



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

END OF SUMMER GATHERING AOA DAY OF FUN TIME TO PLAY LIKE YOU MEAN IT

ACTIVE OLDER ADULTS | DAY OF FUN | WEST CABARRUS YMCA

Join us for an afternoon of socializing, fun, games, and lunch! We will be playing Minute to Win It games specifically designed with your physicality in mind. Come hang out, team up, and cheer for your fellow members while seeing what you are made of. Stack some cups, do a rubber band soda can shootout, and roll for team points.

Thursday, August 28, 2025, 12- 2 pm in the Williams Room, Lunch will be provided

Please Register online, through the
YMCA360 App or scan the QR code.



For more information email
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ROWAN-CABARRUS YMCA
www.roocabymca.org