



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR GUIDE TO FUN

WINTER/SPRING 2018 - Active Older Adults

For more information contact:
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MAKE IT A PLAY DATE! COACH BUS EXCURSION

NUNSENSE

Palace Theater,
Wisconsin Dells
& Fawn Creek Winery
Thursday, March 15



\$105

Delicious lunch, professional
performance, coach bus

Register by February 1

FUN TIMES ARE AWAITING

Active Older Adult Open House

Invite your friends to the January 3 lunch, speaker and senior open house. Share your love of the Y with a friend.

55 in 55 Fitness Challenge

Take the Challenge! Complete 55 miles in 55 days and get fitter and win prizes. February 1-March 27

Fee: \$5.55

Full Moon Snowshoeing

Friday, March 2 5:30-7:30PM

Snowshoe the Stoney Pines trail, bon fire,
hot chocolate, marshmallow roast.



MAKE A PLAN REACH A GOAL

Moving for Better Balance thru Tai chi

Monday/Wednesdays 12:30PM

Winter 2 (Begins February 19)

\$25 member/\$35 general public

SMART Weight Loss for Seniors

Winter 2 (Begins February 22)

Thursdays 11:45AM

\$40 member/\$65 general public

GOOD FRIENDS GOOD TIMES LUNCH & BRAIN GAMES NOON

January 3 Jim Altenburg, Northwoods Transit Connection
Community chili pot

February 7 Harriet Walker PhD "Anxiety & Aging"
Baked potato luncheon

March 7 Brianna Wolf, Clinical Dietician, Aspirus
"Cooking for Two"
Community chicken soup

April 4 Game Day & Pizza

May 2 Senior Athletes & Barnyard lunch

June 6 AOA picnic at Hodag Park

HAVE FUN AND LEARN TOGETHER

Learn to Make Chapstick

Wed, Jan 24 Noon \$10 member/\$15 GP

Essential Oil Necklace

Thurs, Feb 15 Noon \$10 member/\$15 GP

Cooking with Dottie Reeder

Braising- learn this simple cooking method

Thursday, January 25 12:00PM

\$15 member/\$20 GP

Olive Oil? Infused Vinegars? Honey ?

Thursday, March 8 12:00PM

\$15 member/\$20 GP



ADVENTURE AWAITS

GOLDEN ADVENTURERS Tuesdays at 1PM

January 16 YMCA Snowshoeing

February 20 Bowling Hodag Lanes

March 20 Maple Syrup tour at Sugarbush

April 17 Walking tour of Rhinelander and ArtStart

May 15 Hike with naturalist Bob Dall

Y STITCHERS

4th Tuesday of the month 12:00-2:30PM

Knit, crochet, sew, quilt!