

ACTIVE ADULTS SOCIAL

NORTHSIDE FAMILY YMCA

Wednesdays

The Aging Strong Cafe is FREE for members and non-members. Come enjoy 10 a.m. Gentle Strength or the facility exercise equipment, 11 a.m. activities and noon lunch. This is in partnership with Senior Connections, the Capital Area Agency on Aging.

TIME: 10 a.m. - 1 p.m.

PLACE: Alexander Studio

FEES: Member: FREE

Non-Member: FREE

pickleball 9 am - 12 pm



For more information, contact
Sindi Morton at 804.729.4572
or mortons@ymcarichmond.org



Aging Strong Cafe Information Sheet

NORTHSIDE Family YMCA

Program Name	Aging Strong Café (not Aging Strong Program)
Overview	This program provides the participant with social activity, physical activity, and lunch. This program is in partnership with Senior Connections, the Capital Area Agency on Aging. It is in partnership CDAAA for the Petersburg YMCA.
Program Goal	The program's primary outcome is for participants to remain active and independent for as long as possible. The program supports physical activity, social interaction, mental fitness, and fall prevention.
Branch Locations	Current locations/offerings (John Rolfe and Northside) under Daxko program tag "Seniors" and/or "Aging Strong" <ul style="list-style-type: none"> • Northside Wednesdays 10 am to 1 pm
Cost	<ul style="list-style-type: none"> • Members: \$0 • Non-Members: \$0
Registration	<ul style="list-style-type: none"> • Registration is in branch during program hours. • Additional registration required with Senior Connections, the Capital Area Agency on Aging
Date	<ul style="list-style-type: none"> • Program is continuous.
Who	<ul style="list-style-type: none"> • Adults 60+ yrs. Exceptions apply. • Members or non-members
Additional Info	<ul style="list-style-type: none"> • Under 60 the Y, though other community partnership, provide the lunch.
Contact Info	Sind Morton Phone: 804.729.4572 Email: mortons@ymcarichmond.org