

# The Armfield Times



## **ACC WELCOMES** **KASEY SUMMERS!**

As we say goodbye to former Fitness Director Sadie Simpson, we are very excited to announce the hiring of new Director Kasey Summers from Mt Airy. Kasey brings a wealth of talent and experience to the Armfield Center and we are already beginning to see some new programs and initiatives as she becomes acclimated to the ACC. Kasey is also Personal Trainer certified and is working to develop a strong PT program at the facility. She is currently assessing our Fitness Center equipment and is developing a plan to upgrade this area during 2012. Kasey has mentioned several times that she values input and wants our members to provide critical feedback as she develops a solid plan for *Fitness at the ACC*. Kasey will take over the aquatics center as well so please share your thoughts and ideas concerning our pool operation. She can be reached at [kasey.summers@armfieldcenter.com](mailto:kasey.summers@armfieldcenter.com). Drop by and say 'hi'!!

**ASK THE FRONT DESK  
ABOUT OUR ARRAY OF  
RENTAL OPPTS!  
WE HAVE MANY  
CHOICES AT THE ACC!**

**The gym will be closed  
Oct 14-17  
as the ACC  
refinishes our  
gym floors!**

## Summer Camp a Huge Success

Tammy Dunning, our Child Development Specialist, has done an amazing job of overhauling and improving our After-School and Summer Camp programs. This summer saw the biggest attendance numbers in quite a while! In fact, Tammy hired four counselors to assist her in the day to day summer camp program. The kids went on several day trips, were visited by an array of professionals in various career paths, and enjoyed many unique and fun activities each day. Tammy expects our numbers to grow even more next year based on feedback from this year's group and word-of-mouth from parents who have heard about her energy and passion for creating a special program for children. If you have questions about summer camp or after school, email her! Tammy.Dunning@armfieldcenter.com

## Healthy, Scrumptious Food Options within the ACC!

Our in-house chef, Bryan Lawson, has done a wonderful job of creating delicious frozen "to go" dinners that are also low fat for those watching their weight. While Bryan does a lot of his business outside the ACC, he takes orders for in-house members who prefer to enjoy their meals knowing that the food is low in saturated fat and calories.

For more information on his menu and when to pick up orders, see the Front Desk and they will provide you with his hours of operation.

## **Christian Mabe completes playground fence project**

**Congrats goes to Christian Mabe who completed an extensive Eagle Scout project by enclosing the park playground within a six foot high chain link fence. Our community got involved by "buying" fence sections for \$75.00. While the fence is now complete, there is still some other work that needs to be done. The ACC has seven sections left so if you would like to make a contribution to the Eagle Scout fence project fund, just see the Front Desk. To see what your section will look like, take a look at the impressive plaques at our playground in the ACC park! What an amazing gift for someone special in your life!**

## Where did that come from?

You've heard Barney say "nip it in the bud!" You know that means to stop something before it gets going, right? Well, that comes from England, first heard in 1607 referring to snipping a plant bud to stop it from growing too high!

# **1st annual Disc Golf Tourney Scheduled for October 29th!**

**The ACC is holding their first annual Disc Golf Tourney on Saturday, October 29th from 9am to 4pm. The cost is \$20 and each participant will play two full rounds, one morning and one in the afternoon. For an additional \$5, the ACC will provide a disc golf tee shirt and hamburger lunch. Participants should register by Oct 15 to get the tee shirt! The ACC expanded its course to 18 holes in 2011 and is very excited to be hosting this disc golf tourney within the ACC Park and Nelson Acres trail.**

**There will also be a nine hole competition for kids ages 8 to 11 that will start at 11:30am to 1pm. Lunch will follow!**

**If you have any questions concerning the tournament, please contact Jay Yopp at the ACC at 336-368-2012 or email him at [jay.yopp@armfieldcenter.com](mailto:jay.yopp@armfieldcenter.com). Prize packages are over \$500!!**

## **Let's Meet an ACC Employee!**

You see us running around all the time, working to try to create the best experience possible for our members and guests. So each month, we'll take this opportunity to REALLY get to know the ACC staff! Since she just started, let's get to know...Kasey Summers!

