



**Being physically active with your family is a great way to stay healthy and make exercise fun.**

Here are some ideas on how to include your family in exercise:

- \*Sign up for family tournaments to play tennis, volleyball, or go bowling.
- \*Go biking, fishing, or hiking at a nearby park.
- \*If you live near water, try kayaking, canoeing, or rafting.

Generations is partnering with the YMCA, Vincennes Parks & Recreation Department, Creole Lanes, and the Bicknell Country Club to promote fun and healthy family-friendly activities for little or no cost to adults 50 and over. More activities are being added.

## SCHEDULED EVENTS

**Bicknell Country Club:** Sept. 14th golf outing 6-8 p.m.; 50+ Adult & guest golf 9 holes with cart, complimentary goodie bag and a chance to win prizes for \$30 for two. Call 800-742-9002 to register.

**Creole Lanes:** Oct. 24th from 6 p.m. to 8 p.m. 50+ Adult & guest bowl for \$10.

**Zumba:** Zumba® classes with Tricia Trent (Gold, and toning, too) - first class free, call 812-890-1139 for more information.

\*The YMCA of Vincennes continues to offer programs to keep older adults active. For more information on what activities are available, contact the YMCA at 812-895-9622.



Thank you to Old National Bank for providing funding to promote these events!

