



BUILDING POSSIBILITIES

YMCA OF SOUTH PALM BEACH COUNTY

YMCA is Leading the Charge to Support Active Aging

September is **Healthy Aging Month**, which is meant to raise awareness of the positive aspects of aging and to promote ways for people to stay healthy, active and fulfilled as they get older.

South Palm Beach County is experiencing a 'Seniors Boom'. Its age 65+ population is growing 25-50% faster than the overall rate for Palm Beach County. And as the senior population grows, so do the unique challenges that come with aging.

Two prominent issues affecting this community are **social isolation and a high incidence of chronic illnesses**, such as arthritis, diabetes, Parkinson's disease, and hypertension. Social isolation can have serious mental health consequences, leading to feelings of loneliness and depression. Meanwhile, chronic illnesses can limit mobility, reduce quality of life, and increase healthcare needs.

In response to these growing needs, our YMCA has developed one of the most extensive arrays of senior-focused programs available. These offerings are designed to cater to seniors of every age, interest, and physical ability, fostering both physical health and social connections. Wellness programs include EnhanceFitness, Parkinson's land/water classes and EGYM, while social opportunities include adult field trips, nutrition lectures, technology seminars, and table games.

Our YMCA plays a vital role in ensuring that older adults stay active, engaged, and healthy. With a diverse range of programs that address both the physical and social aspects of aging, the Y is helping to improve the quality of life for local seniors, offering them not just activities but a community in which to thrive.

If your age 65+, the YMCA can help you *'stay in the game'*.



If you are interested in supporting our **Senior programs** and initiatives:

[DONATE TODAY](#)

The YMCA is a charity. For 50+ years, our Y has been a community anchor that delivers unparalleled community impact. We serve 40,000 annually, including 5,000 families and 20,000 youth. Two-thirds are either beneficiaries of our Y's charitable community outreach or receive financial aid.



YMCA of SPBC | 6631 Palmetto Circle S | Boca Raton, FL 33433 US

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