



ACTIVE OLDER ADULT PROGRAMMING

JULY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAVE THE DATE:

Friday, Aug 21 – AOA Fun Day

ABBREVIATION KEY

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

1

12:30 – 1:30 pm
Bible Study ESY

1pm Parkinson's
Support Group ESY

2

3

6

7

VICTORIAN
PRINCESS 2:30pm

Meet at Dobbins
Landing 2pm

8

LIFE NWPA
10am – ESY

LIFE NWPA
Noon – GLY

12:30 – 1:30 pm
Bible Study ESY

LUNCH & LINE DANCE
1pm Hose Co 27

9

10

LINE DANCE 10am
CTY

13

Blood Pressure
Screening 9am – 11am
GLY

LUNCH & LINE
DANCE Noon
South Erie Turners

14

15

12:30 – 1:30 pm
Bible Study ESY

16

17

12pm – 2pm
Rosco's Meet & Greet

SOCK HOP!
6pm – 8pm
LIVE MUSIC – ESY

20

21

22

12:30 – 1:30 pm
Bible Study ESY

CAMPFIRE ACROSS
AMERICA DAY



23

24

LINE DANCE
10am CTY

FRESH AIR FIT
SHALLOW WATER
FITNESS – Legion Pool
CTY – 10:30am

27

28

Blood Pressure
Screening 9am –
11am ESY

29

12:30 – 1:30 pm
Bible Study ESY

30

31

9:45am Birthday
Cake! ESY