

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JERRY LONG FAMILY YMCA

1150 S. PEACE HAVEN ROAD
CLEMMONS NC 27012

336 712 2000

www.jerrylongymca.org

OCTOBER 2019: ACTIVE OLDER ADULTS NEWSLETTER

AOA Souper Fall Festival:

Fall is in the air and it gives us a reason to celebrate. We will be having our annual Fall Festival on Friday, October 18 in the Mind and Body Studio beginning at 6:00pm. We encourage everyone to bring their favorite soup recipe to eat and share. As always, desserts are an added bonus; therefore, fire up your stove and get to cooking! We will spice it up with a costume dance party. So come dressed in your best costume and prepare to scare!!!!

MYZONE

WHO: All YMCA of Northwest North Carolina MYZONE users will be invited to join the challenge on October 1, 2019. If you are not a MYZONE user, stop by Member Services to purchase a belt so you can be invited to the challenge today.

WHERE: Everywhere, all exercise counts! (Attend group exercise classes, specialty training/boot camps, workout in the wellness centers, hiking, sports, etc.) Participants simply need to wear their MYZONE belt to participate in the challenge.

WHAT: MYZONE users will be awarded 1 ticket for every 100 MEPs earned after reaching 2000 MEPs. Winners will be selected at random for the top 3 prizes and we will have one overall winner for the YMCA of Northwest North Carolina Association.

WHY: Make your exercise fun and enjoy added motivation to get the results you want this fall. **WHEN:** October 1st – October 31st Winners will be announced by November 8th.

REUNION by Lynn W. Hall

An unforgettable story of friendship, deception, revelations and reconciliation written by local playwright, Lynn W. Hall, premieres in Clemmons' newest theatrical entertainment venue. Performances are October 18, 19, 25 & 26 at 7:30pm and October 20 & 27 at 3:00pm at The Broyhill Historic Center in Clemmons. If you are interested in going to a weekend Matinee as a group please let Patty know.

A TOUCH OF CLAY

You are invited to join Barbara Eure Studio for a FREE short introductory pottery class. Please contact Barbara Eure at 336-403-5927 for more information or see Active Older Adult Coordinator, Patty Bowen.

Please contact Patty Bowen with any AOA questions or concerns at 336-712-2000 ext. 6575 or p.bowen@ymcanwnc.org

Mark your Calendars:

*MEET & GREET-

10/1, 10/8, 10/15 10/22 10/29
12:00pm -Conference Room

*LUNCH W/ FRIENDS –

Fri., 10/11 RubyTuesday's–1:15pm

*AOA Souper Fall Festival –

Fri., 10/18 from 6:00–8:00pm

*FALL FESTIVAL – Fri., 10/25

from 6:00–8:00pm

*HALLOWEEN LINE DANCING

Thurs. 10/31, 2:15pm

Mind & Body Studio

CONGRATS to our AOA members who visited more than 25+ times in AUGUST

Gail Arnette
Marcia Barney
Robert Beauchamp
Robert Brown
David Bruce
Isaac Covington
Marie Covington
Wanda Davis
Charles Dellinger
Joy Duncan
Kenneth Duncan
Mueen Fares
Gary Flower
Alex Fowler
Susan Garmyn
Mary Ann Hall
Danny Lawrence
Martha Oldland
Dennis Oneyear
Patric Peck
Guenter Pfitzner
James Pickle
John Porcar
Sharon Ryan
Marsha Scott
George Self
Gouri Shanker
Roger Shronts
Barbara Sonnen
Yvonne Stroud
Nancy Thomas
Maya Tobin
Kay Warden
Keith Weatherman
Sibyl Yeh

OCTOBER 2019 Group Exercise – Active Older Adults
JERRY LONG FAMILY YMCA



MONDAY

START	END	ACTIVITY	LOCATION	NOTES
8:00am	12:00pm	Pickleball	Court #4	
9:00am	10:30am	Sr. Men's Pickup Basketball	Court #1	
9:30am	10:15am	ZUMBA@/ Cardio Dance Party	Court #3	ZUMBA@ 10/7, 10/21; Cardio DP 10/14,10/28
11:15am	12:00pm	SilverSneakers® Yoga	Mind/Body	Pick up ticket at 10:45
12:15pm	1:00pm	SilverSneakers® Classic	Mind/Body	
1:15pm	2:00pm	SilverSneakers® Circuit	Mind/Body	

TUESDAY

START	END	ACTIVITY	LOCATION	NOTES
8:15am	9:15am	Tai Chi	Mind/Body	
8:00am	10:00am	Tennis	Court #4	
9:30am	10:15am	Cardio Fusion	Court #3	
10:00am	11:00am	Game Day	Lobby	
12:15pm	1:00pm	SilverSneakers® Circuit	Mind/Body	
1:15pm	2:00pm	SilverSneakers® Classic	Mind/Body	

WEDNESDAY

START	END	ACTIVITY	LOCATION	NOTES
8:00am	12:00pm	Pickleball	Court #4	
9:00am	10:30am	Sr. Men's Pickup Basketball	Court #1	
11:15am	12:00pm	SilverSneakers® Yoga	Mind/Body	Pick up ticket at 10:45
12:15pm	1:00pm	SilverSneakers® Classic	Mind/Body	
12:15pm	1:00pm	Cardio Dance Party	Group Exercise	
1:15pm	2:00pm	SilverSneakers® Circuit	Mind/Body	

THURSDAY

START	END	ACTIVITY	LOCATION	NOTES
8:15am	9:15am	SilverSneakers@EnerChi	Mind/Body	Tai Chi will be offered 10/3
8:00am	10:00am	Tennis	Court #4	
9:30am	10:15am	Cardio Fusion	Court #3	
12:15pm	1:00pm	SilverSneakers® Circuit	Mind/Body	
1:15pm	2:00pm	SilverSneakers® Classic	Mind/Body	

FRIDAY

START	END	ACTIVITY	LOCATION	NOTES
8:30am	9:15am	ZUMBA®	Group Exercise	
8:00am	12:00pm	Pickleball	Court #4	
9:00am	10:30am	Sr. Men's Pickup Basketball	Court #1	
11:15am	12:00pm	SilverSneakers® Yoga	Mind/Body	Pick up ticket at 10:45
12:15pm	1:00pm	Cardio Dance Party	Group Exercise	

Weekend Pickleball
Saturday 4-6pm
&
Sunday 2-4pm
NO Pickleball
Tues. or Thurs.

Mark your Calendars: October

***PUMPKIN DECORATING**

October 10

10:45am-12:00pm - Multipurpose Pool Room

***Joy Riders Halloween rides on 10/30 and 10/31 at 8:30am**

JERRY LONG FAMILY YMCA

1150 S Peacehaven Road Clemmons, NC 27012

P 336 712 2000 F 336 712 2005 www.jerrylongymca.org A United Way Agency

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