



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONTHLY SENIOR ADULT EVENTS – MARCH



MAR 7TH
9a-12p

PAINTING CLASS WITH NINA LATHE
COST: \$6/Members; \$10/Public
Space is limited to 15. Register at Front Desk.



MAR 15TH
11a-12:15pm

ST. PATRICK'S DAY BINGO PARTY
All things green! Dress up in green/St. Patrick's Day attire. Bring something green to eat/share. COST: FREE/Members



MAR 17th
10a-12p

MANDALA WORKSHOP: MOVEMENT & ART
Supplies provided; Limited Space available. Sign up at Front Desk.
COST: FREE/Members; \$5/Public



MAR 21st
9a-1p

SENIOR DAY
See flyer with specific schedule for the day's activities.
COST: FREE/Members



MAR 21st
9:30a-10:30a

PLANNING FOR YOUR FUTURE
Presented by Randolph Memorial Park; Free Will Kit
COST: FREE & Open to the Community; Community Room



MAR 21st
10:30a-11:30a

BRAIN BOOTCAMP - Learn about the advantages of stimulating your brain as you age. Presented by Luke Holland (Humana)
COST: FREE & Open to the Community; Community Room



MAR 21st
12p

SPRING SALAD LUNCH
Kick-off spring with a spring salad lunch. Bring a dish to share.
COST: FREE/Members



MAR 21st
5:30p & 6:30p

80'S THEME DANCE PARTY; In GX Studio
Wear your leotard, leg warmers, & scrunchies & get ready to dance!
COST: FREE/Members; Daily Guest Fee/Public



MAR 26th
11a-1p

STEVE MCQUEEN:AN AMERICAN ICON
Enjoy snacks & watch the untold true story of the spiritual quest of Hollywood legend Steve McQueen COST: FREE/Members



MAR 30th
7:15a-10:15a

POWER OF PRAYER – COMMUNITY PRAYER BREAKFAST
7:15, 8:15, 9:15, & 10:15AM in the Community Room
COST: FREE & Open to the Community

RANDOLPH-ASHEBORO YMCA

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