

**IT'S A FACT, WE'RE
LIVING LONGER, AND
DOING OUR BEST TO LIVE
HEALTHIER! THE Y CAN
HELP!**

Today, older adults are more health conscious than ever before. The Y offers Seniors the opportunity to maintain a healthy lifestyle and healthy relationships. Exercise programs, both in and out of the water, social contacts, and volunteer opportunities are offered. Our active adult exercise classes promote fitness and well-being while fostering friendships and camaraderie.

SilverSneakers® and Silver & Fit Memberships

The Y offers 2 types of free memberships for Medicare Eligible individuals. Eligibility 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 may be eligible.

There are no minimum requirements for number of visits but we hope you visit as often as possible.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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HEALTHY AGING PROGRAM



**HAPPY
TOGETHER**

**KANDIYOHI COUNTY AREA
YMCA**





SPECIALIZED GROUP EXERCISE CLASSES

Engage at Every Age

The Kandiyohi County Area YMCA's group exercise program offers quality classes for members of all interests and fitness levels. Many of these classes are designed to meet the needs of older members with specific health considerations or physical limitations.

While all of our classes can be modified to meet your needs, we recommend the following classes for older members and those with health concerns:

- Shallow Water Aerobics
- Deep Water Aerobics
- Cycling 101
- Yoga
- Simply Yoga
- SilverSneakers® Classic

Dates & Times:

[View our Group Fitness Schedules for specific days, times, and locations.](#)

Fee: Free to all YMCA members



Social connections and emotional well being are a key to long life.

HAPPY TOGETHER

- This program is **FREE** to all persons who enroll. We ask that you participate in a survey at the start and at year end.
- If you are not a member of the YMCA and enroll in the Happy Together Program, one month complimentary adult membership is available to try out the Y's fitness classes. For more information contact Beth Johnston at bethj@kandiyymca.org



FREE YMCA MEMBERSHIP

You may be eligible for a **FREE** annual membership! Did you know 1 out of 5 people, age 65 and older, are eligible for this fitness benefit? If you're a group retiree or part of a Medicare health plan, you may qualify for a valid membership. If you are not eligible, no problem! The YMCA offers a discounted membership for seniors and financial assistance is available.

Upcoming Events

- ◆ Posture– Your Mother was Right! May 14
- ◆ Book Club “Potluck Murder” June 4
- ◆ Twins v. Mets July 17
- ◆ Dykstra Garden of Eden Tour & Luncheon Aug. 20
- ◆ Chanhassen Theatre “Mamma Mia” Sept. 11

Coffee times each Tuesday at 10:00 am . Free coffee, laughter, and connections. All Welcome!



Connecting with other people is a great stress reliever, which can help your long-term health.