

SASSY SENIORS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kernersville Family YMCA

1113 W Mountain St., Kernersville 27284

www.kernersvillymca.org

OCTOBER 2019 In the beginning was the Word, and the Word was with God, and the Word was God. John 1:1

DIXIE CLASSIC FAIR

Come with us and WGW YMCA to the fair on Senior Day, Tuesday, October 8th. The YMCA bus will be leaving from Kernersville at 8:15am. Please sign up at the front desk so we can get a count on how many we will have going. If you have any questions, call or email Angela at a.tate@ymcanwnc.org. This is a FREE event!

UPCOMING TRIPS-YADKIN TOURS-2019

Saturday, Nov 16	Biltmore House	\$120
Thursday, Dec. 12	American Music Jubilee	\$105

BILTMORE ESTATES

Come with us, Saturday, November 16 to the Historic Biltmore Estates and Antler Village & Winery. **See Flyer and Sign Up Today!**

BINGO

B-5, I-21, N-43, G-48, O-68! Bring your lunch and come Bingo with us.

When: Monday, October 21

Where: Youth Fit Room

Time: 12 noon

Prizes will be awarded to the winners!

BIRTHDAY PARTIES AT THE Y

Grandchildren love to have their birthday parties at the Y! For more information, see flyer or email Pam Greene at p.greene@ymcanwnc.org.

BLOOD DRIVE-OCTOBER 2

North Gym-9am-1:30pm. Sign up online or at the front desk.

TASTE OF THE SEASON TICKETS

Join us for food, drinks, music and a silent auction on Thursday, October 24 at Willstella Farm. Tickets available now at front desk or ask a staff member.

SPLASHES OF JOY

By: Barbara Johnson

***Warning! Humor may be hazardous to your depression.**

***The shortest distance between two people is a smile.**

***If you can't laugh at yourself...I'll be glad to do it for you.**

***Worry doesn't help tomorrow's troubles, but it does ruin today's happiness!**

Pickleball

Pickleball is open in N. Gym Monday, Tuesday, Wednesday and Friday from 12 noon – 2:00pm. Don't miss it! Beginners-Tuesdays 12pm-2pm

SENIOR EXERCISE CLASSES

Monday-SENIOR FIT-CARDIO/WEIGHTS

TIME: 11:00 -11:45

Monday - YOGA

TIME: 12:00 -12:45

Tuesday - Pilates

TIME: 10:50 - 11:45

Tuesday - Tai Chi

TIME: 12:00 - 12:55

Tues/Thurs - SILVER SNEAKERS

TIME: 11:00 -11:45

Tues/Thurs - JOYRIDERS

TIME: 11:00 - 11:45

Wednesday - JOYRIDERS

TIME: 9:40 - 10:25

Wed/Fri - SENIOR FIT-CARDIO

TIME: 11:00-11:45

Wednesday - YOGA

TIME: 10:50 - 11:50

Thursday - ZUMBA

TIME: 10:50 - 11:50

Thursday - SENIOR FIT HIIT

TIME: 1:00 -1:45

Wed., & Thurs. - CHAIR YOGA

TIME: 12:00 - 12:45

Friday - BEGINNER LINEDANCE

TIME: 10:30 -11:00

WATER EXERCISE CLASSES

Monday through Friday

(Group & Water Exercise Schedules available in the lobby)

Questions? Comments? Ideas?

Contact Angela Tate at a.tate@ymcanwnc.org