



IN THE SPOTLIGHT



Vema Palmer Member since 2000

Two decades ago, Miss Vema took a regular aerobics class, led by a Community YMCA instructor, in her church basement. She was encouraged to join the Y to continue the progress she'd made. The rest, as they say, is history.

"I got addicted!" laughs the Clifton Heights resident.

You'd be hard-pressed to guess she's 91-years-old! Find her three to five times a week, an hour and a half per visit, rowing, walking on the treadmill, or hitting the weight machines for a full circuit.

"Rowing is my favorite, and I feel wonderful!"

When Miss Vema's not working out, she's deep into a book.

"I love to read," she exclaims. "I have a book for everything! I attend every library sale and get books for a dollar or two, and I trade books with the people here at the Y."

Everybody at the Y knows Miss Vema, and greets her with a huge smile.

"The staff here is outstanding. I just love them all," she says. "I've met many wonderful friends here too, and like to spend my birthdays with the ladies."