1. So Kasey, where did you grow up? I grew up in Dobson...playing in the woods and creeks. I was a tomboy!
2. What do you do for fun when you are not at the ACC? I watch sports. I kayak a lot. I love to read. I love to cross-stitch. I love to paint artistically. I do a lot of abstract art.
3. What exciting things do you have planned for the ACC in 2012? New interested classes. I want to bring in some new faces to teach classes. I would like to see some new equipment and new tools for fitness. We are also looking at some fun, interactive classes that teach nutrition and healthy living as well!
4. What is an interesting fact about you that no one here knows yet? Most people don't know that I used to weigh 200 pounds. I made a major decision to take control of my life in 2000 and never looked back. Now I pay it forward. One more thing is that I sing opera and also play the flute!
5. What is your favorite restaurant? Thailand Café in King. I love Thai a lot.
6. What movie(s) can you watch over and over? The one that pops in my head is "Friday". That movie is hilarious. I also love "The Hangover". That movie is way too funny.
7. What is your favorite type of fitness class to teach? Kickboxing

# **“FOCUS ON FITNESS”**

## **FALL OPEN HOUSE**

The ACC is very excited to be hosting the 2011 Fall Open House on Wednesday, September 28, 2011. This year we will focus on our fitness programs and provide key info concerning new programs, equipment and ideas for 2012. The Open House is designed to provide our current members with information concerning classes in both aquatics and in the aerobics room as well as introduce the civic center to those in the community who are not familiar with our facility. Furthermore, a local physician will be on hand all day to check blood pressure and answer questions, healthy option food/beverages will be available all day, and the staff members will be on hand to provide tours and give out info on our child development center, senior center activities, and answer questions concerning our rental program. Finally, the ACC will have membership specials only for Open House so if you have friends/family who have been thinking about joining up, tell them to come see us at this year's Fall Open House!! See below for hours.

### **Basketball sign-ups begin** **October 3rd**

Youth basketball will open sign-ups for the 2011-2012 basketball season from Monday, October 3rd to Friday, November 4th.

The cost is \$55.00 and includes a team jersey. The skill and drills day will be held on November 5th at the ACC gym and games will begin a couple of weeks later.

The ACC is working with various county leagues to expand our schedule for leagues 9+.

For more info, please contact Jay Yopp.

### **Fall Open House Hours:**

**11am-2pm**

**4pm-7pm**

**Tours will be held all day.**

### **Activity Center up and running!**

The ACC staff has worked diligently all summer to overhaul what was an old storage room to a new, fun space for our children and teen populations. With the 55 inch TV, surround sound system, air hockey, wii stations, foosball, and plenty of seating, this space has become a very popular space for this demographic. Remember, this space is available for parties so see the Front Desk for more information!!

## **2nd annual 5k Trail Run and Fun Run October 1st!**

**Kasey Summers will oversee our 2nd annual 5K trail run that starts at the ACC park and goes down through the beautiful Nelson Acres trails. There will be water stations throughout the run as well as water and snacks upon finishing the run.**

**Early registration is only \$20 and includes a free (super cool) tee shirt! For more info, go to the [armfieldcenter.com](http://armfieldcenter.com) website or call our Front Desk!**

**Also, remember that we are also having a one mile fun run for ages 2 to 109 so please come out and enjoy early autumn with your fellow runners and walkers.**

**For registration information, contact Kasey at [kasey.summers@armfieldcenter.com](mailto:kasey.summers@armfieldcenter.com) or call the Front Desk at 336-368-2012.**

**The ACC still has 4 slots open for our Before/After School program. See Tammy Dunning for more info. We feel our program is tops in Surry County!**

### **Foosball Tourney in the Activity Room!**

**\$100 gift package to Gamestop for the winning team. Details at Activity Rm.**

### **FROM THE DI- RECTOR**

The ACC will be holding several fun and engaging events and programs over the next few months. You will see a lot of information/marketing for these events that are designed to provide the community with unique, enjoyable, and sometimes challenging experiences. These events will only be successful when our community gets involved so that's where you come in! Take a look at the schedule over the next few months:

