

Silver Sneaker Upcoming Events

March 20 @ 11:30 Seminar about services offered by Council on Aging and Fall Prevention tips. Light snack provided. Please RSVP by March 13.

April 3 @ 11:30 Seminar on Gardening tips by Master Gardeners. Please RSVP by March 23.

May 8th Bus Trip– Mudhens Baseball Game & Hollywood Casino in Toledo. Bus will leave YMCA parking lot at 9:00am and return approx. 6:30pm. Prepaid registration is required. \$33.00 for YMCA Silver Sneaker members from now until May 1. Non-Members may sign up April 1-May 1 at the cost of \$37 per person.

May 22 @ 11:30 Seminar about services offered by Home Helpers. Light snack provided. Please RSVP by May 14.

June 19 @ 11:30 Seminar on How to protect your assets from long term care and Funding long term care expenses by Turnwald Knight of Columbus Life Planning

