



**GREAT OPPORTUNITIES FOR OUR SOCIAL
REC MEMBERS! OPEN TO ALL MEMBERS!**

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MOVE & CONNECT

» OCTOBER 2026

FREE to members!

WELLNESS WEDNESDAY & FUN FRIDAY (1:00 – 2:00 PM)

**Friday, October 2
Bingo**

**Wednesday, October 7
Pickleball/Chair Strength**

**Friday, October 9
Bingo**

**Wednesday, October 14
Cardio Kickboxing**

**Friday, October 16
Bingo**

**Wednesday, October 21
Yoga**

**Friday, October 23
Bingo**

**Wednesday, October 28
Monster Mash Dance Party**

**Friday, October 30
Spook-Tacular Bingo**

Tri-Cities Family YMCA

1 Y Drive, Grand Haven, MI 49417 | 616.842.7051 | tcfymca.org