



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

IT'S NOT JUST KIDS STUFF

ACTIVE OLDER ADULTS PROGRAMMING

WINTER 2018 SCHEDULE



The Forest City Y Active Older Adult program emphasis is for those 50+ who wish to maintain a healthy, active and social lifestyle. Our goal is to offer a wide range of activities to suit all levels and tastes with exercise options, wellness programs and social activities.

Learning

Join us at 9:30 a.m. on the **second Wednesday** of each month for a light breakfast, a time to get together and listen to a speaker on a topic that will help you continue to move forward. These events are free to Y members and all guests of the Y so invite your friends, family and neighbors!

Date/Time	Description
January 10 9:30 a.m.	KEEP YOUR MIND SHARP The Good Samaritan Society of Forest City will give tips on how to manage Alzheimer's and Dementia. Learn tips to keep your mind sharp.
February 14 9:30 a.m.	FOREST CITY HISTORY "Did you know....." Riley Lewis will join us to share some interesting facts and history of Forest City.
March 14 9:30 a.m.	RELEASING STRESS Arts and crafts has been proven to release stress and help calm anxiety. Join Jackie Stevenson from Chipped Inscriptions and release some stress by making a sign for spring. The ISU extension will also provide ideas for de-stressing.
April 11 9:30 a.m.	NATURE WALK Winnebago County Naturalist Lisa Ralls will provide information on all the activities that Thorpe Parks has to offer. Many activities such as hiking, bird watching, fishing and enjoy the outdoor with your grandkids can be enjoyed year-round.
May 9 9:30 a.m.	"MAINTAINING A GOOD BALANCE" Learn hints for staying safe in our environment. The Good Samaritan Society will demonstrate some exercises to help increase sense of balance and flexibility.

Game Days

Join us at 9:30 a.m. on the fourth Wednesdays of each month for snacks and games.

Groups are currently playing Scrabble, the card game 500 and Cribbage. Play an old favorite or introduce your favorite game to the group. Again, **these events are free to Y members and guests of the Y, so invite your friends, family and neighbors!**



Fitness

Exercise provides many health benefits and may decrease illness, chronic disease and fatigue. We understand that it can be overwhelming to know where to begin. The Forest City Y has much to offer and we are here to help!

Group fitness classes are included as a benefit of membership!!!



The Y offers:

- Complimentary fitness evaluation to take the guess work out of how to get started.
- Relax in the Whirlpool or Sauna.
- Indoor pool is same cozy temp year round!
- Cardio and weight lifting rooms to increase heart, respiratory and muscle strength.
- Walk or jog on our indoor track.
- Classes include:
 - Pilates focuses on basic movement to enhance your strength, balance and flexibility.
 - Yoga has been shown to lower levels of cortisol, the stress hormone and builds flexibility.
 - Water aerobic classes offer shallow water work-outs and stretching to improve flexibility with decreased stress for joints.



Everyday, enjoy morning coffee provided by Cabin Coffee, and conversation in our lobby area! Complimentary area newspapers are also available.

Like Ping Pong or Billiards? A group gets together every Monday, Wednesday and Friday mornings from 9-10 a.m. Join the fun!

