



HEALTHY AGING

OPPORTUNITIES TO STAY ACTIVE AND BUILD RELATIONSHIPS FOR THE 55+ POPULATION



ENGAGE • INSPIRE • CONNECT

Healthy Aging at the Y is a program designed for adults ages 55+. Participants can take advantage of functional exercise classes designed by our health and wellness staff and benefit from social events ranging from lunches, game days, birthday celebrations, group outings, potlucks, lunch and learns, and volunteer opportunities. This program was created to foster friendships and build camaraderie. It's never too late to make new friends, learn new things and get active. There will be drop in hours available twice a week for non members to meet with friends, play games, and socialize.

Most programming occurs between 10am and 3pm on weekdays.

BE A PART OF SOMETHING BIGGER

BECOME A YMCA VOLUNTEER

Are you an adult with a skill that you are proud of? Have you ever thought about sharing your skills and giving back with your time and talents? If so, we're interested in speaking to you about a new volunteer-led program that allows adults to share their expertise for the benefit of others. You have the ability to enhance lives and bring people of shared interest together!

Program starts this May! Get signed up today!

For More information please contact:

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"The Y: We're for youth development, healthy living and social responsibility."

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