

the ACTIVE ADULT SPOTLIGHT

Celebrating the Members Who Inspire Us

Bill Groome

92 YEARS YOUNG & STILL GOING STRONG



A LIFETIME OF SERVICE

Born in 1934, Bill has lived in Thomasville, NC most of his 92 years.

After graduating from Hasty High School in 1951, he attended High Point College where he earned a degree in History.

Bill dedicated 34 years to teaching Language Arts and Social Studies at Jamestown Jr. High / Middle School.



STAYING ACTIVE FOR LIFE

- ✓ Inspired by his time in the Army during Training in Texas.
- ✓ At 40 years old, Bill began running 30 miles a week every day, year round.
- ✓ He was on the roads of Thomasville by 4:00 AM where he had different routes.
- ✓ After being diagnosed with Drop Foot, Bill continued exercising and strength training in his basement.
- ✓ He participated in Physical Therapy and continued his membership at the Rehab Facility (behind Rosa Mae's) until Baptist Hospital acquired ownership and stopped allowing former patients access.



ACTIVE
MEMBER OF
THE YMCA
FOR OVER
7 YEARS!

BILL'S ADVICE

- ★ KEEP MOVING
- ★ STAY CONSISTENT
- ★ BE ACTIVE EVERYDAY

"Mobility and consistency will ensure a better quality of life."

DID YOU KNOW?

Bill's Secret to Success:

- ✓ Creature of habit
- ✓ Daily exercise
- ✓ Healthy eating
- ✓ Positive attitude

"Each day he eats Company's Coming low fat chicken salad. In addition, he's a firm believer in taking vitamins and eating nuts and fruits daily."
-Beth Gobble (Bill's daughter)

The Y has good equipment and even better people — friendly employees who will assist you with anything.

FRIENDSHIPS THAT MAKE A DIFFERENCE

Bill thoroughly enjoys the staff and the members of the YMCA. He also loves the fellowship and the friendships he has made with the Early Birds.

