



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONTHLY SENIOR ADULT EVENTS – AUGUST



AUG 2
11a
(Thur.)

NATIONAL ICECREAM SANDWICH DAY & BINGO

Enjoy a tasty ice cream sandwich and play a game of BINGO!
COST: FREE/Members; Daily Guest Fee/Public



AUG 8
9a-12p
(Wed.)

DECORATE A POCKETBOOK CRAFT

Anise Bertram will lead a craft of decorating pocketbooks. Y will provide pocketbooks and supplies for decorating. You can also bring any materials you would like to add as well. Sign-up at Front Desk
COST: FREE/Members; Daily Guest Fee/Public



AUG 10
9:45a
(Fri.)

THRIFT & ANTIQUE SHOPPING & LUNCH

Come ride the Y bus to downtown Asheboro for a morning of shopping & then grab lunch at Golden Corral before returning to the Y. FREE transportation. Participants responsible for their shopping and lunch purchases. SIGN UP AT FRONT DESK.



AUG 15
9a-12p
(Wed.)

RELAXATION DAY

Come relax in the Senior/Teen Center with light refreshments, calming music & chair massages.
COST: FREE/Members; Daily Guest Fee/Public



AUG 16
1p & 6p
(Thur.)

HEALTHY HABITS TALK – CANCER PREVENTION

We will share Cancer detection and Prevention information, as well as details about programs that are available to you in Randolph County. Scarlet will share about Eating to Prevent Cancer & will have a couple dishes to try!! COST: FREE & OPEN TO THE COMMUNITY

MORE ON BACK

RANDOLPH-ASHEBORO YMCA

343 NC Hwy 42N / PO Box 1152, Asheboro, NC 27203/4 (336) 625-1976-www.RandolphAsheboroYMCA.com



MONTHLY SENIOR ADULT EVENTS - AUGUST



AUG 22
9a-12p
(Wed.)

GLITTER UNICORN COLLAGE

Come decorate with glitter or collage a unicorn.
Sign-up at the Front Desk.
COST: FREE/Members; Daily Guest Fee/Public



AUG 27-31
12p-2p

SENIOR ADULT ONLY SPLASH PAD WEEK

Splash Pad will be open to only Senior Adults during this week.
*Check in at Front Desk to get wristband.
COST: FREE/Members; Daily Guest Fee/Public



AUG 27
12-2p
(Mon.)

SENIOR ADULT SPLASH PAD FINGER-FOOD POTLUCK

Join other Senior-Adults on the Splash Pad for food and fun!
Bring a finger-food item to share! Sign-in at Front Desk
to get a wristband. COST: FREE/Members; Daily Guest Fee/Public



AUG 29
1-2p
(Wed.)

SENIOR ADULT SPLASH PAD ICE CREAM PARTY

Meet other members, enjoy the Splash Pad & Ice Cream! Ice cream
will be provided. Bring a topping to share! Sign-in at Front Desk to
get a wristband. COST: FREE/Members; Daily Guest Fee/Public



AUG 29
9a-12p
(Wed.)

DECORATE A FRAME CRAFT

Come decorate a picture frame to keep or give as a gift.
Y will provide supplies needed. Sign up at Front Desk.
COST: FREE/Members; Daily Guest Fee/Public