

RANDOLPH-ASHEBORO

SENIOR DAY AT THE YMCA

SATURDAY MARCH 20, 2010

12 Noon-2:00pm

FREE OF CHARGE

Open to the Public

Events:

Observe and Experience Senior Games Events

Participate in a Silver Sneakers Exercise Class

Learn about the Senior Ms. Randolph County Pageant

Check Blood Pressure

Tour the YMCA



Randolph County
Senior Adults Association



For more information contact Robin Hatch at the
Randolph-Asheboro YMCA at 625-1976.