



# January 2020 Active Adult Calendar

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	YMCA of the SUNCOAST- HERNANDO COUNTY 1300 Mariner Blvd Spring Hill, FL 34609 352-688-9622 www.ymcasuncoast.org		1  CHECK OUT OUR SPECIAL HOLIDAY GROUP EXERCISE SCHEDULE TODAY!	2 5:15- 6:15 Yoga 10:00-11:00 Zumba 10:00-11:00 Yoga 11:15-11:45 Meditation 12:00-1:00 Classic 1:10-2:10 Yoga (Chair) 2:30-3:30 Chi Kung 3:45-4:45 Tai Chi <b>7:30- 9:30 Pickleball</b>	3 8:30- 9:30 Zumba Gold 9:45-10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00-1:00 Classic 12:00-12:45 Cardio Dance <b>7:00 - 8:00 Line Dancing</b>	4 7:45-8:45 Tai Chi 9:15-10:15 Yoga 9:15-10:15 Zumba
5 <b>2:00-4:00 Pickleball</b> 2:30-3:30 Body Flow/Power Yoga	6 9:15-10:30 Yoga 9:45-10:30 Zumba Toning 10:45-11:45 Circuit 12:00-1:00 Classic 12:00- 12:45 Cardio Dance 1:00- 2:00 Adult Dance 6:30- 7:45 Yoga 7:00-8:00 Zumba	7 5:15- 6:15 Yoga 10:00- 11:00 Zumba 10:00-11:00 Yoga 11:15- 11:45 Meditation <b>12:00 LUNCH AND LEARN</b> 12:00- 1:00 SS Classic 12:30- 1:30 Belly Dancing 1:10- 2:10 Yoga (Chair) 2:30-3:30 Chi Kung 4:00- 4:50 Tai Chi	8 9:00 -10:00 Cardio 10:15-11:00 Cardio Lite 12:10-1:10 Strength Lite 2:00 -3:00 Ballroom Dance 7:00 -8:00 Zumba	9 5:15- 6:15 Yoga <b>9:00 - 11:00 VETERANS' BREAKFAST</b> 10:00-11:00 Zumba 10:00-11:00 Yoga 11:15-11:45 Meditation 12:00-1:00 Classic 1:10-2:10 Yoga (Chair) 2:30-3:30 Chi Kung 3:45-4:45 Tai Chi <b>7:30- 9:30 Pickleball</b>	10 8:30- 9:30 Zumba Gold 9:45-10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00-1:00 Classic 12:00-12:45 Cardio Dance <b>7:00 - 8:00 Line Dancing</b>	11 7:45 8:45 Tai Chi 9:15-10:15 Yoga 9:15-10:15 Zumba
12 <b>2:00-4:00 Pickleball</b> 2:30-3:30 Body Flow/Power Yoga	13 9:15- 10:30 Yoga 9:45-10:30 Zumba Toning 10:45-11:45 Circuit 12:00- 1:00 Classic 12:00-12:45 Cardio Dance 1:00-2:00 Adult Dance 6:30-7:45 Yoga 7:00- 8:00 Zumba	14 5:15- 6:15 Yoga 10:00- 11:00 Zumba 10:00-11:00 Yoga 11:15- 11:45 Meditation <b>12:00-1:00 PIZZA PARTY</b> 12:30- 1:30 Belly Dancing 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) 2:30-3:30 Chi Kung 4:00-4:50 Tai Chi	15 <b>9:00 - 12:00 BRAIN HEALTH DAY</b> 9:00 -10:00 Cardio 10:15-11:00 Cardio Lite 12:10-1:10 Strength Lite 2:00 -3:00 Ballroom Dance <b>2:00 - 3:00 TRAVEL CLUB</b> 7:00 -8:00 Zumba	16 5:15- 6:15 Yoga 10:00-11:00 Zumba 10:00-11:00 Yoga 11:15-11:45 Meditation 12:00-1:00 Classic <b>12:00 LUNCH AND LEARN</b> 1:10-2:10 Yoga (Chair) 2:30-3:30 Chi Kung 3:45-4:45 Tai Chi <b>7:30- 9:30 Pickleball</b>	17 8:30- 9:30 Zumba Gold 9:45-10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00-1:00 Classic 12:00-12:45 Cardio Dance <b>7:00 - 8:00 Line Dancing</b>	18 7:45- 8:45 Tai Chi 9:15-10:15 Yoga 9:15-10:15 Zumba
19 <b>2:00-4:00 Pickleball</b> 2:30-3:30 Body Flow/Power Yoga	20 <b>HappYness Day</b> 9:15-10:30 Yoga 9:45-10:30 Zumba Toning 10:45-11:45 Circuit 12:00-1:00 Classic 12:00- 12:45 Cardio Dance 1:00-2:00 Adult Dance <b>2:00 MOVIE MATINEE</b> 6:30- 7:45 Yoga 7:00-8:00 Zumba	21 5:15- 6:15 Yoga 10:00- 11:00 Zumba 10:00-11:00 Yoga 11:15- 11:45 Meditation <b>11:30 LUNCH AND LEARN</b> 12:30- 1:30 Belly Dancing 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) <b>2:00-3:00 BOOK CLUB</b> 2:30-3:30 Chi Kung 4:00-4:50 Tai Chi	22 9:00 -10:00 Cardio 10:15-11:00 Cardio Lite 12:10-1:10 Strength Lite 2:00 -3:00 Ballroom Dance 7:00 -8:00 Zumba	23 5:15- 6:15 Yoga 10:00-11:00 Zumba 10:00-11:00 Yoga 11:15-11:45 Meditation 12:00-1:00 Classic <b>12:00 LUNCH AND LEARN</b> 1:10-2:10 Yoga (Chair) 2:30-3:30 Chi Kung 3:45-4:45 Tai Chi <b>7:30- 9:30 Pickleball</b>	24 8:30- 9:30 Zumba Gold 9:45-10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00-1:00 Classic 12:00-12:45 Cardio Dance <b>7:00 - 8:00 Line Dancing</b>	25 7:45- 8:45 Tai Chi 9:15-10:15 Yoga 9:15-10:15 Zumba
26 <b>2:00-4:00 Pickleball</b> 2:30-3:30 Body Flow/Power Yoga	27 9:15-10:30 Yoga 9:45-10:30 Zumba Toning 10:45-11:45 Circuit 12:00-1:00 Classic 12:00- 12:45 Cardio Dance 1:00-2:00 Adult Dance 6:30- 7:45 Yoga 7:00-8:00 Zumba	28 5:15- 6:15 Yoga 10:00- 11:00 Zumba 10:00-11:00 Yoga 11:15- 11:45 Meditation 12:30- 1:30 Belly Dancing 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) 2:30-3:30 Chi Kung 4:00-4:50 Tai Chi	29 9:00 -10:00 Cardio 10:15-11:00 Cardio Lite 12:10-1:10 Strength Lite 2:00 -3:00 Ballroom Dance 7:00 -8:00 Zumba	30 5:15- 6:15 Yoga 10:00-11:00 Zumba 10:00-11:00 Yoga 11:15-11:45 Meditation 12:00-1:00 Classic 1:10-2:10 Yoga (Chair) 2:30-3:30 Chi Kung 3:45-4:45 Tai Chi <b>7:30- 9:30 Pickleball</b>	31 8:30- 9:30 Zumba Gold 9:45-10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00-1:00 Classic 12:00-12:45 Cardio Dance <b>7:00 - 8:00 Line Dancing</b>	



