

About Active Older Adults

The YMCA of Greensboro seeks to serve a diverse population of ages.

Across all seven of our branches, we serve a large population of active older adults.

Because of this we seek to offer activities to continue to be successful serving you!



Contact your branch AOA representative

Shirley Covington	Hayes-Taylor YMCA	272-2131
Elizabeth Minehart	Bryan YMCA	478-9622
Lesley Watts	Spears YMCA	387-9622
Takeela Reddrick	Ragsdale YMCA	882-9622
Melissa Ragland	Reidsville YMCA	342-3307

www.ymcagreensboro.org

Our Mission: To put Judeo-Christian principles into practice through programs that build programs that build a healthy spirit, mind and body for all.



Upcoming Events & Trips

The Greensboro YMCA boasts a large population of Active Older Adults and we love it!

Back by popular demand we are offering events and trips every month!

Please see inside for our schedule!



ACTIVE OLDER ADULTS EVENTS

REIDSVILLE YMCA

Contact: Melissa Ragland 342-3307

Our Luncheons are the third Tuesday of every month.

March: Hill Billy's Hide-a-way. Hillbilly Hideaway Restaurant in Walnut Cove offers good home cookin' for all. Come enjoy a good meal in a 100% non- alcohol environment then afterwards stroll across the parking lot to the "Music Hall" and enjoy Gospel, Bluegrass and Country music at no extra charge. Or you can stroll around and visit the small shops nearby. Fees: Members- \$ 5.00 plus cost of your meal. Non-Members-\$10.00 plus cost of your meal. Date: March Time:TBA

*Must have 35 people to make the trip go

SPEARS YMCA

Contact: Lesley Watts 387-9622

January: "Ask" Teresa Anderson, MSN Family Nurse Practitioner Diabetes Educator with New Garden Medical Associates Thursday, Jan 29 starting at 11a.m. in Child Watch Room 2.

February: "Ask" Scott Crawford Wednesday, February 11th at 11:00 a.m. Scott Crawford is with Lowe's Home Improvement. Come hear about getting ready for spring gardening. Cost: Free

Friday, February 13th Valentine's Day Lunch at 1:00pm in Aerobics Room 1. Cost \$7 a person.

BRYAN YMCA

Contact: Elizabeth Minehart 478-9622

January: January 21st at 11am we are doing "Movie Classics." Enjoy the Audrey Hepburn & Gregory Peck classic "*Roman Holiday*" and Popcorn.

February Comfort Keepers will be at the Bryan YMCA February 9th from 8:30-10:30am and 5:15-7:15pm.

February 18th at 10 a.m. we will have Schuedoodle, watercolor painting, \$11.50 a person. Register by Feb. 12th. Event open to all branches!

March 25th at 10am. Alternative Health speaker & demonstrations from Integrative Therapies.

March 18th from 8am -5pm will be Lifeline Screening.

May A Vineyard Trip with Childress Vineyards. It will be **Friday, May 8th.** Leave Bryan YMCA at 1:30pm and return about 6:30pm. It will be \$30 a person and include transportation, a tour, & a tasting. Registration is due by April 15th. Need 8 people to make the trip go.



HAYES-TAYLOR YMCA

Contact: Shirley Covington 272-2131

February: Red and White Dance – Friday, February 13, 2009 from 6:30 - 11:00 pm in the Gym. Tickets are \$10.00 Single or Couple.

2nd Tuesday of the month is Hayes Taylor Luncheons.

The Golden Jewels Monthly meeting is the 2nd Tuesday of the month at 10:30am in the Dudley Room.

RAGSDALE YMCA

Contact: Takeela Reddrick 882-9622

(Dates and times are subject to change.)

January: Lunch N' Learn Chili Potluck You provide the chili & a copy of your favorite recipe. The YMCA will provide bread and beverages. Come and warm your heart, soul and tummy as you learn about the programs the YMCA has to offer, presentations from community health professionals, and special dishes made from the heart. Thursday, January 29th 11:30-1:00. \$5 without a dish

February: Valentine's Luncheon Friday, February 13th 11:30am-1:30 p.m. You are invited to our Annual Valentine Lunch. The menu will include: Chicken Marsala, Salad, Bread, Beverage, dessert. Price: \$7.00 per person

March: St. Patrick's Day Lunch Tuesday, March 17th at 11:30am-12:30 p.m. Celebrate St. Patrick's Day with a Traditional meal. Price: \$7.00 per person