



**THIS
IS YOUR
YMCA**





**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ACCESSIBLE SUPPORT FOR SENIORS

As a charitable organization, the Y is more than just a place to play sports or workout. The Y is a magnet that pulls people together to build stronger communities.

EXERCISE FOR YOUR MIND, BODY, AND WELL-BEING...

WHAT WE OFFER OUR SENIORS:

- **SILVER SNEAKERS**– Available nationwide through select health plans and can help cover the cost of your membership
- **FREE Senior Friendly Wellness Classes**
- **SILVER & Fit**– An exercise and healthy aging program that provides its members access to the Y
- **OPTUM FITNESS ADVANTAGE & AARP BE WELL**– A part of your United Healthcare Medicare Plan
- **FREE Annual Senior Social in December**
- **A pool lift, elevator, and ramps to the facility for ease of accessibility**

**Oneonta Family YMCA
20-26 Ford Avenue
Oneonta NY 13820**

**607 432 0010 opt9
www.oneontaymca.org**



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