- Fall Open House
- 5K Trail Run/Fun Run
- LDS Service Day
- Disc Golf Tournament
- Theater/Dinner Event
- 2nd annual Winter Gala
- ACC at the ACC bbq luncheon
- Spring Carnival
- Casino Night at the ACC
- Spring Open House
- Youth Basketball
- Youth Soccer
- Summer Concert Series

Wow! What an amazing list of activities for this area of Surry County. Remember, we need your support to make these events successful. My challenge for you is to look at this list and pick at least three things that you and your family could possibly attend...and bring friends too! If you ever have any questions concerning our events, please call our Front Desk!

# FITNESS AT ACC!

## How far have you walked today?!

Several of our members are making their way closer and closer to Wilmington...on foot!! Get involved with this fun challenge on our walking track today! Your first goal is Mt. Airy but we have much bigger goals in mind as you *travel* all over the great state of North Carolina. Ultimately you'll get all the way to the beach just like some of our members are getting close to now. Forms are available at the ACC Front Desk. Included are destination points and areas to submit your daily and weekly walking distances. Good Luck!



## **Saturday Morning Zumba Fitness!!!**

**Enjoy a rotation of our  
Zumba instructors on  
Saturdays at 10am!**

## **Fit Kidz is back!**

As the ACC continues its focus on fitness in our community, we are excited to bring back our fitness programming geared towards kids ages 7-12. This is an important age for kids where they learn habits that often last a lifetime. This class fuses fun and exercise! Ask Kasey about it!

The ACC proudly presents...  
Squabbles  
on November 11-12

The ACC will host a dinner and theater event on Friday, November 11 and Saturday, November 12. The hilarious comedy "Squabbles" is all about the escapades that occur when a husband's mom and a wife's dad are forced to move in for specific reasons. Let's just say things are not running smoothly on the home front!

Before the play, you will be served a special Italian recipe Spaghetti...either meat or vegetarian sauces. The meals will include salad, homemade bread, and tea/water and cheesecake ...yum!

The tickets are only \$20.00 each and this includes dinner and the play!

Tickets will go on sale October 10th. This is a reserved seating event so be sure to pick up your tickets when they go on sale!

**"Those who can't laugh at themselves  
leave the job for others"**

**Weekend at Bernies Part Two??!**

You can't make this stuff up. Two Denver, Co men were arrested last week after hitting the town with their buddy's debit card, racking up over \$600 at local bars without his permission. While that is bad, what is even worse is that their buddy was in back seat of the car the whole time...dead! They made the unfortunate decision to take him out "partying" one last time before flagging a police officer down at the end of the night to explain that he had passed away of natural causes. They were then arrested for corpse abuse and identity theft.

**Summers brings  
new classes to  
ACC!**

Kasey Summers has begun the process of creating fun and challenging classes for our members. Be sure to pick up a schedule up front!

Sculpt: In this class we incorporate various equipment used to target muscle tone, increase strength, and boost metabolism.

Cardio Circuit: A 45 minute class that is high intensity interval training that is a BIG calorie burn!

Core Impact: A full hour class designed to target your core. Its all about flexibility, strength, and total body toning!

Zumba Toning: This class blends body sculpting with zumba moves that targets all zones!

Aqua Zumba: Latin inspired with a splash!



# Zumbaween:

## Tuesday, October 25

Boo! Get out your favorite 80's costume for Zumba-Ween being held on Oct 25 at 6pm! And bring your canned foods too! This food drive is free to the public as long as everyone brings a "bag of non-perishable food". Costumes are not required but we hope to see all of our members there (and in your best 80's outfit too!:) If you have a friend who has been thinking about attending a Zumba class at the ACC, this is the PERFECT opportunity to show'em what we are all about at the ACC!

The ACC is making changes to our website! Be sure to check out the new front page...  
Coming soon!!!

**Breaking News!!  
The 2nd annual  
Winter Gala is coming up!  
More info soon!**