



ABOUT US

PRESIDENT'S MONTHLY UPDATE
Michael L. Ranck, President/CEO



HEALTHY AGING AT THE Y

As we age, it is increasingly important to stay active and exercise regularly. At the YMCA we've made the health and fitness of our seniors a top priority by providing programs for the spirit, mind and body. Through group exercise classes and aquatic programs that concentrate on mobility and flexibility, dance classes, social gatherings, and volunteer activities, our YMCA is bringing Seniors / Active Older Adults together to build lasting relationships and community ties.

Benefits of Starting an Active Lifestyle Today

- Physical activity reduces risk of heart disease, diabetes and some cancers.
- Physical activity helps reduce pain.
- Exercise helps increase muscular strength, flexibility and balance.
- Physically active people have fewer symptoms of depression.
- Physical Activity = Longer Life!

At the Community YMCA we offer programs designed for our Active Older Adults with staff who are well-trained in not only the physical skills, but who are also caring and understanding of the special needs our seniors have. While we offer a variety of programs for all ages and fitness levels, we have specifically designed programs for men and women, ages 50 and over, like:

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|----------------------------|-------------------------|
| • SilverSneaker Classic | • Senior Strength |
| • Zumba Gold | • Low Impact Cardio |
| • SilverSneaker Cardio | • Water Walking |
| • SilverSneaker Yoga | • SilverSneakers Splash |
| • Senior Fitness & Balance | • Bad Back |
| • Better Balance | • Water Jogging |

To find out how you can join in these activities, contact one of our branches. We can help you determine your eligibility simply by checking your health care card. Don't worry, if your insurance does not include this benefit, the Y offers affordable membership options to make it easy for you to get involved.

UPCOMING FALL FAMILY & SPECIAL EVENTS

October 13
Drop & Dash Paint Party
(6-9pm RY)

October 14
Family Scavenger Hunt
(11am-3:30pm LY)

October 20
Kids' Night Out
(4:30-8pm LY)

October 26
Trunk or Treat
(6-7:30pm RY)

November 10
Drop & Dash Paint Party
(6-9pm RY)

Register for these events online at www.cyedc.org or at the Front Desk.



GIVE FOR A BETTER US

When you donate to the Y, you're supporting programs and services that help strengthen your community. Give for a better us.

www.cyedc.org

OUR MISSION

The Community YMCA of Eastern Delaware County is a charitable association founded on Christian principles, dedicated to building a healthy spirit, mind and body. We are committed to being a positive part of family life by promoting the values of caring, honesty, respect and responsibility.

Lansdowne YMCA
2110 Garrett Rd., Lansdowne, PA 19050
P: 610.259.1661

Ridley Area YMCA
900 South Avenue, Secane, PA 19018
P: 610.544.1080

Community YMCA School Age Program at Springfield SLC, Sabold & Scenic Hills