



HEALTHY AGING DAY

Tuesday, October 14th
10:00 AM – 3:30 PM
DOWNTOWN YMCA



BECAUSE WHEN WE STOP GROWING, WE START AGING

EVENT HIGHLIGHTS

WELCOME & VENDOR TABLES

10:00 AM – 12:00 PM | YMCA Lobby
Connect with local organizations including
Watertown Senior Center, Watertown Hearing Aid
Center, Alzheimer's Association, Jefferson County
Public Health, Office for the Aging, and more!
Morning snacks sponsored by
Watertown Hearing Aid Center

YMCA MEMBERSHIP SPECIAL

Join on Healthy Aging Day and we'll waive the joiner's fee!

EDUCATIONAL SEMINARS (Lecture Room)

10:15 – 10:45 AM

ALZHEIMER'S ASSOCIATION:

Healthy Living for Your Brain & Body
Learn about diet, exercise, cognitive activity, and
social engagement to support healthy aging.
(Registration Required – 20 spots)

11:00 – 11:30 AM

WATERTOWN HEARING AID CENTER:

Understanding Hearing Loss & New Technology

2:00 – 3:30 PM

CORE LIFE

Cooking Class with Chef Steve Rowell
Build a Great Bowl at Home
(Registration Required – 12 Spots)

FITNESS & WELLNESS SAMPLERS

CARDIO STUDIO (30 spots)

11:00 – 11:25 AM | Arthritis Exercise Program
11:30 – 11:55 AM | Tai Chi
12:00 – 12:25 PM | Chair Yoga

RECREATION POOL (30 spots)

12:00 – 12:30 PM | Water Walking

TENNIS COURT (16 spots)

12:00 – 1:00 PM | Pickleball Mini Clinic

LIVE MUSIC

1:00 – 2:00 PM | YMCA Lobby
Performance by La La La — 9 amazing women
singing a variety of genres.

MEMBER MINI TRIATHLON CHALLENGE

Complete:

- 400m Swim
- 10K Bike
- 2.5K Run

Finish the challenge for a chance to win one
of three prizes!