



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FOREVERWELL ACTIVE OLDER ADULTS

SOCIAL CONNECTION - SENIOR SERVICES  
YMCA OF GREATER SAN ANTONIO

April 7, 2026

# WHO WE ARE

## OUR MISSION

To put Judeo-Christian Principles into practice through programs that build healthy spirit, mind and body for all.

## OUR VISION

A community where ALL people experience improved quality of life through belonging and well-being.

## AREAS OF IMPACT

Youth Development | Healthy Living | Social Responsibility

## CORE VALUES

Caring | Honesty | Respect | Responsibility | Faith



# OFFERED AT ALL YMCA LOCATIONS

The YMCA of Greater San Antonio offers a variety of opportunities for adults age 60 and better to stay active, engaged, and connected with others. From physical activity to social events and new adventures, ForeverWell provides opportunities for ALL to make this chapter in life the BEST one yet!

- AOA Memberships
- Group Exercise Classes
- Learning Opportunities
- Social Activities/Events



# AOA MEMBERSHIPS

CITY-WIDE, ALL-ACCESS, FREE

- Adults 60 and Better
- Income Less Than \$55k /Yr
- San Antonio Residency



The graphic features the YMCA logo at the top left, with the text "the YMCA" and "FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY" to its right. Below this, the main headline reads "BUILD COMMUNITY FOSTER RELATIONSHIPS" in large white letters on a purple background. Underneath, a red banner contains the text "Active Older Adult Y Membership". The bottom portion of the graphic shows a collage of three photos: an older woman in a red shirt smiling in a pool, a group of older men talking, and two women laughing together.

**Sign-Up today for an AOA  
(Active Older Adult) YMCA Membership.**

# GROUP EXERCISE CLASSES

- ForeverWell Aqua Fit
- ForeverWell Balance
- ForeverWell Cardio
- ForeverWell Dance
- ForeverWell Stretch
- ForeverWell Circuit
- ForeverWell Yoga



# LEARNING OPPORTUNITIES

- Educational Workshops
- Teaching Kitchen
- Healthy Living Seminars
- Blood Pressure Self-Monitoring
- Y Weight Loss
- Y Diabetes Prevention



# SOCIAL CONNECTION

- Craft Activities
- Luncheons/ Potlucks
- Holiday & Birthday Events
- Dances
- Coffee Talks
- SA Botanical Garden Trips
- Social Connectedness & Reassurance Program



# COMMUNITY IMPACT

## CITY OF SAN ANTONIO SENIOR CENTERS

- **16** - SENIOR CENTERS
- **157** - monthly classes; M - F
- **160** - Average UNDUPLICATED CLIENTS/Month (new participant)

## YMCA of GREATER SAN ANTONIO

- **11** - YMCA locations
- **480** - monthly FW/SS CLASSES
- **8,307** - average ATTENDANCE IN FW/SS CLASSES/Month

# THE WHY

## THE SENIOR POPULATION CONTINUES TO DRIVE DEMAND FOR SOCIAL PROGRAMMING.

As we are aware:

- Social Connection improves mental health
- Participation increases physical activity and mobility
- Relationships strengthen resilience and independence
- Connected seniors engage more in their communities

## TO MEASURE OUR IMPACT ON ADULTS 60+, WE CONDUCT BI-ANNUAL HEALTH ASSESSMENTS FOR OUR MEMBERS.

- 90% of adults 60+ surveyed indicated an improvement in their health
- 98% of adults 60+ surveyed reported an increase in their mental well-being
- Over 90% of adults 60+ surveyed reported an improvement in their social well-being and feelings of connectedness



# QUESTIONS?

P.S. I HAVE GUEST PASSES :)





**THANK YOU**

