



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVE AGING WEEK

**FAYETTEVILLE YMCA  
SEPTEMBER 23RD-27TH**

Active Aging Week offers free materials and fun activities to help with aging in a healthy way. Join us for activities each day of the week that will help to stimulate memory, improve balance and engage with your community.

**Monday 9/23 8:30am -12pm: Fruit & vegetable tray with fun puzzles**

**Tuesday 9/24 9-11am: Pickle ball & corn hole**

**Wednesday 9/25 9:30am-12pm:**

**Blood pressure awareness &**

**Healthy Blue information**

**Thursday 9/26 1-2pm: Card games  
& tea**

**Friday 9/27 9:30am-12pm: Move  
for Better Balance 30-minute Intro  
classes**