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- BRAIN HEALTH DAY** At the Y, you can exercise your mind, too! We will be addressing Brain Health one day each month beginning with Jan. 15. We'll have brain healthy food and recipes and lots of information on how to keep your noggin' on top of things. There will be opportunities and games to challenge yourself mentally. The Brain Bus Van will be parked at the Y from 9am – noon with representatives on hand to answer your questions on Alzheimer's disease and other related dementias.
- BOOK CLUB** The Book Club will be resuming its monthly get-together on Jan. 21 at 2pm to talk about the book The Woman in Cabin 10. If you'd like to join other avid readers to discuss popular books, simply attend the meeting. A \$20 deposit is needed to cover the cost of lost or stolen books and is refundable at the end of participation.
- HappYness Day** We are on the Hunt for HappYness. We're starting HappYness Week at the Y with You creating a huge celebratory collage on Monday, Jan. 20 from 9am – 11am! You don't have to be an artist to help us with this masterpiece. We'll also have stationery if you'd like to write a note to someone telling them how HappY they make You.
- LINE DANCING** You asked. We listened! Beginning Friday nights in January, line dancing will be available at the Y from 7pm – 8pm. Come join the fun!
- LUNCH AND LEARN\*** Advanced directive, DNR, and healthcare proxy. All things to consider as we and our loved ones age. CareOne's Dr. Navadia will address "End of Life Care" on Jan. 7 from 12 – 1pm. Sign up at Member Services by Jan. 6.
- Are you "Living With Tummy Troubles"? On Jan. 16 from noon to 1:00pm, Dr. Maholtra will be presenting on this health issue so common to many of us. Sign up at Member Services by Jan. 15.
- On Jan. 21 from 11:30am – 12:30pm, Vein and Vascular Institute will speak to us about "Vascular Disease" and exploring the causes of leg pain related to poor circulation and how treatments can allow for a more functional life. Sign up at Member Services by Jan. 20.
- Join us on Jan. 23 from 12pm – 1pm for a presentation from Dr. Stookey of Terlep Chiropractic – "Living Well For Life" – how to live the best possible life. Sign up at Member Services by Jan. 22.
- MOVIE MATINEE** This month, we'll be watching the inspiring movie All Saints on Jan. 20 at 2pm. Cost is free. Be sure to sign up!
- PICKLEBALL** Come join others in a fun game of Pickleball! It's a paddleball sport that combines parts of tennis, badminton, and table tennis. The craze just keeps growing, and you can be a part of it when it's offered on Thursdays 7:30pm-9:30pm and Sundays from 2pm – 4pm.
- PIZZA PARTY** Let's celebrate Pizza Week with a Pizza Party on Jan. 14 at noon. Cost is \$3 for two slices and a salad. Sign up at the front desk by Jan. 13.
- RIDDLE OF THE MONTH** Be the first to email the correct answer to the Riddle at the bottom of the page and Win A Prize! Email your answer to kkenney@suncoastymca.org
- TRAVEL CLUB** Remember – anyone can join! We'll be meeting on Jan. 15 at 2pm to plan our trips for 2020. We'd love to hear where you'd like to go!
- VETERANS' BREAKFAST** All veterans and spouses are welcome to join us for a delicious breakfast to honor their service. Breakfast will be served from 9am – 11am on Thursday, Jan. 9th. Please sign up at Member Services by Jan. 8th.

\*Please note times for Lunch and Learns.

**Riddle Of The Month**  
**How can the number four be half of five?**