



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVE OLDER ADULTS

## July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <b>Ping Pong (Adv.)</b> 9:30-10:30AM	2 <b>Sing-Along with Shirley</b> 11:30-12:30PM <b>FEAST Nutrition</b> 4:30-5:30PM	3 <b>Ping Pong (Int.)</b> 9:30-10:30AM <b>Ping Pong (Beginner)</b> 10:30-11:30AM	4 <b>Independence Day</b> <b>YMCA CLOSED</b>
7 <b>AOA Coffee &amp; Board Games</b> 11:30-1:00PM	8 <b>Ping Pong (Adv.)</b> 9:30-10:30AM	9 <b>FEAST Nutrition</b> 4:30-5:30PM	10 <b>Ping Pong (Int.)</b> 9:30-10:30AM Today at Apple-Cognitive Accessibility Features (Apple Third Street Promenade) 10:00-11:30AM	11 <b>AOA Board Games</b> 12:00-1:30PM
14 <b>Medication Management Workshop</b> presented by WISE & Healthy Aging 11:30-1:00PM	15 <b>Ping Pong (Adv.)</b> 9:30-10:30AM <b>Donation Day Fundraiser w/ Shake Shack</b> 10:30-11:00PM	16 <b>FEAST Nutrition</b> 4:30-5:30PM	17 <b>Ping Pong (Int.)</b> 9:30-10:30AM <b>Ping Pong (Beginner)</b> 10:30-11:30AM <b>Music Therapy Workshop</b> presented by Beth Naeim 12:00-1:30PM	18 <b>AOA Board Games</b> 12:00-1:30PM
21 <b>Medicare Workshop</b> presented by Ann Dreifort 11:30-1:00PM	22 <b>Ping Pong (Adv.)</b> 9:30-10:30AM	23 <b>FEAST Nutrition</b> 4:30-5:30PM	24 <b>Ping Pong (Int.)</b> 9:30-10:30AM <b>Ping Pong (Beginner)</b> 10:30-11:30AM	25 <b>AOA Board Games</b> 12:00-1:30PM
28 <b>AOA Coffee &amp; Board Games</b> 11:30-1:00PM	29 <b>Ping Pong (Adv.)</b> 9:30-10:30AM <b>AOA International Picnic</b> 11:30-1:00PM	30 <b>FEAST Nutrition</b> 4:30-5:30PM	31 <b>Ping Pong (Int.)</b> 9:30-10:30AM <b>Ping Pong (Beginner)</b> 10:30-11:30AM	

\*All activities take place in the Senior Center (2nd Floor) unless otherwise noted.\*  
For more information, contact: Matthew Takahashi | matthew@ymcasm.org | 310 393-2721 ext 116