



ACTIVE OLDER ADULTS SCHEDULE

CLARION COUNTY YMCA
499 Mayfield Road
Clarion, PA 16214
814-764-3400
www.clarioncountyyymca.org

EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pickleball 8:00 -10:30 am	Senior Strength 9:00-9:50 am	Pickleball 8:00 -10:30 am	Senior Strength 9:00-9:50 am	Pickleball 8:00 -10:30 am
Senior on the Ball 9:30 -10:20 am	Senior Splash 9:00-9:45 am	Senior on the Ball 9:30 -10:20 am	Senior Splash 9:00-9:45 am	Senior on the Ball 9:30 -10:20 am
SS Classic 10:30-11:20	Cardio Aqua 10:15-11:30 am	SS Classic 10:30-11:20	Aqua Splash 12 pm-1 pm	SS YOGA 10:30-11:20
Aqua Splash 12 pm-1 pm	Evening Pickleball* *Check Schedule	Arthritis Aquatics 12 pm-1 pm		Cardio Aqua 10:00-11:15 am
*Class times subject to change. Call ahead.				

CHESS & CHECKERS CLUB

Do you play chess or checkers?
Join others who want to play!
Game boards are available, or
bring your own. Tuesdays and
Thursdays from 12:00 -3:00 pm.
Other times arranged by group
members. Cost: Free!



CARD CLUB

Card Club is held the 1st and 3rd
Tuesday of each month in the
Multipurpose Room from 11:00 am
to 2:00 pm. Bring a snack to share.
Cost: Free!

- October 6 & 20
- November 3 & 17
- December 1 & 15
- January 5 & 19
- February 2 & 16
- March 2 & 16
- April 6 & 20
- May 4 & 18
- June 1 & 15
- July 6 & 20
- August 3 & 17
- September 7 & 21



BINGO

Connect within the community and try
to win some money. This is a great
opportunity to make some new
friends, have fun and enjoy playing a
game. Y Bingo includes 10 games, a
50/50 raffle and a weekly jackpot
chance. Bingo meets on the 2nd
Tuesday of the month from 1:00-
2:30 pm. Open to the Public.
COST: \$10 per day.
Begins in January 2021.



SENIOR BREAKFAST

Held the last Friday
of every month at the
County Seat Restaurant at 8:00
am.



ACTIVE OLDER ADULTS SCHEDULE

SPECIAL EVENTS

MEMBER CHILI COOKOFF

Thursday, February 18, 2021 11:00 am
Bring a pot of chili and try to win over our member judges. The 2021 Chili Cookoff Champion goes home with a new apron, \$25 in Y program bucks, and bragging rights! Pick up an entry form in the lobby in January 2021.

HOLIDAY COOKIE EXCHANGE

It's time to get your cookie tray ready for the holidays. Sign up to bring three dozen of your favorite cookie recipe. You'll go home with three dozen assorted cookies to share with your family and friends. Held Thursday, December 17, 2020 at 2:00 pm. Free!



MEMBER LUNCHEONS

Our members are invited to a luncheon hosted at the YMCA one Thursday a month. Members **MUST sign up** in advance and bring a luncheon dish to share. Luncheons are held at 12:00 pm and are free unless otherwise noted. Sign up by calling 814-764-3400.

November 19—Thanksgiving Meal—\$3.00

- The Y will provide Turkey, Stuffing, Mashed Potatoes and Gravy. Please bring a side or dessert to share.

December 10—Comfort Casseroles

- Bring your favorite casserole, bread or side dish.

January 14—Birthday Feast—\$3.00

- It's our birthday and we're throwing a party. We're serving meatball sandwiches and cake for dessert. Bring a side dish to share.

February 18—Chili Lunch

- Warm up with a bowl of chili! Bring a side dish or dessert to share.

March 18—Luck of the Irish

- Bring an Irish dish or dessert to share.

April 15—Easter Dinner—\$3.00

- The Y will provide ham & scalloped potatoes. Bring a side dish or dessert to share!

May 20—Picnic Inspired Dishes

- Bring a finger sandwich, side or dessert to share.

June 17—Burgers on the Patio—\$3.00

- Bring a picnic food, summer salad or dessert. The Y is providing grilled hamburgers.

July 15—Hot Dogs on the Patio

- Bring a picnic food, summer salad or dessert.

August 19—BBQ—\$2.00

- Bring your favorite healthy food to share. Y is providing pulled pork and buns.

September 16—Spaghetti Lunch - \$3.00

- We're serving pasta & meatballs. Bring a side or dessert to share.

October 21—Pumpkin Patch Picnic

- Bring a pumpkin or fall classic inspired dish or dessert to share.

COFFEE CLUB

EVERY WEEKDAY, ALL YEAR
8:00 am to 12:00 pm
Free Coffee & Conversation

25 coffee club members receive a free re-usable coffee cup with lid. Join us Tuesday, November 17 for the return of coffee in the lobby with Clark's Donut Holes and a fun coffee bar! TRIVIA 8 am to 9 am!



FREE TRAVEL MUG!

EXCURSIONS

YMCA Camp Coffman Hiking Trails Spring 2021

If you've never been to Eagle Rock or seen the sights at YMCA Camp Coffman, prepare for a fun afternoon. We'll tour the camp, learn some history and hike to Eagle Rock. Wear your hiking shoes. More details coming this spring.

YMCA Farm Camp Spring 2021

Come tour the YMCA's newest property. Learn how the YMCA plans to utilize farming to meet our mission. Learn how you can be a part of this great venture. If you have a green thumb and enjoy kids and animals, this trip is for you. More details coming in the spring.

Trail Club

Hike the North Country Trails in 2021

This club will meet at trail heads in the area and will hike together. Bring your camera and wear your hiking shoes. Members sign up at the YMCA Member Service Desk in March and will be contacted via email with hike dates. Member hikes will be organized and led by a volunteer. If you are interested in leading hikes, please mention it at sign up.