

SENIOR PROGRAMS

Coffeehouse at the Sunbury YMCA: Every Tuesday & Thursday 10:30am – 11:15am.

Card Club... Come Play cards every Thursday at 11am in the Youth Center.

Mark Your Calendars

- Our 2nd Annual “**Souper Bowl**” will take place in January
- Our 2nd Annual **Chill Cook Off** coming in February.
- **Toning or Yoga with Gail- every Tuesday from 11:15-Noon.**

Senior Programs in Milton

Milton YMCA Senior Coffeehouse Every Tuesday & Thursday 10:00 am – noon

