



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2012 Triple A's Events

## What is Triple A's?

Triple A's (Active Ageless Athletes) is a special group where ALL are welcome to join events and projects, with the events being tailored towards the interests of our members who are over 60 years old. **All events are from Noon to 1pm unless otherwise stated.** I hope you will consider joining us for some great trips, interesting seminars, and some really yummy potlucks!\*

**January 18<sup>th</sup>: Memoir Writing** – How to put your story into a great story to tell.

**February 15<sup>th</sup>: Long Term Care Basics** – The basics of long term care and what it means for you and your family.

**March 14<sup>th</sup>: Weight Training & Exercise Following Joint Replacement** – Learn how you can get back to your workout now that you have a new joint.

**April 25<sup>th</sup>: Biltmore Festival of Flowers (Day Trip)** – Enjoy a day of flowers and beauty at the largest privately owned house in America.

**May 16<sup>th</sup>: BBQ Potluck** – Join us for a fun Barbecue to kick off the summer season, don't forget to bring your favorite picnic dish to share!

**June 20<sup>th</sup>: Laugh Therapy** – Laughter is truly the best medicine. Learn how to use it to stay healthy.

**July 18<sup>th</sup>: Flexibility & Stretching for Active Seniors** – Working with age related limitations but still maintaining flexibility.

**September 19<sup>th</sup>: Medicare Open Enrollment & Changes for 2013** – Understanding the changes to Medicare in 2013 and understanding how Medicare open enrollment works.

**October 17<sup>th</sup>: Surviving the Holiday Season** – How to make it through the holidays and not gain 10 pounds but still enjoy your favorite goodies.

**November 14<sup>th</sup>: Holiday Potluck** – Bring your favorite Holiday dish to share and kick off the yummy holiday season with your YMCA friends and family!

**December 12<sup>th</sup>: Chinqua Penn for Christmas & Winery Tour (Time TBA)** – Enjoy an elegant house and learn how they make their wine, just in time for the holiday season.

## Contact

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\*Please note all events are subject to change based on instructor/staff availability, but we will do our very best not to change any event!