SOCIAL SENIORS CLUB

Join us for potluck brunches, guest speakers and more! Brunch at 9:00 AM, speakers and programs beginning at 9:30 AM. Call Robyn Pearce at 262-409-2967 for details. No advance registration necessary.

THURSDAY, SEPTEMBER 21
THRVIENT FINANCIAL – YOUR LEGACY
Location: Y Lounge
Thrivent is a non-profit organization of Christians who’s goal to help people understand how they can benefit the causes and communities close to their heart through their financial planning.

THURSDAY, OCTOBER 19
GETTING RID OF THE TOXINS THAT ARE DESTROYING YOUR HEALTH
Location: Y Lounge
Our regular Y presenter Dr. Janice Jurack returns to talk to us about how to detox naturally, easily and effectively.

We’ve heard so much about toxicity, now let’s talk about how we can reduce toxicity from our body and environment.

THURSDAY, NOVEMBER 16
NON-SURGICAL TREATMENT OPTIONS FOR ARTHRITIS AND TENDONITIS
Location: Conference Room
Dr. Amy Ford provides non-surgical treatment options for all types of joint pain, from the neck to the toes. Dr. Ford’s goal is to help patients regain their maximum functional level and optimize quality of life.

THURSDAY, DECEMBER 21
ANNUAL CHRISTMAS PARTY
12:00 – 2:00 PM
Location: Aerobics Room
Whitnall High School’s award winning theatre students return to entertain you along with your Zumba gold group and the dancing director.

Hot ham, rolls, and all drinks supplied. Please bring a festive dish to share.

COIN DUMP:
Gather your spare change all season long and bring it along for our Annual Campaign Coin Dump. All funds will go to the Y’s Annual Campaign helping needy families and children in our community.

WAUKESHA YMCA

320 E. Broadway, Waukesha WI 53186
262 542 2557 | www.gwcymca.org