



E-NEWS for members & family

January 2010

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Greetings from the YMCA Family!

You are cordially invited to attend any of the upcoming seminars we are hosting through our Active Older Adult groups. Please join any of the YMCAs events for fun, fellowship, and sometimes even food! We hope that we will see you at an event soon.

Upcoming Events at the Bryan YMCA

January 20th at noon the *Brown Bag Lunch Series* presents **Turning 65** with Terri Herrlica. Discussion is centered around turning 65 and the Medicare information that is being sent to you.

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

March 9th at 6:45 p.m. we will see **Monty Python: Life of Brian** on the big screen at Carolina Theater. The cost is \$6.50 a person, and we must have 10 people to make the trip a 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 6:45 p.m. the Community Theater of Greensboro presents **60 years of Broadway** at the Carolina Theater a Broadway Musical Review. The cost is \$23.00 a person, and we must have 10 people to make the trip a 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.

Please contact [Elizabeth Minehart](#) at 478-9622 with questions or to reserve your spot.

Upcoming Events at the Hayes-Taylor YMCA

Hayes-Taylor YMCA luncheons are the second Tuesday of every month. The Golden Jewels meet the second Tuesday monthly at 10:30 a.m. in the Dudley Room.

January 12th at 10:30 a.m. *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.

February 9th at 10:30 a.m. 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.

February 13th from 7 p.m. until 11:00 p.m. the *Red & White Ball.* Ticket price is TBA; please contact Andrea Wright at Hayes-Taylor for more information.

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

May 11th at 10:30a.m. *Picnic at Charlotte Hawkins Brown Memorial Site* in Sedalia, NC.

Please contact [Andrea Wright](#) at 272-2131 with questions or to reserve your spot.

Upcoming Events at the Spears YMCA

January 12th 11:00 a.m. until noon The "Ask" series with an ***informational talk*** from Carol Poppo, of ***Mr. Nicks Stained Glass Studio.*** This will be informational only. (free)

February 4th 11:45 a.m. until 12:45 p.m. The "Ask" series with Nancy Hall from the AARP. Tips on ***brain health***, including some simple exercises, will be shared. (free)

February 17th noon until 1:00 p.m. 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. (free)

February 22nd 9:30 a.m. until 1:30 p.m. The ***AARP Driver Safety Program***, the nation's first and largest classroom refresher course for drivers aged 50 and older, will be at the Spears Y. The 4-hour course, which includes an excellent workbook, will have active group discussions, video presentations, and a Q and A portion. Cost: \$12.00 for AARP members (bring your AARP card) and \$14.00 for non-AARP members.

Please contact [Lesley Watts](#) at 387-9622 with questions or to reserve

your spot.

Events at nearby YMCA branches

Reidsville YMCA Luncheons are the third Tuesday of every month. All are welcome. Please contact [Melissa Ragland](#) at 342-3307 with questions.

Ragsdale YMCA offers monthly events. Please check their [website](#) for updates on upcoming events, or contact [Takeela Reddrick](#) at 882-9622 with questions.

As always, we thank you for your support and cooperation. See you at the branch!

Sincerely,
YMCA of Greensboro

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