

Ken & Mary Stewart

NEW TO THOMASVILLE,
BUT NOT NEW TO THE YMCA!



A NEW CHAPTER

Ken and Mary recently made Thomasville their new home after living in Walburg, NC for 16 years. Before moving, they were active members of the Hartley YMCA in High Point, where they participated in water aerobics, pickleball, SilverSneakers, and chair yoga.



PLANNING FOR THE FUTURE

As they entered their early seventies, Ken and Mary began thinking about their future living arrangements. They visited several retirement communities and chose Piedmont Crossing in Thomasville because of the level of care offered — including independent living, assisted living, healthcare, and memory care. They were still healthy and not in need of immediate assistance, so being on the waitlist was okay with them.



MAKING THE MOVE

After joining the independent living waitlist, they were told they were #16 on the list. While Mary was rehabbing her second knee replacement and Ken was recovering from surgery to repair a torn rotator cuff, they remained active and focused on healing.

A unit came available and was remodeled to their specifications and six weeks later, they became the newest residents at Piedmont Crossing!



Moving to Thomasville and being members of the YMCA has truly been a blessing.

— Ken & Mary



STAYING ACTIVE AT THE Y

The proximity of the Tom A. Finch Community YMCA made it an easy decision to transfer their memberships. They continue to:

- Play pickleball a couple of times per week
- Take the SilverSneakers class taught by Kimberly twice a week
- Enjoy chair volleyball every Thursday morning



FRIENDSHIPS THAT LAST

Through these activities, Ken and Mary have made many new friendships and enjoy the fun, interaction, and sense of community the Y offers.