



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVE OLDER ADULTS

HEALTHY AT ANY AGE

Programs and Wellness



The YMCA offers seniors the opportunity to maintain a healthy lifestyle, healthy relationships and a positive outlook on life. Our Active Older Adult (AOA) programs are designed for men and women in their 50s and older. We encourage everyone to grow in the areas of physical, emotional, social, and spiritual well-being.

## Weekly Program Offerings:

- + Senior Lunch Bunch with Monthly Guest Speakers
- + Cooking Class
- + Art Class
- + Games & Coffee
- + Mahjong

*\*\*\*Free Programs open to Members and Community thanks to Exeter Hospital Grant Funding*

## Senior Health & Wellness Classes:

- + Gentle Yoga
- + Cardio & Strength
- + Senior Strength & Balance
- + Zumba Gold
- + Walk & Talk
- + Tone
- + Cardio, Core, and More
- Pickleball Daily

Join the Exeter Area YMCA using the Senior Membership and Senior Couple Rates or Silver Sneakers Membership.

Call or stop by the Welcome Center for schedules and more information!

<https://www.sdyymca.org/exeter-area-ymca/active-older-adults>