



YOU ARE INVITED!

WHO: All SilverSneakers members, Golden Fitness Club members and other YMCA Active Older Adult members and Non-Members

WHAT: Meet and Greet potluck luncheon followed by the Golden Fitness Club Monthly Presentation

WHEN: Thursday, Feb. 18; Thursday, March 18; Thursday, April 15

TIME: Potluck Lunch: 12:00pm ; Golden Fitness Club Presentation : 1:00pm

WHERE: Potluck: YMCA Classroom: Golden Fitness Club Presentation: TBA

COST: Free

Those attending the Potluck Lunch please bring a dish to share with the group. The YMCA will provide drinks, cups, plates and silverware. Please RSVP to Maniqua at 224-1683 or silversneakers@oaheyymca.org by 5:00pm the Tuesday before each date.

Golden Fitness Club Presents: “Importance of Aerobic Exercise”

Who: Oahe Family YMCA and St. Mary’s Healthcare Center Rehab Department

What: Series of informational classes. This one will be an introduction to the various water fitness classes.

When: Thursday, February 18 at 1pm.

Where: At the Oahe Family YMCA.

Future Topics: February – “Importance of Aerobic Exercise”, March – “Flexibility/Stretching”, April – “Balance”



You may attend just one or both of the activities.

HOPE TO SEE YOU THERE!