



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONTHLY SENIOR ADULT EVENTS – FEBRUARY



FEB 5th
10a-11a
(Tues.)

CONNECT HEARING – FREE SCREENINGS

Connect Hearing will provide free hearing screenings, light snacks, & an informational PowerPoint COST: FREE & Open to the Public



FEB 6th
9a-12p
(Wed.)

ADULT PAINTING CLASS WITH NINA LATHE

COST: \$6/Members; \$10/Public Space is limited to 12.
Sign up at Front Desk.



FEB 7th
12:30p
(Thur.)

RANDOLPH HEALTH LUNCH & LEARN

Bring your lunch and join Cynthia Maerz, RD, as she presents:
Eat This, Not That-Simple Swaps for Healthy Living
COST: FREE & Open to the Community



FEB 8th
11a-12p
(Fri.)

NATIONAL FLY A KITE DAY

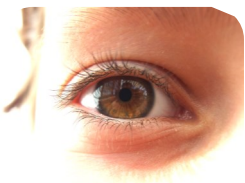
Meet us outside the Y to enjoy some outdoor fun flying kites
COST: FREE/Members



FEB 11th
TBA
(Mon.)

SHUT-IN VISITATION DAY

Join Virginia and other members as they go into the community to visit shut-ins/Nursing Home. Interest sheet sign-up is at Front Desk.



FEB 13th
9a
(Wed.)

EYE HEALTH SEMINAR WITH DR. KERNODLE

Learn about macular degeneration, glaucoma, eye diseases, & More.
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





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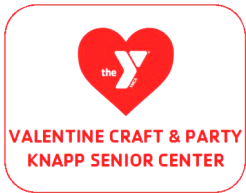
MONTHLY SENIOR ADULT EVENTS – FEBRUARY



FEB 13th
12:30p
(Wed.)

RANDOLPH HEALTH LUNCH & LEARN

Bring your lunch and join Cynthia Maerz, RD, as she presents:
Love Your Heart with the DASH Diet
COST: FREE & Open to the Community



FEB 13th
10a-12p
(Wed.)

VALENTINE CRAFT & PARTY

Make a fabric wreath with Anise Bertram. Sign up at Front Desk to reserve your spot. Bring a snack to share for the party!
COST: FREE/Members; Daily Guest Fee/Public



FEB 14th
(Thur.)

AQUATICS BRING A FRIEND DAY

Bring a non-member friend for free to try the pool. Take a Water Fitness Class, swim laps, or open swim. 1st 25 members that bring a friend will get a YMCA gym bag. Check-in at Lifeguard station.

BINGO
SPAGHETTI LUNCH
MOVIE



FEB 14th
11a
(Thur.)

BINGO, SPAGHETTI LUNCH, & A MOVIE!

Play BINGO at 11, then enjoy a spaghetti lunch at 12:30 and a romantic movie with chocolate cake, following lunch. Wear your red for Valentine's Day. COST: FREE/Members; Daily Guest Fee/Public



FEB 20th
9a-12p
(Wed.)

RINGS & THINGS CRAFT AND NATIONAL CHERRY PIE DAY

Come enjoy a craft led by Anise Bertram & have a slice of cherry pie. Senior/Teen Center COST: FREE/Members; Daily Guest Fee/Public



FEB 21st
12:30p
(Thur.)

RANDOLPH HEALTH LUNCH & LEARN

Bring your lunch and join Cynthia Maerz, RD, as she presents:
Lifestyles of the Fit & Fabulous-Tips for Taking Control and Reducing Diabetes Risk COST: FREE & Open to the Community

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