

Active Older Adult Newsletter • 2026 Fall

Fall is in full effect!

Embrace 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 fall!

Click on the underlined text for more information.

FREE MEDICARE 101 CLASS

Medicare doesn't have to be confusing. Join us for a FREE Medicare 101 class designed to help you understand your options and make confident decisions.

This class is ideal for:

- Individuals turning 65 in the next 6 months
- Those transitioning from employer coverage
- Family members helping an aging parent
- Anyone looking for a Medicare refresher or updates

THIS SATURDAY!
October 10th • 10:00-11:30am
Roehl Family YMCA



Register today!

SENIOR FAIR

Thanks to those that stopped by to see us at the Senior Fair last week!

Cathi Dorn, our Senior Adult Program Director, and Mel Kistner, our Healthy Minds Program Director were on hand to show off all the programs the Y has to offer for seniors in our community!

Stop by our ForeverWell Senior Fair at the Y on November 12th, 11:00am-2:00pm at the Roehl Family YMCA.



FOREVER BELONGING



Connect.Explore.Travel Together.

The Y offers our own Adult Trips. These adventures are well planned, affordable, and designed with our Y community in mind so you can sit back, relax, and enjoy every moment.

- Convenient drop offs and pick ups at the YMCA
- Meet new people and explore new destinations without the stress of driving or planning.

Oneida Casino - November 19th

Bel Canto Chorus: Christmas in Basilica - December 6th

Learn more about the Y's Adult Trips

ROEHL FAMILY YMCA

Bingo - Select Friday afternoons at 1:00pm

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

Coffee & Community - Tuesdays 8:00-10:00am in the lobby. Pull up a chair and join the dynamic and welcoming group that has organically grown into a conversational community!

5 Handed Sheepshead - Fridays, 10:30am-12:30pm

Rummikub - Tuesdays & Fridays, 8:00-11:00am

Mended Hearts Cardiac Support Group - Second Wednesday of select months

Annual Christmas Luncheon - December 7th- Blue Christmas? Not this year! Celebrate with Elvis and Friends.

SCHULTZ FAMILY YMCA

Christmas BINGO – December 18th, 11:00am

Click here to register for all our events!

FOREVER LEARNING

ROEHL FAMILY YMCA

Free Medicare 101 Seminar - October 10th at 10:00am

Aging Brilliantly Lecture Series - October 13th, 20th, 27th, 10:30-11:30am

Landscape Canvas Painting Class by Mel Kistner - October 30th, 10:30am

Consequences of Untreated Hearing Loss - November 12th (free optional hearing screening after)

ForeverWell Senior Fair - November 12th, 11:00am-2:00pm

Thriving Through the Holidays Workshop - November 16th, 10:30am

Midfield Men, Bible Study for Men - Wednesdays, 7:00-8:00am

MFM Ministries, Women's Bible Study - Wednesday, 9:00-10:30am or 6:30-8:00pm at Whitestone Church

SCHULTZ FAMILY YMCA

Thriving Through the Holidays - November 20th, 11:00am

Monthly Accountability Club - Meets 2nd Monday of the month at 9:30am

Abide, Bible Study for Women - Meets the first and third Tuesday of each month at 9:30

Faith Builders, Bible Study for Men - Meets on Tuesdays 6:30-7:30pm

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FOREVER MOVING

ROEHL FAMILY YMCA

AOA Total Fitness - Truly ideal for the Active Older Adult, this class will focus on improving cardiovascular health, muscular strength, stability and balance. Expect a fun, yet challenging workout for the active senior. Use of handweights, resistance tubing, ring bands, floor gliders and a mat can be used within the class. Bring water and a small towel as you will get a total workout!

Check the Group Ex schedule for class days/times

SCHULTZ FAMILY YMCA

Zumba - Zumba is a fitness program that combines Latin, international and popular music with dance moves. Routines incorporate alternating fast and slow rhythms to help improve cardiovascular fitness, balance and coordination. You wil get a great workout and have a great time! Zumba Gold and Zumba Gold Tone are slower and less intense versions of the dance moves, but still provide a great cardio workout.

Check the Group Ex schedule

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.

Roehl Family YMCA 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 chair-based classes and group exercise classes.

GLACIAL COMMUNITY YMCA | GLCYMCA.ORG

Glacial Community YMCA | 1750 E. Valley Road | Oconomowoc, WI 53066 US

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