

SUNSHINE GANG

JANUARY

2026

10TH

DEVOTION & DONUTS

9:00AM • YMCA COFFEE AREA

BINGO & LUNCH

12:00PM • YMCA GROUP FITNESS STUDIO

31ST

Cold Weather Safety for Older Adults

Older adults have a higher chance of being affected by cold weather. Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold, which can turn into a dangerous health issue quickly. Hazards of cold weather include falls on wintry surfaces; injury caused by frostbite/hypothermia; a medical emergency that occurs when your body temperature gets too low. Being informed and taking certain actions can help lessen risks during the colder months.

MORE INFO:

