



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THELMA GOODWIN

About Thelma

- Thelma is 91 years old and just got her license renewed!
- She was a Girl Scout leader for over 40 years! She loved taking the girls primitive camping.
- She loves to line dance!

Why She Loves the Y

Thelma was born and raised in Georgia. She was one of seven children in her family. She and her sweetheart were married for over 50 years. Thelma and her late husband moved to Detroit, Michigan shortly after they were married and raised seven children. After her husband passed away, her daughter moved her to Athens. She's been a member of the YMCA for 5 years. She drives herself to the Y to work out at least 5 days a week. She loves the pool classes and YMCA Gold. She loves being active!



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