



**FIND ME
AT THE Y**
YMCA ACTIVE OLDER ADULTS

**Free
Community
Event!**

Healthy Aging Day **10.12.2024**

EVENT SCHEDULE

9:00am-10:00am

Coffee & Conversation in front lobby

10:00am- 12pm

Vendor Showcase

11:00am

Games, Arts & Crafts

11:20am

Family Zumba in studio A

12:00pm

Raffle Drawing

Healthy Aging Day is a chance for our Active Older Adult community to get together for education, fellowship, fun and activity! Enjoy demos and samples from local vendors, exercise classes, cooking demonstrations and more at this FREE community event.

All are welcome to attend. RSVP at FCYMCA.org or at the Welcome Center.