



# RANDOLPH-ASHEBORO YMCA NEWS & EVENTS - OCTOBER 2018

## MEMBER-ONLY BENEFIT

# JOIN US IF YOU DARE!



Halloween Fun for the entire family, all day long!



## Halloween-Themed Events Tuesday, October 30

\*See Flyer or Website for details

- \*Halloween Photo Booth for the whole family
- \*Nursery Celebration & Dress up
- \* Senior Adult Costume & Chili Party
- \* Kidz Dance Party
- \* Thriller Dance Class

## MEMBER REFERRAL



REFER A NEW MEMBER in OCTOBER  
and receive a YMCA PopSocket!

\*referral card must be turned in at time of joining

## WHAT'S HOT



90+ Vendors!  
Food! Door Prizes!  
FREE & OPEN  
TO THE PUBLIC

**SAVE THE DATE!**

**SATURDAY  
NOVEMBER 10  
8AM-3PM**

HOLIDAY  
CRAFT  
FAIR



YFIT  
WEIGHTLOSS  
PROGRAM

**THRILLER  
DANCE CLASSES**

**OCTOBER  
Tuesdays; 5:30pm**

THRILLER  
DANCE  
CLASS

### CHALLENGE:

Everyone now understands that sugar is just not good for you. For this month's challenge, the Randolph-Asheboro YMCA challenges you to cut down on sugar. Yes, Halloween is right around the corner, but all the "fun sized" candy is not so fun to the health of your body. When you eat excess sugar, the extra insulin in your bloodstream can affect your arteries, part of your body's circulatory system. It causes their walls to grow faster than normal and get tense, which adds stress to your heart and damages it over time. This can lead to heart disease, heart attacks, and strokes.

**CLOSINGS: \*See website facility page for any updates\***

**Gymnasium:** Tues, Oct 16 & Thurs, Oct 18 (5pm-7:30pm)  
\*Volleyball games & Picture Night

### OCTOBER EVENTS/REGISTRATIONS:

**Thriller Dance Class** every Tuesday in October! Learn the moves & be ready to join in the flash mob downtown on the 31st.

- 2 - Pastor Appreciation Breakfast for local pastors (8am YFit Begins (12pm & 6pm)
- 3 - Adult Painting Class led by Nina Lathe
- 15 - FREE Custody Mediation Seminar with Scott Dunn (6pm)
- 17 - Senior Craft-Pumpkin & Scarecrow decoration (9am)  
Halloween Dance Party (5:30pm)
- 22 - FREE BestHealth Seminar-Radiation Therapy & How Does It Work? (11:30am-12:15pm)
- 24 - Senior Craft-Lights in a Vase (9am)
- 27 - Goat Yoga @ Windrunner Therapeutic Center (2pm)
- 30 - Halloween Fun Day-see flyer or website for details
- 31 - Seniors-Witches Broom Goody Bag Craft & Party (9am)

**\*Save the Date: Nov 10 - FREE Community Day!**

A United Way Community Partner

For more information on events—[www.randolphasheboroymca.com](http://www.randolphasheboroymca.com) or (336) 625-1976

"Serve wholeheartedly, as if you were serving the Lord, not men." - Ephesians 6:7