



## Active Older Adult Newsletter • 2026 Spring

### Spring is just around the Corner!

Get ready for a season filled with fun, engaging events and workshops to keep you moving and connected. Discover all the ways you can enjoy a healthy and vibrant lifestyle with the Y this spring!

Click on the underlined text for more information.

## FOREVER BELONGING



### NEW-The Y is Now Offering Our Own Trips for Adults

We're excited to share that the YMCA will now be offering our own adult trips—creating even more opportunities to connect, explore, and travel together. These **well-planned, affordable adventures are designed with our Y community in mind**, making it easy to enjoy the experience from start to finish.

With convenient pick-ups and drop-offs at the Y (and select venues), brand-new coach buses, and professional drivers through our transportation partner, KB Excursions, you can simply sit back, relax, and enjoy the journey. We can't wait to hit the road with you! [See the schedule and get more info here.](#)

**PABST FARMS**

**Bingo at Pabst Farms** - Select Friday afternoons at 1:00pm

**Bridge** - 1st Friday of every Month, 8:30-10:30am starting May 1st

**Coffee & Community** - Tuesdays 8:00-10:00am in the lobby

**5 Handed Sheepshead** - 2nd & 4th Fridays of every month, 10:30am-12:30pm

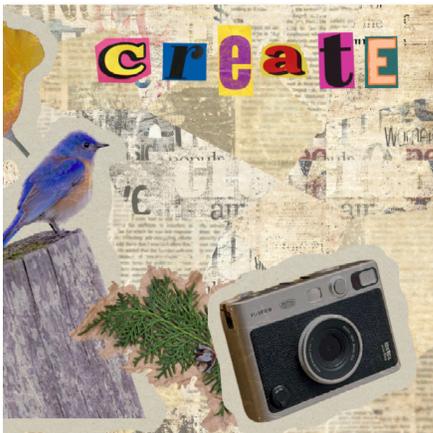
**Mended Hearts Cardiac Support Group** - Second Wednesday of select months

**SCHULTZ FAMILY YMCA**

**Fire Station Tour** - March 13th

Click here to register for all our events!

## FOREVER LEARNING



### Creative Connections Collage Workshop

Connect with others as you relax and create. We will be using painted papers, magazines, words and other images to create an expressive collage. Come experiment with paper collage! No art experience needed. All art materials provided. Lead by Mel Kistner, Our Healthy Minds Program Director.

**March 10th, 6:00-7:00pm**  
Schultz Family YMCA

**PABST FARMS**

**Tech Help Workshop** - April 10th

**Memory Loss:What Could it Mean?** - April 14th

**Maintaining Your Brain Health** - April 21st

**Curb Appeal Gardening/Landscaping Class** - April 22nd

**Advance Directives Info/Form Completion** - May 13th

**SCHULTZ FAMILY YMCA**

**Gardening Basics** - Select Fridays

**Gut Health Workshop** - March 27th

**Get a Strong Pelvic Floor** - April 14th

**Make Your Own Yogurt** - April 17th

**Gold Star Self Defense** - April 24th

**Photo Peace: Organizing Your Digital Memories** - May 15th



## Why Heart Health Can Feel Complicated

Heart health advice often focuses on restriction: less salt, less fat, fewer indulgences. While those messages usually mean well, they can miss something important, people are more likely to stick with habits that feel supportive, not punishing.

Heart health is influenced by many factors: nutrition, movement, sleep, stress, and social connection. Food plays a role, but it doesn't need to feel rigid or all-or-nothing.

[Read More on Our Blog](#)

## FOREVER MOVING

### PABST FARMS

**AOA Cycle** - Our newest class to best serve our Active Older Adults in this 30-min non-impact cycling class that will increase leg strength, cardiovascular stamina and heartrate training. From bouts of cardiovascular endurance to periods of high intensity interval training, you will improve both your aerobic and anaerobic energy systems thereby improving your overall cardiovascular health! Come try it on Fridays at 10:30am in the Cycling Studio beginning March 20th!

[Check the Group Ex schedule for class days/times](#)

### SCHULTZ FAMILY YMCA

**QiGong**- Pronounced "chee-gong". Now offered 4 times a week! QiGong Mobility integrates postures, breathing techniques, and focused intentions. The gentle, rhythmic movements warm tendons, ligaments and muscles. QiGong is a traditional Asian training method. All fitness levels welcome.

[Check the Group Ex schedule for class days/times](#)

## STAY IN THE KNOW

We want to keep you in the loop on all the happenings at the Y. Please see the below information for resources and schedules.

[Pabst Aquatic/Land Fitness Class Schedule](#) - Check out all opportunities to stay fit on land and by pool at the Y!

[Schultz Family YMCA Schedule](#) - See options for active older adults, including Silver Sneakers chair-based classes and group exercise classes.

GLACIAL COMMUNITY YMCA | [GLCYMCA.ORG](http://GLCYMCA.ORG)



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