

ACTIVE OLDER ADULT



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WILLIAM G. WHITE, JR. FAMILY YMCA

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WINSTON-SALEM NC 27101

www.wgwhiteymca.org 336 721 2100

FEBRUARY 2012 HAPPY VALENTINE'S DAY!!!!!!

The Legend of Saint Valentine

Have you ever wondered what the story is behind Valentine's Day?, me too, so here it is!

Beginning in the third century, an oppressive Roman emperor and a humble Christian martyr came together in an interesting way. The Christian named Valentinus was said to have medical and spiritual healing abilities. A jailer of the emperor learned of these special abilities and took his daughter, Julia, to see Valentinus in hopes that he could help her to see again. They grew quite fond of each other over the course of time and Valentinus taught Julia about Roman history and the powers of God. They prayed together often. Julia's sight was not improving at all but she loved being with Valentinus and living her life through his eyes.

The emperor, Claudius II Gothicus, was opposed to Christianity and anyone practicing would be summoned to death. Unfortunately, Valentinus was discovered and was admonished for his religious beliefs. On the eve of his imminent execution, he wrote Julia a final note urging her to stay close to God. The next day was February 14, 270 AD, the day of Valentinus' execution. Julia opened the note he had written and learned that he had placed a yellow crocus in the note. Miraculously she actually saw the bright yellow flower, eyesight was evident! The note was signed "from your Valentine"

In 496, Pope Gelasius I named February 14 as Saint Valentine's Day. On each Valentine's Day, messages of affection, love and devotion are still exchanged around the world, hence the legacy of Saint Valentine!

SAVE THE DATES!!!!

Friday, January 27 Piedmont Plus Sr. Games Kickoff 10:00am – 1:00pm
Gateway YWCA

Monday, May 7 – Friday, May 11 Florida trip (see flyer on AOA board)

2012 YMCA CRUISES – Gale Adouli 336.778.0349

Friday, May 11 – Thursday, May 17 Baltimore –Bermuda \$756.00pp

Thursday, October 4 – Thursday, October 11 Baltimore – New England
\$951.00pp

Sunday, November 4 – Monday, November 19 San Diego – Hawaii
\$1274.00pp

Friday, November 9 – Tuesday, November 13 Port Canaveral – Bahamas
\$291.00pp

Saturday, November 10 – Saturday, November 17 Port Canaveral - Western
Caribbean \$549.00pp

...a Special Thank You...

The last part of 2011 proved to be a very sad time due to the loss of two close friends and my precious Grandmother. On Christmas, Santa was quite good to me, but the Grinch gave me an extra present of a broken left leg and sprained left ankle. A big thank you for all of the cards, phone calls, well wishes and wonderful meals I have received since I have been out. I hope to be back soon, but in the meantime, I am planning all kinds of fun trips and activities. Please continue to participate in all of the wonderful programs and classes the Y has to offer and stay healthy!

Many,many thanks ~ Laura

SQUEAKERS : MODIFIED TENNIS

Join us for the experience of tennis in the upstairs gym. No experience or equipment required, only an enthusiastic attitude and a desire to play and/ or learn the sport, and of course, tennis shoes! Bring your own racquet if you would like.

Every Tuesday & Thursday at 10:30am

**QUESTIONS, COMMENTS,
IDEAS?** Contact Laura Phillips at
l.phillips@ymcanwnc.org .

A United Way Agency

Our mission: "Helping people reach their God-given potential in spirit, mind and body."

Active Adults Schedule February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			8am Gentle Yoga & Aquasize 9:30am Gentle Yoga 9:30am Silver Sneakers Cardio Circuit 10:30 Moderate Cycle	8am Deep Water Aquasize 2pm Silver Sneakers	8am Gentle Yoga & Aquasize 9:30 Gentle Yoga 9:30am Silver Sneakers Cardio Circuit 10:30 Moderate Cycle 10:35 Moderate Zumba	
5	6	7	8	9	10	11
	8am Gentle Yoga & Aquasize 9:30am Gentle Yoga 9:30am Silver Sneakers Cardio Circuit 10:30 Moderate Cycle	8am Deep Water Aquasize 2pm Silver Sneakers	8am Gentle Yoga & Aquasize 9:30am Gentle Yoga 9:30am Silver Sneakers Cardio Circuit 10:30 Moderate Cycle	8am Deep Water Aquasize 2pm Silver Sneakers	8am Gentle Yoga & Aquasize 9:30 Gentle Yoga 9:30am Silver Sneakers Cardio Circuit 10:30 Moderate Cycle 10:35 Moderate Zumba	
12	13	14	15	16	17	18
	8am Gentle Yoga & Aquasize 9:30am Gentle Yoga 9:30am Silver Sneakers Cardio Circuit 10:30 Moderate Cycle	8am Deep Water Aquasize 2pm Silver Sneakers	8am Gentle Yoga & Aquasize 9:30am Gentle Yoga 9:30am Silver Sneakers Cardio Circuit 10:30 Moderate Cycle	8am Deep Water Aquasize 2pm Silver Sneakers	8am Gentle Yoga & Aquasize 9:30 Gentle Yoga 9:30am Silver Sneakers Cardio Circuit 10:30 Moderate Cycle 10:35 Moderate Zumba	
19	20	21	22	23	24	25
	8am Gentle Yoga & Aquasize 9:30am Gentle Yoga 9:30am Silver Sneakers Cardio Circuit 10:30 Moderate Cycle	8am Deep Water Aquasize 2pm Silver Sneakers	8am Gentle Yoga & Aquasize 9:30am Gentle Yoga 9:30am Silver Sneakers Cardio Circuit 10:30 Moderate Cycle	8am Deep Water Aquasize 2pm Silver Sneakers	8am Gentle Yoga & Aquasize 9:30 Gentle Yoga 9:30am Silver Sneakers Cardio Circuit 10:30 Moderate Cycle 10:35 Moderate Zumba	
26	27	28	29			
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