



# ACTIVE OLDER ADULT PROGRAMMING MARCH 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NATIONAL CONSUMER PROTECTION WEEK March 1 - 7

2

10am Tech Scams GLY  
TABLES: Consumer Protection & PA Rep

3

11am - 1pm Consumer Protection & PA Rep table DTY

4

10am Home Improvement Scams ESY  
TABLES: Consumer Protection & PA Rep  
Noon - 1pm Bible Study ESY  
1pm Parkinson's Support Group ESY

5

10am - 12pm CommuniTea GLY  
11am Identity Theft TABLE: Consumer Protection CTY

6

9

10

11

10am LIFE NWPA Make Heart-Healthy Spice Blends ESY  
Noon LIFE NWPA Make Heart-Healthy Spice Blends GLY  
Noon - 1pm Bible Study ESY

12

10am - 12pm CommuniTea GLY

13

10am LINE DANCE - CTY  
11:30am Lunch & Learn TOPIC: Spring & Summer Safety (registration required) ESY

16



WEAR YOUR GREEN FOR ST. PATRICK'S DAY!

18

10am Stop Scammers - Velocity Net ESY  
Noon - 1pm Bible Study ESY

19

10am - 12pm CommuniTea GLY

20

12pm - 2pm Rosco's Meet & Greet

23

If you're at Eastside Y, be sure to wish Jason a happy birthday!

24



DIABETES ALERT DAY

25

9:45am Birthday Cake! ESY  
Noon - 1pm Bible Study ESY

26

10am - 12pm CommuniTea GLY  
NOON - MEET & MINGLE Meet the group at Five Iron for lunch, laughs and chit chat!

27

10am LINE DANCE - CTY

30

31

## LOOKING AHEAD TO APRIL

LUNCH & LINE DANCE 4/8 at Fairfield, 4/13 at South Erie Turners  
5 Days of Action April 13 - 17) - Child Abuse Prevention talks  
Active Older Adult Week and Basket Raffle at ESY April 20 - 24  
Women's Wellness & Employment Fair ESY 4/22

AND MUCH MORE!

# Active Older Adults Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:00am - 8:45am</b> Silver Sneakers Classic Curtis - Gilmore Gym	<b>8:00am - 8:45am</b> Silver Sneakers Classic Curtis - Gilmore Gym	<b>8:00am - 8:45am</b> Silver Sneakers Enerchi Curtis - Gilmore Gym	<b>11:15am - 12:00pm</b> Silver Sneakers Classic Deb - Studio 1	<b>8:00am - 8:45am</b> Silver Sneakers/ BOOM Muscle Curtis - Gilmore Gym
<b>9:30am - 10:25am</b> Line Dance Karen - Studio 1		<b>9:30am - 10:25am</b> Chair Yoga Chris - Holistic Center	<b>6:30pm - 7:15pm</b> Line Dance Chris - Studio 1	<b>8:00am - 9:00am</b> Line Dance Olga - Studio 1
<b>11:00am - 11:45am</b> Silver Sneakers Classic Curtis - Gilmore Gym		<b>11:00am - 11:30am</b> Zumba Toning Gold Kellie - Studio 1		<b>11:00am - 11:45am</b> Silver Sneakers/ BOOM Muscle Curtis - Gilmore Gym
<b>1:00pm - 1:45pm</b> Silver Sneakers Classic Deb - Studio 1		<b>11:00am - 11:45am</b> Silver Sneakers Enerchi Curtis - Gilmore Gym		<b>1:00pm - 1:45pm</b> Silver Sneakers Classic Deb - Studio 1
				SATURDAY
				*No Class last Saturday of the month*
				<b>*11:00am - 12:00pm*</b> Chair Yoga Hope - Holistic Center
				<b>12:00pm - 12:45pm</b> Silver Sneakers Classic Deb - Studio 1



Glenwood Park YMCA