



**WEDNESDAY,  
MAY 26, 2021  
10 A.M. – 4 P.M.**

Free in-person and virtual events  
> [bit.ly/seniorday21](https://bit.ly/seniorday21)

Participants will receive a 7-day pass to SCAN and the YMCA of their choice.

# NATIONAL SENIOR HEALTH & FITNESS DAY<sup>®</sup>

SCAN, YMCA of Greater Monmouth County and Ocean County YMCA are welcoming Seniors age 55 and older to share a day of good health!

TIMES	FREEHOLD	OLD BRIDGE	RED BANK	OCEAN COUNTY	VIRTUAL
10:00 A.M.	Deep Water Aerobics	Barre	Senior Fitness	Tai Chi & Open Swim	Bone-Up Against Osteoporosis
10:30 A.M.					
11:00 A.M.	Chair Yoga	Aqua Swinnastics	Zumba	Chair Yoga & Open Swim	Chair Yoga
11:30 A.M.					
12:00 P.M.	Lunch/Social				
12:30 P.M.	Fall Prevention	Fall Prevention	Fall Prevention	Fall Prevention	Fall Prevention
1:30 P.M.	See Virtual	See Virtual	See Virtual	See Virtual	Brain Games
2:00 P.M.	See Virtual	See Virtual	See Virtual	See Virtual	Stress Mgmt. Workshop
2:30 P.M.	See Virtual	See Virtual	See Virtual	See Virtual	Stretch & Meditation
3:00 P.M.	A Walk & Talk Stroll	A Walk & Talk Stroll	A Walk & Talk Stroll	Crochet Club	



WITH OUR PARTNERS:



Register online > [bit.ly/seniorday21](https://bit.ly/seniorday21)

[info@ymcanj.org](mailto:info@ymcanj.org)

FREEHOLD FAMILY YMCA  
470 East Freehold Road  
Freehold, NJ 07728

OLD BRIDGE FAMILY YMCA  
1 Mannino Park Drive  
Old Bridge, NJ 08857

RED BANK FAMILY YMCA  
166 Maple Avenue  
Red Bank, NJ 07701

OCEAN COUNTY YMCA  
1088 W Whitty Road  
Toms River, NJ 08755