

SEPTEMBER EVENTS

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2025

SUNSHINE GANG



DONUTS & DEVOTION

Y Coffee Area - 9AM



TRIP TO BURGESS FALLS

Meet at the Y - 12:15PM



BINGO & PIZZA

Y Group Fitness Studio - 12:30PM

September is Healthy Aging Month!

While older adults are at higher risk for eye diseases like age-related macular degeneration (AMD), getting older does not have to mean losing your vision. That's why it's important to spread the word about ways to prevent vision loss in older adults and support healthy aging.

This Healthy Aging Month, join the National Eye Health Education Program (NEHEP) to help raise awareness about eye health and aging! Let people in your community know how they can protect their vision as they get older.