



# SENIOR FOCUSED GROUP EXERCISE CLASSES

## ARTHRITIS WATER EXERCISE

**When:** Mondays, Wednesdays, Fridays at 9:50am, Pool. Low intensity and impact. Workouts in shallow end of pool.

## SHALLOW WATER EXERCISE

**When:** Mondays at 9am, Thursdays at 8:40am, & Saturdays at 9:15am, Pool. High intensity aerobic workout; low impact. Water resistance tones and strengthens muscles.

## CHAIR CARDIO

**When:** Wednesdays at 9:15am, East Gym. Low impact cardiovascular workout with muscle conditioning using a variety of props and a chair for balance.

## CHAIR TAI CHI

**When:** Fridays at 10:15am, East Gym. A practice that involves a series of slow gentle movements, physical postures, and controlled breathing while utilizing a chair for balance.

## CHAIR YOGA

**When:** Wednesdays at 11:05am, East Gym. A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include improved flexibility, better concentration, increased strength.

## FIT & FABULOUS

**When:** Thursdays at 10:00am, East Gym & Thursdays at 10:00am, Diamond Community Complex  
Class Address: 2782 Diamond St NE, Canton, 44721.

## LINE DANCING

**When:** Mondays & Wednesdays at 11:15am & Fridays at 11:15am, Exercise Studio. Each line dance is choreographed to a specific song, incorporating a string of moves that become a dance routine improving coordination, balance and flexibility.

## SENIOR CARDIO

**When:** Thursdays at 10:15am, East Gym. Low impact cardio, toning and flexibility all in one class. (Chairs available if needed)

## SILVER SNEAKERS

**When:** Mondays, Tuesdays, Wednesdays at 10:15am, East Gym. Increase muscular strength, range of movement and activities for daily living. Hand weights, elastic tubes and a ball are used for resistance. Chair is used for sitting and/or standing.

## TAI CHI

**When:** Tuesdays & Thursdays at 10:30am, Multi-Purpose Room. A practice that involves a series of slow gentle movements, physical postures, and controlled breathing.

## ZUMBA GOLD

**When:** Mondays & Fridays at 10:15 am, Exercise Studio. Zumba for beginners and seniors. Mix of Latin and International music. Interval training format combining various rhythms with movement that tone and sculpt the body.



# AMONG FRIENDS

NORTH CANTON COMMUNITY BUILDING YMCA  
ACTIVE OLDER ADULTS NEWSLETTER

## October 2024

Greetings to all our wise and wonderful seniors! October is upon us, and we've cooked up a spooky-fun lineup of events to keep you on your toes. From decluttering tips that'll turn your closets into Marie Kondo-level masterpieces, to bingo (a.k.a. the sport of champions), we've got something for everyone.

Oh, and did someone say Halloween? Yes! There's a potluck party in the works, so bring your best dish and maybe even a ghost story or two. Check out what's happening!

As always, you're the heart of our community, and we can't wait to see your smiling faces at these events! Until next time, stay golden (and maybe keep an extra candy bar handy for trick-or-treaters!)

Melissa Svetlich  
North Canton YMCA Wellness Director, 330-499-2587

### UPCOMING EVENTS AT A GLANCE:

#### October 2

- Jenn's Downsizing Workshop

#### October 9

- Bingo with Meagan

#### October 16

- Pumpkin Painting with Lori

#### October 23

- Crafting with Tarry

#### October 30

- Halloween Potluck Party & Trivia

## Coffee & Conversation

Tuesday, November 12  
11:15am, East Gym

Join us for a fresh cup of coffee right after Silver Sneakers.

Second Sole will be here to talk about the right shoes for your favorite activities. They will also be doing assessments and fittings for those who would like help in finding perfect footwear.





Our Senior Socials are weekly meetups of active older adults for fellowship and fun. We meet every Wednesday from 12:00-1:00pm in the Multi-Purpose Room at the North Canton YMCA unless otherwise noted in the schedule. Hope to see you there!

**October 2, Jenn’s Downsizing Workshop (Lunch Provided)**

Ready to give that overstuffed closet a reality check? Jenn, the ultimate downsizing guru, will help you organize your space like a pro. Whether you’re moving to a new place or just want to find out what’s hiding under that pile of sweaters from the 80s, Jenn’s got your back! Get ready for tips and tricks on decluttering, rearranging, and downsizing without losing your marbles (or your marbles collection!). RSVP by 9/30.

**October 9, Bingo with Meagan (Lunch Provided)**

Let’s face it, folks, Bingo isn’t just a game – it’s a lifestyle. Join Meagan from Amherst Meadows for an afternoon of intense bingo showdowns. Will this be your day to strike gold with B-13, or will G-46 lead you to glory? There’s only one way to find out. Bring your game face and a lucky charm (rumor has it that fuzzy socks bring extra luck). Lunch provided by Altercare of Hartville. RSVP by 10/7.

**October 16, Pumpkin Painting with Lori (Bring your brown bag lunch)**

Get ready to unleash your inner Bob Ross—happy little pumpkins, because Lori is hosting the ultimate pumpkin painting party! Don’t worry if your artistic skills are more “abstract” than “museum-worthy,” because we’re here for the fun and laughs, not perfection!

Cost: \$2 for all materials. RSVP by 10/14.

**October 23, Crafting with Tarry (Bring your brown bag lunch)**

Feeling crafty? Tarry from Canton Christian Home is coming to guide us through a fun and easy fall craft project. If you’re thinking “I’m no Picasso,” don’t worry – no artistic skill is required, just bring your creative spirit and a willingness to glue things together. You’ll leave with a one-of-a-kind creation perfect for impressing your grandkids or confusing your cat. RSVP by 10/21.

**October 30, Halloween Potluck Party & Movie Trivia**

Trick or treat, it’s time to eat! Bring your best Halloween-themed dish (bonus points for anything involving pumpkin) and join us for a spooky feast. We’ll also be testing your knowledge with some Halloween movie trivia – think you know your “Casper” from your “Hocus Pocus”? We’ll see! Costumes are encouraged but not required – although we wouldn’t say no to a Dracula sighting or two. RSVP by 10/28.


**Join the club!**

**Saturday Walking Club!**

Every Saturday at 11:00am at Price Park walking track. Begins May 4. Meet at parking lot off West Maple.



Join the Card Club every Friday at 12:00pm. Meet in the Founder’s Room Lobby.



**Call for volunteers!**

The YMCA is currently seeking volunteers to help with our annual Halloween event! This is an indoor event.

Date: Oct. 31, 4-8pm

Where: North Canton YMCA

Please let Melissa know if you would like to help! [mvetlich@ymastark.org](mailto:mvetlich@ymastark.org)

We had a blast as we kicked off our first practice round of MIND CHALLENGE during our senior social! Our attendees had so much fun putting their trivia skills to the test in this exciting competition. We’re gearing up to enter teams for the spring MIND CHALLENGE contest, and we want YOU to be part of it! Gather your friends and get ready to form a powerhouse team. This is a fantastic FREE activity for our seniors, with the chance to compete for cash prizes for your city. Want to know more? Check out [themindchallenge.com](http://themindchallenge.com)!

