

## *Fabulous After 50 Calendar of Events*

Mondays- Swimnastics (Water Fitness, Lap Pool) 9:00-10:00am  
Tuesdays- Walk & Stretch (Gym) 10:00am  
Wednesdays- Swimnastics (Water Fitness, Family Pool) 9:00-10:00am  
Wednesdays- Social Hour (Activity Center)10:15-11am  
Thursdays-Walk & Stretch (Gym) 10:00am  
Fridays-Seniorcise (Seated and/or Standing Cardio and Strength) 11:20-Noon

### **Social Hour Schedule Spring 1, 2010**

February 24, 2010

10:15am Breathing and Meditation Class

February 27, 2010- YMCA Giving Gala at Bolingbrook Country Club- for more info see Kathy Kazmar or Lisa!

March 2, 2010 –FIELD TRIP TO JJC Planetarium

Bus leaves the YMCA at 6:30pm show begins at 7:30pm and will end around 8:30pm- FREE! RSVP by 2/24/10

March 3, 2010

10:15am LCR

March 10, 2010

10:15am Canasta

March 17, 2010

10:15am Farkle & St. Patricks Day Party.... Corn Beef and Cabbage @11:00 bring a side dish!

March 24, 2010

10:15am Breathing and Meditation

March 31, 2010

No Fab 50- Have a great spring break!!

April 7, 2010

10:15am Dominoes

April 14, 2010

10:15am Bingo

Last updated January 26, 2010