



TRI-TOWN YMCA SENIOR PROGRAM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**ENCOURAGING
GOOD HEALTH,
FOSTERING
CONNECTIONS**



ABOUT OUR PROGRAM

Here at the Y, seniors have a chance to keep active and grow in spirit, mind and body. New friends and new opportunities add joy to life. The Y also gives older adults a chance to volunteer their time and talents with others, such as children and teens.

Physical activity is essential in maintaining a higher quality of life and independence among seniors. Regular exercise provides many practical benefits, including reducing the risk of diseases and conditions such as diabetes, osteoporosis, coronary artery disease and high blood pressure. Stronger muscles, better balance and coordination, and higher energy levels all work together to maintain or improve basic living skills.

Programs include low impact water exercise, community involvement and more.

Questions?

Call Us!

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WATER FITNESS

Our water fitness programs are open to swimmers and non-swimmers alike. These exercises are easy on the entire body and without the painful side effects that other sports can inflict. The water's buoyancy makes this an excellent therapy program. These 7 week sessions are held year round on Monday and Thursday mornings. Our classes are held at Lexington Square Senior Residence, 555 Foxworth Blvd. (near Finley and 22nd Street) in Lombard.

SUNSHINE PROGRAM

Y Volunteers make daily phone calls to those who are home bound or living alone in Lombard, Villa Park or Oakbrook Terrace. Our program is designed to bring a little friendly conversation into each person's day and to confirm that they are well and need no assistance. If help is needed, the Y can initiate the proper action. If you or someone you know would benefit from this program, or wish to volunteer as a Sunshine Caller, please contact the YMCA at 630-629-9622

VOLUNTEERING

You have so much to offer, we hope you will consider volunteering at Tri-Town YMCA! If you enjoy helping with homework, doing arts/crafts and other activities with elementary school children, then volunteering in Y's kids afterschool program could be fun for you. There are many other opportunities to volunteer and support your community. Call us to learn more.

(All volunteers are subject to background check.)

HOMEBOUND BOOK DELIVERY

This program is offered to Lombard Residents in Conjunction with the Helen Plum Library. Our volunteers deliver books to those who are unable to to the library themselves. The Y interviews the seniors and sets up a delivery system. If you enjoy reading the would like to share the experience with seniors who are home bound, call us at 630-629-9622.

SENIOR OUTREACH PROGRAMS

The Tri-Town YMCA can help you network with the right agency. Call us at 630-629-9622 for information regarding any of the above programs.

**"The water classes at the Y are wonderful.
I have been attending 2 days a week for 9 years.
What a blessing it has been!"**

-Linda

