

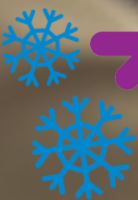


# ACTIVE OLDER ADULTS



**WINTER  
SESSION**

January 7  
to March 3



**GREATER VALLEY YMCA, EASTON/PHILLIPSBURG BRANCH** [gv-ymca.org](http://gv-ymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**WINTER SESSION**  
**JAN 7 TO MARCH 3**

REGISTER AT THE  
WELCOME CENTER!



The Y has fitness classes specifically designed for older adults. They give participants an opportunity to stay physically active or in some cases, to overcome their fear of exercise and begin being physically active.

### LUNCH AND LEARNS

Join us for interactive presentations on various topics such as health, fitness, finance, medicine, travel, and many others! It's free to members! You just need to pre-register at the Welcome Center. Lunch/light refreshments provided at most presentations.

3rd Tuesday from 11:45 AM to 1 PM

### AARP FREE TAX ASSISTANCE FOR MEMBERS

Have your taxes completed by accounting professionals. Register for your time slot at the Welcome Center. Members Only!

Thursday, February 21

Thursday, March 7

Thursday, March 21

### ART CLUB

Join us for our informal Art Club. We do various art projects throughout the year. No prior experience needed. Let your inner creativity free! Register at the Welcome Center

Thursday 1 PM to 3 PM Lobby/AP Room

### BLOOD DRIVE - RED CROSS

This year's Blood Drive will be held in the gymnasium.

Thursday, January 31 10 AM to 2 PM

### MUSCULOSKELETAL AND BALANCE SCREENING

Physical Therapists from St. Luke's-Palmer Location in our lobby to discuss balance deficits and fall prevention, dizziness and vestibular issues, Parkinson's Disease and PT treatment, deficits associated with cancer including lymphedema, balance dysfunction, decreased endurance, and general strength and conditioning, and more! Also free consultations on any specific musculoskeletal, neurological, or oncological concerns you may have.

Date and time to be determined.

### BLOOD PRESSURE SCREENING

High blood pressure can cause stroke, heart attack, vision loss, heart failure, kidney disease and sexual dysfunction. Nearly half of American adults have high blood pressure and many don't even know they have it! The best way to know if you have high blood pressure is to have your blood pressure checked. Free blood pressure checks every month. No registration required.

1st Thursday 11AM to 1 PM Lobby

2nd Wednesday 10AM to 12PM Lobby

### ST. PATRICK'S DAY POTLUCK

Looking forward to spring session? Come to our Potluck! Bring any dish to share and celebrate in this festive holiday.

Wednesday, March 13, 2019 12 PM Lobby