



Active Older Adults September 2018

SilverSneakers *and* Silver & Fit Memberships

Social Club. Coffee and refreshments served every Tuesday morning. The group starts at 10:00am with an Inspirational and Prayer, followed by a visiting time, activities, or games.

What's Happening This Month...

September 4th: Birthday Social

September 11th: Fitness with Leslie

September 18th: August Facts/Bingo

September 25th: Greg Stehn/Sheriff/Fraud

Senior Dining: September 4th, 2018

- Roast Pork
- Whole Potatoes
- Buttered Cabbage
- Bread
- Rosy Applesauce
- Milk

The Y offers 2 types of free memberships for "Medicare Eligible" individuals. Eligibility for these memberships is based on the type of Medicare Supplement Insurance that you have. Your insurance carrier is the best source of information as to which (if any) membership you are eligible for. They can be reached at the 1-800- (phone number on the back of your medical insurance card.)

SilverSneakers: This is a free membership. There are no minimum requirements for number of visits; however, the intent is for you to visit as often as possible. Types of insurance that MAY qualify for this membership are "U-Care for Seniors", "Humana" and "Medica". If you are eligible for this membership, you should have received a Heathway's ID card with a 16 digit ID number. Bring this card in to sign up for your membership.

Silver & Fit: This is also a free membership and there is no minimum required number of visits. You are encouraged to visit as often as possible. Types of insurance that MAY qualify for this membership include "Blue Cross Blue Shield" and "Health Partners". If you are eligible for this membership, you should have received a Silver & Fit ID card with a Fitness ID number. Bring this in to sign up for your membership. You will be instructed to call a 1-800 number to designate a facility. There may be a nominal annual fee for some plans.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:00am Shallow Water Aerobics 9:00am Deep Water Aerobics 1:00 pm Silver Sneaker Classic 5:30 pm Shallow Water Aerobics	8:00am Shallow Water Aerobics 1:00pm Silver Sneakers Muscular Strength & Range of Motion (Classic)	8:00am Shallow Water Aerobics 9:00am Deep Water Aerobics 10:00 am Yoga 5:30pm Water Aerobics	8:00am Shallow Water Aerobics 1:00pm Silver Sneakers Muscular Strength & Range of Motion (Classic)	8:00am Shallow Water Aerobics 9:00am Deep Water Aerobics 5:30pm Shallow Water Aerobics

