



ACTIVE OLDER ADULT PROGRAMMING

AUGUST 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

4

5

FRESH AIR FIT
Ener-Chi with Curtis
at Glenwood Park
(behind the zoo) 11am

1pm Parkinson's
Support Group ESY

6

7

10

Blood Pressure
Screening 9am - 11am
GLY

11

12

LUNCH & LINE
DANCE 1pm
Hose Co 27

13

Erie Cancer Wellness
Center Class 10:30am
ESY

Erie Zoo FREE
Senior Day!
10am - 2pm

14

BLOOD MOBILE
8am - 1pm
ESY

17

LUNCH & LINE
DANCE Noon
South Erie Turners

18

19

20

Aloha Summer
Luau at ESY
6pm - 7:30pm

21

AOA
FUN
DAY!

24

25

Blood Pressure
Screening 9am -
11am ESY

26

27

28

31

COMING UP:

Wed, Sept 23 - Speed Dating and Friending at GLY

ABBREVIATION KEY:

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