



The Fox Trot

A Newsletter for Upper Palmetto YMCA's Silver Fox Club Members

Silver Fox Club Meeting

January 4, 2010

On behalf of Jenny and myself, thank you to those who attended our Christmas luncheon, for your most generous Christmas gift. It is a pleasure to be a part of this group. We hope that each of you had a Merry Christmas and will have a Happy New Year. As always, we'll meet at 9:30 AM for our social time and meeting at the Charlotte Avenue YMCA. During this time you can register for trips, learn about upcoming trips and ask any questions you may have. As always, we'll have food, fun and fellowship.

Special Guest Speaker for our January 4th Meeting: You will want to make plans to attend our January 4th meeting to hear the Piedmont Medical Center's Chief Medical Officer, Dr. Richard Patterson speak to us on how to keep healthy this winter. He will also take your questions about health and wellness.



2010 Matinee Theatre

Opportunities



April 1, 2010- The *Jersey Boys* performance is set. Our group block is sold out. We'll leave from the Charlotte Avenue YMCA at 12:30PM for a 2PM matinee. If you have a balance remaining, please pay at the January meeting.

May 20, 2010- *Wicked*- the story of how 2 unlikely friends become the Wicked Witch of the West and Glenda the Good Witch. We will be departing the Charlotte Avenue YMCA at 12:30PM for a 2PM matinee. The cost is **\$108** and is non-refundable. **The last day for registration will be January 15th. We still need 6 more people to sign up for this trip!** If you or a friend is interested in going, please don't delay, sign up now!

**** To attend performances, we need a *minimum of 20* to receive the group rate. Seats for both shows are in the orchestra area. A non-refundable deposit of \$50 is due to hold your spot with the remainder due 3 months prior to show. ****

Walnut Grove Plantation and Bob Jones University Museum

January 14

Once considered the "western frontier", Walnut Grove Plantation sits on land granted in 1763 to Charles Moore in Roebuck, SC. We'll begin our morning with a guided tour of the plantation house, kitchen and Rocky Spring Academy. Time permitting (and weather) we will tour the remaining outbuildings. Next we will head into Greenville for lunch at the Overlook Grill next to the Reedy River Falls, then on to Bob Jones University Museum for self-guided tour. If you wish to rent the audio guide at the museum you may do so for a \$5/ charge per person. We will depart from the Charlotte Ave. Y parking lot at 8AM and return around 5PM. **We**

still have room for several more on this trip. You can sign up at our Jan. 4 meeting if you would like to join us!

Clemson & Pendleton, SC

February 11 and 12

We're planning to head to SC's "Golden Corner" in February. We'll begin our tour with lunch at the World Famous Beacon Drive In in Spartanburg; known for being the "2nd Busiest Drive In" in America (2nd only to the Varsity in Atlanta), the Beacon always makes sure you won't leave hungry! We'll move on to the Pendleton area to visit one of the earliest upstate plantations in SC, Ashtabula. Following our private tour, we'll move to the oldest settlement in SC's mountain region, Pendleton. We'll visit the town square and visit shops that surround the square. After checking in at the hotel in Clemson, we'll return to Pendleton's town's square for dinner at 1826 on the Green. After breakfast on day two, we'll move to the heart of the Clemson University campus to tour Fort Hill, the home of SC's most famous statesman, John C. Calhoun. Then we'll cross campus to tour the Hanover House, a French Huguenot home moved to the Clemson campus years ago. Who knows, if time permits, we might even "rub" Howard's Rock at the top of the hill at Death Valley! Leaving Clemson, we'll go by the Old Stone Church and tour another upstate plantation, Woodburn. After lunch at Southern Living's best barbeque in SC, Brushy Creek Barbeque, we'll head for home. **The price for this trip is \$165 for members and \$175 for non-members who register by February 1st.** We'll leave the Y at 9:30 on the 11th and return late afternoon on the 12th. The last day to register will be February 1st. Included in the price are transportation, all meals, tax, tips and tours.

The Revolution in SC: Kings Mountain and Cowpens/Rose Hill Plantation

March 23

Plan to join us for a trip back into SC's past; we'll visit the "turning points of the Revolution in the South: The Battles of Kings Mountain and Cowpens." As we go, you'll hear and see what made these two battles so decisive in the outcome of the American Revolution. Both National Parks feature battlefield tours, museum displays and films that depict what actually happened in 1780/81. In addition, we'll visit the Rose Hill Plantation in Union County. Rose Hill was the home of William H. Gist, SC's "Secessionist Governor." Built in 1828, Rose Hill is an excellent example of an upcountry cotton plantation. We'll tour the home and see what the Governor's mansion looked like in 1858! This trip includes walking and stairs at the Rose Hill Plantation. **The cost for this trip is \$55 for members and \$60 for non-members who sign-up by March 1st. The rate after the first will be \$60 for members and \$65 for non-members.** The last day to register will be March 19th. Included in the price are attractions, lunch and transportation. Departure will be from the Charlotte Avenue YMCA at 8AM and we will return around 6PM.

2010 Silver Fox Club Renewals

It's time to renew your Silver Fox Club membership! **The fees are \$15 for an active YMCA members and \$20 for non-YMCA members.**



YMCA Silver Fox Club
323 Oakland Avenue
Rock Hill, SC 29730
jimmyjohnson@upymca.org
324-9622