



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONTHLY SENIOR ADULT EVENTS – MAY



MAY 2nd
9a-12p
(Wed.)

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



MAY 3rd
10:45a
(Thur.)

CINCO DE MAYO BINGO
Come enjoy chips and salsa in honor of the upcoming Cinco de Mayo celebration. FREE/Members



T/TH
10a-12p

CROCHET GROUP-ALL EXPERIENCE LEVELS
Share ideas and learn the practice of crocheting. If you have a certain project you are working on, bring it to show others and share the joy of crocheting. FREE/Members; Daily Guest Fee/Public



MAY 9th
9:30a
(Wed.)

MOTHER'S DAY FLOWER ARRANGEMENT
Learn how to make a Mother's Day Flower Arrangement.
COST: \$3/Members; \$5/Public



MAY 16TH
9a-12p
(Wed.)

FAIRY GARDEN CRAFT-3 WEDNESDAYS (16, 23, 30)
Some items will be provided by the Y. Bring miniatures, wood, rocks, soil, Marbles of your own to use as well.
COST: \$3/Members *Register at Front Desk



MAY 16th
10a-2p
(Wed.)

BOOMER SENIOR CAREGIVER EXPO
This expo is FREE and open to the community, and will focus on seniors and caregivers. There will be over 50 vendors, free screenings, entertainment, and door prizes.

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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May 17th
1p & 6p
(Thur.)

HEALTHY HABITS - EATING TO REDUCE INFLAMMATION

Marcia Parks, certified Prime Time Health Coach, will speak about how inflammation in the body can come from what we eat, and how it ultimately affects our health. Scarlet will share some foods that decrease inflammation to help you feel better.

FREE COMMUNITY EVENT



MAY 19th
7a-12p
(Sat.)

ANNUAL COMMUNITY YARD SALE-RAIN OR SHINE

ONLY \$15/Space & Table Rental; Reserve your space at Front Desk
Rental Proceeds go to 'Invest in People' scholarship program



MAY 19th
8a-4p
(Sat.)

COMMUNITY DAY - Y is open to the public for fun and activities! Splash Pad, Swimming (limited guest passes), Healthy Kids Day (including local health vendors, activities, and more for kids and families!), Plant & Flower Swap, Free Swimming Lessons (Must pre-register), Senior/Teen Center open play, and more!



MAY 24th
10a-10:30a
(Thur.)

BLASE CHIROPRACTIC –HOW TO STAY YOUNG THE 1ST 100 YEARS

Come learn about keeping a healthy spine & get a free screening.
Community Room COST: FREE Community Event



MAY 29th
11a-12p
(Tue.)

FOOT AND ANKLE SEMINAR WITH DR. TILLES

Dr. Tilles, a podiatrist with Asheboro Foot and Ankle Specialists, will be discussing common foot & ankle problems and treatment options to help your feet feel great for the summer. He will have a Q & A time where he will address concerns regarding foot and ankle issues.

COST: FREE Community Event

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