



ACTIVE OLDER ADULT PROGRAMMING MAY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAVE THE DATES:

Friday, July 17 - Sock Hop

Friday, Aug 21 - Senior Fun Day

More info to come!

ABBREVIATION KEY

CTY - County YMCA
DTY - Downtown YMCA
ESY - Eastside YMCA
GLY - Glenwood YMCA

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MAY THE FOURTH
BE WITH YOU



5

6

Talk: Using Meditation
and Hypnosis for
Chronic Pain 11am ESY
Workshop: Pain
Management Through
Guided Meditation and
Self-Hypnosis Noon ESY
1pm Parkinson's
Support Group ESY
LUNCH & LINE DANCE
1pm Hose Co 27

7

Blood Pressure
Screening 9:30am -
11:30am CTY
Heart Healthy Nutrition
talk 10:45am CTY
Talk: Lift & Thrive:
Strength for Life GLY
6:30pm on Wed May 6,
7:30pm on Thurs May 7

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**RESERVATION DUE
DATE EXTENDED FOR BUS
TRIP TO OHIO and
VICTORIAN PRINCESS
SIGHTSEEING TOUR**

LINE DANCE 10am CTY

**GROUP REIKI on
SATURDAY, MAY 9**
1pm at ESY

11

Blood Pressure
Screening 9am - 11am
GLY

**LUNCH & LINE
DANCE Noon**
South Erie Turners

12

13

10am LIFE NWPA
Make Wild Flower Seed
Bombs ESY
Noon LIFE NWPA
Make Wild Flower Seed
Bombs GLY

14

15

12pm - 2pm
Rosco's Meet & Greet

18

19

20

Tech Time - get tech
help on your phone and
laptop 10am ESY
Sponsored by Aetna
Nutrition Talk: Taking the
Mystery out of Macros
6pm ESY

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LINE DANCE 10am
CTY

25



YMCA CLOSED

26

Blood Pressure
Screening 9am -
11am ESY

27

**SENIOR HEALTH
& FITNESS DAY CTY**
(see flyer for details)
9am - 11am

**SENIOR HEALTH &
FITNESS DAY ESY** (see
flyer for details)
2:45pm - 4:15pm

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9:45am Birthday
Cake! ESY

Active Older Adults Group Exercise Schedule

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



Glenwood Park YMCA