

About AOA

The YMCA of Greensboro seeks to serve a diverse population of ages.

Across all seven of our branches, we serve a large population of active older adults.

Because of this we seek to offer activities to continue to be successful serving you!

We look forward to having you participate in our events and trips! If you have an idea of a good group trip or activity please let your Triple A's representative know!



Let us know!

How to contact AOA coordinators:

Bryan YMCA
Elizabeth Minehart at 478-9622
www.bryanymca.org

Hayes-Taylor YMCA
Andrew Wright at 272-2131
www.hayestaylorymca.org

Spears YMCA
Lesley Watts at 387-9622
www.spearsymca.org

Ragsdale YMCA
Takeela Reddrick at 882-9622
www.ragsdaleymca.org

Reidsville YMCA
Melissa Ragland at 342-3307
www.reidsvilleymca.org

YOLDER ADULTS™

We build strong kids, strong families, strong communities.

Upcoming Events & Trips

The Greensboro YMCA boasts a large population of Active Older Adults and we love it!

Back by popular demand we are offering events and trips every month!

Please see inside for our schedule!



YMCA

Our Mission: To put Judeo-Christian principles into practice through programs that build programs that build a healthy spirit, mind and body for all.

BRYAN YMCA

Contact: Elizabeth Minehart 478-9622

January 20th at noon the *Brown Bag Lunch Series* presents ***Turning 65*** with Terri Herrlica. She will be talking about what to do when you turn 65 with all the Medicare information that is being sent to you.

February 17th at noon the Heritage Society presents ***Avoiding Affluenza*** with Pam Strens. Learn how to spot the warning signs in you and your family and how to build and maintain a comfortable, balanced life of financial independence.

March 9th at 6:45pm we will see ***Monty Python: Life of Brian*** on the big screen at Carolina Theater. \$6.50 a person, must have 10 people to make the trip go.

March 17th at noon the *Brown Bag Lunch Series* presents ***Brain Health*** with AARP. Learn how to keep your brain nimble and agile with simple exercises you can do everyday.

April 16th at 6:45pm the Community Theater of Greensboro presents ***60 years of Broadway*** at the Carolina Theater a Broadway Musical Review. \$23.00 a person, need 10 people to make the trip go.

April 21st at noon the Brown Bag Lunch Series presents ***Injury Prevention*** with Mary Kopacki of Guilford Orthopedics. Learn how you can be fit and safe.

May 19th at noon the Brown Bag Lunch Series presents ***Aging in Place*** with Vern Martell. Learn how you can continue to live in your home while adjusting for new physical needs of your life.

HAYES-TAYLOR YMCA

Contact: Andrea Wright 272-2131

Jan.12th at 10:30am ***Chair Exercise & Line Dancing***. Enjoy a session of chair exercise and line dancing in preparation for our Annual Red & White Ball to be held in February. Catered lunch will be served.

Feb. 9th at 10:30am Golden Jewels presents ***Preparing Power of Attorney for Health & Estate*** Information will be shared regarding legal issues as they pertain to power of attorney. Catered lunch will be served.

Feb. 13 from 7pm to 11pm the ***Red & White Ball***. Ticket price TBA

March 9th at 10:30am ***Bingo & Table Game Fun***. Catered lunch will be served.

April 13th a ***Field Trip*** to be decided upon later, lunch may be provided.

May 11th at 10:30am Closing Celebration and ***Picnic at Charlotte Hawkins Brown Memorial Site*** in Sedalia, NC

REIDSVILLE YMCA

Contact: Melissa Ragland 342-3307

Luncheons are the third Tuesday of every month. All are welcome.

RAGSDALE YMCA

Contact: Takeela Reddrick 882-9622

Upcoming Events Coming Soon!

SPEARS YMCA

Contact: Lesley Watts 387-9622

Jan. 12th 11:00am-12 Noon -The "Ask" Series with an ***informational talk*** from Carol Poppo, of ***Mr. Nicks Stained Glass Studio***. This will be informational only.*

Feb. 4th 11:45am-12:45pm - The "Ask" Series with Nancy Hall, MSW, ACSW, AARP Volunteer will give tips on ***brain health***, including some simple exercises.*

Feb. 17th 12:00 Noon-1:00pm - The "Ask" Series with an informational talk from Greg Williams, an attorney with Carruthers & Roth. Greg's practice emphasizes ***estate planning and business law***, and he counsels clients on preserving assets for family members and charitable organizations, and all aspects of forming, operating and transitioning family and closely held businesses. *

Feb. 22nd 9:30am-1:30pm - The ***AARP Driver Safety Program***, the nation's first and largest classroom refresher course for drivers aged 50 and older. The 4- hour course, which includes an excellent workbook, active group discussions, video presentations, and willll answers questions. Cost: \$12.00 for AARP members (bring your AARP card) \$14.00 for non-AARP members . (Make checks to AARP)

* Cost is FREE please sign up at the front desk.