



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONTHLY SENIOR ADULT EVENTS – SEPTEMBER



SEPT 12
9a-12p
(Wed.)

HEALTHTEAM ADVANTAGE SOCIAL & SNACKS

Come meet HealthTeam Advantage, enjoy snacks, play board & card games, & color your own design from an Adult coloring book.
COST: FREE/Members



SEPT 19
9a-12p
(Wed.)

SCARECROW STRAW HAT DECORATION CRAFT

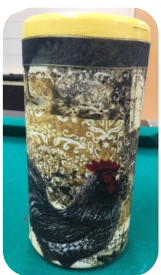
Anise Bertram will lead a craft of making your own scarecrow from a straw hat for fall. Y will provide supplies. Sign-up at Front Desk
COST: FREE/Members; Daily Guest Fee/Public



SEPT 20
11a
(Thur.)

NATIONAL PUNCH DAY

The Y will have punch to sip on while playing BINGO. Share a favorite recipe or bring some punch to share.
COST: FREE/Members



SEPT 26
9a-12p
(Wed.)

DECORATIVE BAG/RAG HOLDER CRAFT

Come decorate an empty container to hold rags or bags to keep them organized at your home.
COST: FREE/Members; Daily Guest Fee/Public



SEPT 29
5p-10p
(Sat.)

YOGATHON AT BICENTENNIAL PARK – ASHEBORO

The Randolph-Asheboro YMCA is hosting this fundraiser to create awareness about yoga & its practice for healthier living.
COST: \$5 entrance fee) go toward purchase of Yoga/Ballet Barres and the Randolph-Asheboro YMCA Yoga Department
Events: Live musical performances, mini yoga sessions/games, vendors, happy hour yoga at beer garden, food trucks, raffles, contests, LED hoop dancers, and fire dancers.

RANDOLPH-ASHEBORO YMCA

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