

# HAPPY TOGETHER



- YMCA'S **Happy Together** program focuses on opportunities for fitness, friendship, and volunteering. Programs include special events: Twins Baseball game, Chanhassen Dinner Theatre, Dykstra Garden of Eden tour, coffee hours, speakers, fitness classes, and chances to connect. Enrolling doesn't obligate you to do any of the events—sign-ups for trips will be separate. But to learn about the opportunities, events and speakers, you must be enrolled in the Happy Together Program.
- **After enrolling you will be asked to participate in a survey to help measure the effectiveness of programming.**
- **Social connections and emotional well-being are a key to long life. Come and join the Happy Together Program!**
- YMCA Happy Together is **FREE** and open to **all people age 55 or better, members and non-members of the YMCA.** If you are not currently a member of the YMCA, you can receive a one-month complimentary senior membership at the time of enrollment.

**Contact:** Please contact Beth Johnston at any time with your questions or concerns. I can be reached at (320) 222-9622 or by e-mail at [bethj@kandiymca.org](mailto:bethj@kandiymca.org). You can also check out our website at [www.kandiymca.org](http://www.kandiymca.org). The website is full of YMCA information along with downloadable group exercise schedules and other registration forms.



## Information

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_____	_____	_____	_____	_____
Last Name	First Name*	Date of Birth*	E-mail	
_____	_____	_____	_____	_____
Mailing Address*	City*	State*	Zip*	Phone
Emergency Contact Name _____	Emergency Contact Phone _____			

Signature \_\_\_\_\_ Date \_\_\_\_\_ Staff Initials \_\_\_\_\_

**By signing, I authorize the YMCA to use pictures of me for Promotional Purposes and I give permission to share my contact information with an external research firm for a future survey about my experiences .**



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Today's 55+ adults are more health conscious than ever before. The Y offers opportunities to maintain a healthy lifestyle and healthy relationships. Exercise programs, both in and out of the water, pickleball, speakers, Twins games, theatre trips, and volunteer opportunities are available. Our goal is to promote well-being while fostering friendship and camaraderie.

Enroll in the FREE Happy Together Program to find out more about these opportunities and connect! Visit Beth Johnston at the Y or email her: [bethj@kandiyymca.org](mailto:bethj@kandiyymca.org)

65 or better? Your insurance may include free membership in the YMCA. Scholarships are also available!



320-222-9622 x 263 / [bethj@kandiyymca.org](mailto:bethj@kandiyymca.org)