



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SENIOR APPRECIATION WEEK

Join us at the Spencer Family YMCA in appreciation of Seniors! For the week of March 27, seniors (age 62+) are welcome at the YMCA in appreciation of You!!

- ♦ **Stop in to get a pass to try the Y for free for a month!**
- ♦ Attend fitness classes at no cost
- ♦ Enjoy morning coffee and snacks
- ♦ Give Pickle Ball a try!
- ♦ Chat with a Personal Trainer
- ♦ Get your blood pressure checked
- ♦ Tour the YMCA including the Therapy Pool

**You never know who you
already know at the Y!**

WHEN: March 27-31
8am-12pm Each Day

WHERE: Spencer Family YMCA

QUESTIONS: Contact Jennifer Coffman,
712-262-3782 or
jcoffman@spencerymca.org

