

**Try
the
YMCA
week**



West Valley Family YMCA
18810 Vanowen Street
Reseda, CA 91335
818-774-2840

**Seniors & Active Older
Adults Week**

February 8 - 12th

Country Line Dancing Expo

Monday February 8th 10:30AM

Friday February 12th 10AM

Coffee Social Hour

Every morning before 12pm

Nintendo Wii Exercise

Wednesday February 10th 10AM-12PM

BINGO!

Friday February 12th 12PM

Bring your brown bagged lunch!

**Come & also enjoy our scheduled daily
activities everyday as well!**