

ACTIVE OLDER ADULTS

FIT AFTER 50



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY...

STOKES FAMILY YMCA

105 Moore Road
King, NC 27021

336 985 9622

www.stokesymca.org

NOVEMBER 2019: ACTIVE OLDER ADULTS NEWSLETTER

Nutrition Tip: Pumpkin: It's yummy and it's seasonal. We're in the middle of a full-on flavor takeover. There's pumpkin in your bagels, coffee, muffins, etc. Here are six reasons it's OK to be totally obsessed with this season's superfood.

1. Feel fuller, it's full of fiber and low in calories.
2. Boost vision, vitamin A promotes good vision.
3. Lower blood pressure, pumpkin contains phytoestrogens which research shows are beneficial for preventing hypertension. Sleep better, pumpkin contains tryptophan.
4. Especially healthy for men's prostate health.
5. Have a healthier heart, fiber helps protect the heart.

For healthy ways to add pumpkin into your diet, try pumpkin chunks in a roasted vegetable medley or try pumpkin puree in place of nut butters as a spread.

Silver Sneakers and Bingo:

Silver Sneakers Classic class will be canceled on November 29th due to Thanksgiving and Black Friday. Bingo will be on Thursday, November 7 in the Community Room and Friday, November 22 at Trinity UMC.

Thanksgiving Social: On Thursday, November 21 we will have our annual Thanksgiving dinner. The YMCA will provide the hams and turkeys but we will need members to cook them. Please see Shirley Laney about volunteering to cook and slice the hams and turkeys.

Being Thankful:

Being thankful for what we have: Being thankful for someone, Being thankful for Jesus, Being thankful for family, Being thankful for food, Being thankful for blessings, Being thankful for friends, Being thankful for God, Being thankful for love, Being thankful for the day, Being thankful for others, Being thankful for what you have, Being thankful for salvation, Being thankful for rainy days, Being thankful for sunny days, Being thankful for your YMCA family, Being thankful for everything and everyone in all circumstances.

Holidays:

During the holidays be careful in parking lots as more people are out and about. Also please remember the YMCA can use your donations of gently used items for door prizes.

UPCOMING EVENTS

Bridge Club

Every Wednesday 9:30am

Pickleball

Monday, & Wednesday 12:00pm till 3:00pm

Tuesday, Thursday & Friday 9:00am till 3:00pm

Ping Pong

Monday and Wednesday 9:00am till 12:00pm

Corn Hole

Every **Wednesday** 1:00pm till 3:00pm **Group Ex II**

Bowling

Thursday, November 7
From 3:00pm till 5:00pm
Sign up to reserve your spot

Bingo

Thursday, November 7 and Friday, October 25 at 11:30am
Community Room on the 7
Trinity UMC on the 22

Adult Grief Support Group

Wednesday, November 13 at 6:00pm

Lunch with Friends

Amazing Thailand
Tuesday, November 19 at 12:30pm Sign up

Thanksgiving Social

Thursday, November 21
At 11:30 Sign up

Contact Shirley Laney with questions.

November 2019 Group Exercise-Active Older Adults
STOKES FAMILY YMCA

MONDAY

START	END	CLASS	LOCATION	NOTES
6:30am	7:30am	Water Exercise	Pool	Shallow
8:00am	9:00am	Water Exercise	Pool	Shallow
9:00am	10:00am	Lap Swim	Pool	Lanes 3-6
9:00am	12:00pm	Ping Pong	Racquetball Court	
10:30am	11:30am	Water Exercise	Pool	Shallow
10:30am	11:30am	Gentle Yoga	Group Ex I	
10:30am	11:20am	Silver Sneakers Classic	Group Ex II	* Level I (Beginner Class)
11:30am	12:30pm	Silver Sneakers Circuit	Group Ex II	**Level II (Must be able to stand for 30-45 minutes)
11:30am	12:15pm	Water Exercise	Pool	Shallow
12:00pm	3:00pm	Pickleball	Gym	
5:30pm	6:15pm	Water Exercise	Pool	Deep
6:45pm	7:30pm	Water Exercise	Pool	Shallow
7:00pm	8:00pm	Flow Yoga	Group Ex I	All poses done from mat on floor

TUESDAY

START	END	CLASS	LOCATION	NOTES
5:15am	6:00am	Water Exercise	Pool	Shallow and Deep Class
6:00am	6:45am	Gentle Yoga	Group Ex I	
8:00am	9:00am	Water Exercise	Pool	Shallow
9:00am	10:00am	Lap Swim	Pool	Lanes 3-6
9:00am	10:00am	Tai Chi	Group Ex I	
9:00am	3:00pm	Pickleball	Gym	
10:30am	11:15am	Zumba Gold	Group Ex II	
11:00am	12:00pm	Water Exercise	Pool	Shallow
5:15pm	6:00pm	Hi/Lo	Group Ex 1	
5:30pm	6:15pm	Water Exercise	Pool	Deep

WEDNESDAY

START	END	CLASS	LOCATION	NOTES
6:30am	7:30am	Water Exercise	Pool	Shallow
8:00am	9:00am	Water Exercise	Pool	Shallow
9:00am	10:00am	Lap Swim	Pool	Lanes 3-6
9:00am	12:00pm	Ping Pong	Racquetball Court	
10:30am	11:30am	Water Exercise	Pool	Shallow
10:30am	11:20am	Silver Sneakers Classic	Group Ex II	* Level I (Beginner Class)
11:30am	12:30pm	Silver Sneakers Circuit	Group Ex II	**Level II (Must be able to stand for 30-45 minutes)
11:30am	12:15pm	Water Exercise	Pool	Shallow
12:00pm	3:00pm	Pickleball	Gym	
1:00pm	3:00pm	Corn Hole	Group Ex II	

THURSDAY

START	END	CLASS	LOCATION	NOTES
5:15am	6:00am	Water Exercise	Pool	Deep and Shallow
8:00am	9:00am	Water Exercise	Pool	Shallow
9:00am	10:00am	Lap Swim	Pool	Lanes 3-6
9:30am	10:00am	Joy Riders	Cycle	
9:00am	3:00pm	Pickleball	Gym	
10:15am	11:00pm	Hi/Lo	Group Ex I	
11:00am	11:45am	Zumba Gold	Group Ex I	
11:00am	12:00pm	Water Exercise	Pool	Shallow
6:45pm	7:30pm	Water Exercise	Pool	Shallow

FRIDAY

START	END	CLASS	LOCATION	NOTES
6:30am	7:30am	Water Exercise	Pool	Shallow
8:00am	9:00am	Water Exercise	Pool	Shallow
9:00am	10:00am	Lap Swim	Pool	Lanes 3-6
9:00am	3:00pm	Pickleball	Gym	
10:30am	11:30am	Water Exercise	Pool	Shallow
10:30am	11:30am	Gentle Yoga	Group Ex I	
10:15am	11:15am	Silver Sneakers Classic	Group Ex II	* Level I (Beginner Class) Cancelled on November 29th
11:30am	12:15pm	Water Exercise	Pool I	Shallow

SATURDAY

START	END	CLASS	LOCATION	NOTES
10:30am	11:30am	Restorative Yoga	Group Ex 1	

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P 336 985 9622 F 336 985 3976 www.stokesymca.org A United Way Agency

Our Mission: "Helping people reach their God-given potential in spirit, mind and body."