



National Senior Citizens Day

At the Yates Community Center

August 20, 2021

Join us as we celebrate YOU!

The YCC will host a National Senior Citizens Day celebration on August 20, 2021, from 9 a.m. to 3 p.m. Come join us for one or all scheduled events.

Pre-register by Aug 18th, 2021 and be entered in a drawing for a free YCC gift bag.

Schedule of Events

9:00 am-9:45 am	Tea, coffee, water, energy snack, brain games, and information about the YCC
10 am -12 noon	Bob Naprava Insurance will help you find out if your insurance pays for a gym membership
10 am-10:45 am	Strength and Balance Class taught by instructor Dawn Shipman
10:30 am-12:00	Independent at Home by Robert & Rosemary Knapp
10:30 am - 12:00	Christina Rotundo from Juzo Compression Wraps
11:00 am - 11:45 am	Chair Yoga
12:30 pm	Lattimore Physical Therapy demo
1:30-2:00 pm	Nutrition with Gretchen Scalpi, RDN, CDCES Nutrition & Wellness Consultant
2:00 pm-3:00 pm	Container Gardening Cornell Cooperative Extension

Welcome Seniors, Family Members, Community & Caregivers
Join us for this event at the Yates Community Center
Ages 50+

Call us for more information at
315-536-3354 or email us at
contact@yatescc.org

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