



AGING STRONG



PROGRAM OVERVIEW

The YMCA Aging Strong Program is designed to help older adults improve health outcomes, increase socialization and maintain independent living. Programming includes group fitness offerings along with activities to promote socialization, cognitive function and fall prevention.

DAY: WEDNESDAYS

TIME: 12:15 PM

PLACE: Ann Hardy Center 3300 1st Ave RVA

FORMAT: Gentle chair based class including cardio, strength, flexibility, and balance. Come socialize and have fun!

LET THE Y COME TO YOU!

On-site Aging Strong programming is available from the YMCA OF GREATER RICHMOND. The Y is able to build a customizable program specific to your needs. A typical program has 4 categories:

PHYSICAL ACTIVITY

Group exercise performed seated and/or standing.
Services: Group exercise classes 1-3 days a week and fitness testing

SOCIAL ISOLATION

Social interactions to keep people mentally, physically and emotionally fit.
Services: Trips, Bingo, Games

COGNITIVE FUNCTION

Awareness, information handling, memory recall and reasoning activities.
Services: Puzzles, Game Play, Quizzes

FALL PREVENTION

Improve strength, flexibility and train key body systems.
Services: Group exercise 1-3 days a week, fitness testing and workshops

AGING STRONG PROGRAM

PROGRAM SAMPLE DAY

- Open time for game play, puzzles and quizzes (30 minutes)
- Chair-based group exercise (1 hour)
- Organized social activity for bingo and group games (30 minutes)

**For more information, contact
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or fosterf@ymcarichmond.org**

Y STORY

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Sarah Gholson exercises every day on her own. She lives an independent lifestyle and remains social with regular interactions with her family and friends.



She is a very active Senior Connections Friendship Café member who bakes regularly. In fact, Sarah baked a cake for the Aging Strong CAPUP Instructor Lisa for her birthday. Sarah remains mentally sharp by knitting blankets for people, sewing and cooking.

Sarah says that exercise is wonderful and she is reminded by her doctor's advice that exercise is better than any medicine he can give her! Sarah is aging strong at 96 years old!



For a Better Us.™

