidents.

Every other month of the year, at least one US president has died, but never in May!

May actually has two birth flowers – the Lily-of-the-Valley and the Hawthorn.





the Y SENIOR SOCIALS SCHEDULE

Our Senior Socials are weekly meetups of active older adults for fellowship and fun. We meet every Wednesday from 12:00-1:00pm in the Multi-Purpose Room at the North Canton YMCA unless otherwise noted in the schedule. Hope to see you there!

May 1, Lunch & Learn in the Multi-Purpose Room

Hosted by: Michelle Pittman, Retired educator. Energy practice (EFT) also known as Tapping is an alternative treatment an individual can perform on themselves. RSVP at the membership desk or call by noon, 4/29/2024.

May 8, Brown Bag Lunch in the Multi-Purpose Room

Hosted by: Ashleigh from Canton Regency. She will be here to play bingo with fun & prizes!

May 15, Potluck Luncheon in the Multi-Purpose Room

Quince de Mayo Celebration. Our version of Cinco de Mayo! Bring your favorite dish to share- Mexican or not. Wear a colorful outfit and join the festivities.

May 22, Out to Lunch at Samantha's on Market

We will meet at 12pm at Samantha's! 6326 Market Ave N, North Canton, 44720
RSVP at the membership desk or call by noon 5/20/2024.



Don't miss out! Greenhouse Bus Tour Tuesday, May 14: \$125 per person

When: Pick-up at 7:45am, North Canton Church of Christ
1301 E. Maple St. North Canton, OH, 44720
Drop-off at 6:30pm

What's included:
4 greenhouses/gardens, Olmsted Falls/Westlake, Lunch, Custard

NORTH CANTON YMCA | 200 S. MAIN ST., 44720 | 330.499.2587



The Senior Health Fair is coming on
May 29 from
9:30am-12:00pm.

The first 100 participants receives a
ticket for free lunch in the MPR.

Over 50 vendors will be here to tell you
about services while we play bingo in the
East Gym!

It's going to be such a fun day!

Sudoku #1

		2			1		4	7
	8	1			9			6
		5			4	9		1
	6		1		7	8	2	
	2	4	3		5		7	
8		9	4			5		
5			2			1	6	
2	3		5			7		

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CLUB INFO

Our clubs meet once a week and offer
another opportunity to gather and
socialize.

Join the
Card Club every
Friday at 12:00pm.
Meet in the Founder's Room Lobby



All new:

Saturday Walking Club!

Every Saturday at 11:00am at Price Park
walking track. Begins May 4. Meet at
parking lot off West Maple.

