ACTIVE OLDER ADULT PROGRAMMING
NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3** 11am – 1pm GLY MAHJONG ASL (American Sign Language) Session Starts 11am – ESY	**4** **BASKET RAFFLE STARTS – ESY** Parkinson's Support Group 1pm – ESY	**5** EXPLORE YOUR INTUITION 2pm – GLY	**6** **HEALTH & WELLNESS FAIR EASTSIDE Y – FLU & COVID SHOTS AVAILABLE** **9am – 11:30am**
9 Blood Pressure Screening 9am – 11am GLY	**10** 11am – 1pm GLY MAHJONG GUIDED WELLNESS MEDITATION 11:30am and 7pm ESY	**11**  **THANK YOU, VETERANS!** TALK: BENEFITS OF MASSAGE 10am – ESY	**12** WELLNESS CLASS with Erie Cancer Wellness Center 10:30am – ESY	**13** **RAFFLE DRAWING** **Noon – ESY** **SATURDAY, NOV 14 GLY –BINGO at JPT CENTER –1PM**
16 11:30am ESY Hands-Only CPR	**17** **PORTRAIT DAY at EASTSIDE Y** 11am – 1pm GLY MAHJONG	**18**	**19**	**20** 9:45am ESY BIRTHDAY CAKE Noon – 2pm ROSCO'S MEET & GREET
23	**24** Blood Pressure Screening 9am – 11am ESY 11am – 1pm GLY MAHJONG	**25**	**26**  	**27** **BURN THE BIRD SCHEDULE** **Check ymcaerie.org for details!**
30				

COMING UP IN DECEMBER:

Dec 6 – Philharmonic "Come Home For The Holidays" Matinee

Dec 9 – Annual Christmas Pot Luck Luncheon at GLY

Dec 16 – Annual Christmas Pot Luck Luncheon at ESY

ACTIVE OLDER ADULT - CLASS SCHEDULE

INSTRUCTOR AND CLASS SUBJECT TO CHANGE

Sunday			
Time	**Class**	**Instructor**	**Location**

Monday			
Time	**Class**	**Instructor**	**Location**
8:00AM-8:45AM	Silver Sneakers Classic	Curtis	Gilmore Gym
9:30AM-10:15AM	Line Dance	Karen	Studio 1
11:00AM-11:45AM	Silver Sneakers Classic	Curtis	Gilmore Gym
1:00PM-1:45PM	Silver Sneakers Classic	Deb	Studio 1

Tuesday			
Time	**Class**	**Instructor**	**Location**
8:00AM-8:45AM	Silver Sneakers Classic	Curtis	Gilmore Gym

Wednesday			
Time	**Class**	**Instructor**	**Location**
8:00AM-8:45AM	Silver Sneakers Ener-Chi	Curtis	Gilmore Gym
11:00AM-11:45AM	Silver Sneakers Ener-Chi	Curtis	Gilmore Gym

Thursday			
Time	**Class**	**Instructor**	**Location**
11:00AM-11:45AM	Silver Sneakers Classic	Deb	Studio 1

Friday			
Time	**Class**	**Instructor**	**Location**
8:00AM-8:55AM	Latin Dance Gold	Olga	Studio 1
8:00AM-8:45AM	Silver Sneakers - Boom Muscle	Curtis	Gilmore Gym
11:00AM-11:45AM	Silver Sneakers - Boom Muscle	Curtis	Gilmore Gym
1:00pm-1:45PM	Silver Sneakers Classic	Deb	Studio 1

Saturday			
Time	**Class**	**Instructor**	**Location**
12:00PM-12:45PM	Silver Sneakers Classic	Deb	Studio 1

Looking for pool schedules, yoga, pilates and more? Visit our full online schedule of amenities at

https://www.ymcaerie.org/glenwood/amenities/

Scan for full online schedule