

# THE AOA NEWSLETTER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Bedford Center YMCA

2801 Forest Ridge Drive Bedford, Texas 76021

March 2024

[ymcafw.org/locations/bedford](http://ymcafw.org/locations/bedford)

## ACTIVE OLDER ADULTS



### Senior Ice Cream Social

March 12, 2024

12:15pm-1:30pm

Give into your sweet tooth and have a bowl of ice cream with your fellow YMCA members and guests. There will be different flavors of ice cream and toppings. There will be non dairy ice cream for those with an allergy. Registration is required and you do not need to be a member to attend the event. Feel free to invite friends who are not members of the YMCA. Register at the front desk by calling (817) 725-8439 or online at [ymcafw.org](http://ymcafw.org).

### Wine and Cheese

March 20, 2024

5:00pm-6:30pm

Enjoy some wine and different types chesse with your fellow YMCA members and guests. It is a great opportunity to meet new people and meet the Active Older Adult Coordinator. It is an opportunity to express your opinions and ideas to the AOA Coordinator about the program and what events you would like to see in the future. Registration is required and you do not need to be a member to attend the event. Members are welcome to invite a guest. Register at the front desk by calling (817) 725-8439 or online at [ymcafw.org/bedford](http://ymcafw.org/bedford)

### Senior Luncheon

Come enjoy our lunch on Thursday, March 28, 2024 from 12:15pm-1:30pm in the multipurpose room. Main dish is sponsored and members are responsible for bringing drinks, side, or dessert. These are determined by the first letter of your last name. You do not need to be a member of the YMCA to attend this event.

### Monthly Senior Bingo

Join us for our monthly bingo on 1st Wednesday before Meals on Wheels from 10:00am-11:00am. Register at the front desk or online at [ymcafw.org](http://ymcafw.org)

### Meals on Wheels

Did you know the Bedford Center YMCA is partnering with Meals on Wheels? Meals on Wheels Congregate Meals is an opportunity for people to enjoy a meal together. Meals are served every Monday, Wednesday, and Friday from 11:30am-12:30pm. Meals are free for anyone over 60. Anyone 59 and under will pay \$8.00 a meal. This is NOT an income-based and you do not need to be a member to attend. Participants do not need to attend every meal day. To participate please complete the paperwork for Meals on Wheels. The front desk has the paperwork.

# March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Aqua Fitness/ Zumba Gold 9:30-10:30 Chair Yoga 10:45-11:45	<b>2</b> Aqua Fitness/ Gentle Yoga 9:30-10:30
<b>3</b>	<b>4</b> Aqua Fitness/Silver Sneakers 9:30-10:30 Gentle Yoga/Line Dance 10:45-11:45	<b>5</b> Good Vibes/Chair Yoga 9:30-10:30 Silver Sneakers 10:45-11:45 Aqua Fitness 6:30-7:30	<b>6</b> Aqua Fitness/ Silver Sneakers 9:30-10:30 Tai Chi/Zumba Gold 10:45-11:45 <b>Bingo</b>	<b>7</b> Aqua Fitness/Good Vibes 9:30-10:30 Silver Sneakers 10:45-11:45 Aqua Fitness 6:30-7:30	<b>8</b> Aqua Fitness/ Zumba Gold 9:30-10:30 Chair Yoga 10:45-11:45	<b>9</b> Aqua Fitness/ Gentle Yoga 9:30-10:30
<b>10</b>	<b>11</b> Aqua Fitness/Silver Sneakers 9:30-10:30 Gentle Yoga/Line Dancing 10:45-11:45	<b>12</b> Good Vibes/Chair Yoga 9:30-10:30 Silver Sneakers 10:45-11:45 <b>Ice Cream Social</b>	<b>13</b> Aqua Fitness/ Silver Sneakers 9:30-10:30 Tai Chi/Zumba Gold 10:45-11:45	<b>14</b> Aqua Fitness/Good Vibes 9:30-10:30 Silver Sneakers 10:45-11:45	<b>15</b> Aqua Fitness/ Zumba Gold 9:30-10:30 Chair Yoga 10:45-11:45	<b>16</b> Aqua Fitness/ Gentle Yoga 9:30-10:30
<b>17</b>	<b>18</b> Aqua Fitness/Silver Sneakers 9:30-10:30 Gentle Yoga/Line Dancing 10:45-11:45	<b>19</b> Good Vibes/Chair Yoga 9:30-10:30 Silver Sneakers 10:45-11:45	<b>20</b> Aqua Fitness/ Silver Sneakers 9:30-10:30 Tai Chi/Zumba Gold 10:45-11:45 <b>Wine/Cheese</b>	<b>21</b> Aqua Fitness/Good Vibes 9:30-10:30 Silver Sneakers 10:45-11:45 <b>Senior Luncheon</b>	<b>22</b> Aqua Fitness/ Zumba Gold 9:30-10:30 Chair Yoga 10:45-11:45	<b>23</b> Aqua Fitness/ Gentle Yoga 9:30-10:30
<b>24/31</b>	<b>25</b> Aqua Fitness/Silver Sneakers 9:30-10:30 Gentle Yoga/Line Dancing	<b>26</b> Good Vibes/Chair Yoga 9:30-10:30 Silver Sneakers 10:45-11:45	<b>27</b> Aqua Fitness/ Silver Sneakers 9:30-10:30 Tai Chi/Zumba Gold	<b>28</b> Aqua Fitness/Good Vibes 9:30-10:30 Silver Sneakers 10:45-11:45	<b>29</b> Aqua Fitness/ Zumba Gold 9:30-10:30 Chair Yoga 10:45-11:45	<b>30</b> Aqua Fitness/ Gentle Yoga 9:30-10:30