

SEASON OF GIVING Happy Holidays!

December Newsletter



HARRISON FAMILY YMCA

1000 Independence Drive Rocky Mount, NC

252-972-9622

www.harrisonfamilyY.org | Stay Connected



DID YOU KNOW?

December is the season of giving! During this holiday season, let's remember to give back to others in need. The Y offers many different social responsibility initiatives throughout the year including our Annual Campaign, Togetherhood projects, and more.



CELEBRATE THE SEASON

Holiday Flea Market & Craft Fair

Saturday, December 7th from 10:00 a.m. – 1:00 p.m.

FREE & OPEN TO THE COMMUNITY!

Get a jump start on your holiday shopping and join us for our first Holiday Flea Market and Craft Fair at the YMCA! Support local crafters and browse a selection of unique gifts and handmade items to purchase for yourself or your loved ones this holiday season. Kids can write letters, visit with Santa Claus, and enjoy refreshments.

THE FUTURE IS IN YOUR HANDS

Giving Tuesday December 3rd

The future in your hands with our 2020 Annual Campaign. Every dollar donated to the Harrison Family YMCA stays local and has a lasting impact on the people in this community. Your support helps hundreds of youth and families thrive in life. Donations help enable youth to be safe around water, provide evidence-based programs to combat chronic disease and a safe place for children to learn and grow, and allows for greater access to a healthier lifestyle. **Make a donation on Giving Tuesday and take your first step towards making a difference.**



INFO TO KNOW

HOLIDAY HOURS

Tues, Dec. 24 th	Close at 3 p.m.
Wed, Dec. 25 th	Closed all day
Tues, Dec. 31 st	Close at 3 p.m.
Wed, Jan. 1 st	11 a.m. – 5 p.m.

OPEN CYCLE

Our Cycle Studio is now open for use during non-class times! If there is a class on the schedule, please feel free to join in or wait until it is over for open studio use.

LOYAL MEMBERS!

Congratulations! We appreciate your membership and hope that you will share your story of how the Y has impacted your life by emailing marketing@rmymca.org. Pick up your prize at the front desk!

2-5 YEARS: MELISSA ALTEMOSE

6-10 YEARS: DARRYL CROSS

11-20 YEARS: RICKEY MCWILLIAMS

21-30 YEARS: JAMES HOOD

CEO MESSAGE

"December is the season for giving here at the Y. This month we turn our focus towards giving back to the community and encouraging family time. At the end of November, we distributed over 50 boxes from our Operating Christmas Child initiative to children in need. This month, we are also hosting a Toys for Tots Drive in the lobby and our very first Holiday Flea Market and Craft Fair. This event will feature local vendors with unique items to purchase for yourself or a loved one this holiday season. Santa will also be here along with some holiday refreshments for the family. All vendor booth proceeds go back to our 2020 Annual Campaign, helping us prevent drownings, combat chronic diseases, and keep our doors open to all. Take December to truly invest time in giving back."



GIVE THE GIFT OF COMFORT

Togetherhood Teddy Bear Collection Drive

Our Togetherhood Committee will be hosting a Teddy Bear Collection Drive in the front lobby of the Y starting in December. All are encouraged to donate a new or gently used teddy bear for a senior in our community who may suffer from loneliness or isolation. At the end of the collection drive, the teddy bears will be distributed throughout the community to different assisted living areas, nursing homes, and other senior centers to show them they are loved.

Collection Dates: December 14th – February 12th

NO SCHOOL? NO PROBLEM!

School Break Camp
December 20th - January 3rd

The Y offers School Break Camp when Nash-Rocky Mount Public Schools are out for teacher workdays and holidays. Activities each day will include swimming, games, arts & crafts, and more! Breakfast, lunch, and a snack will be provided to all registrants. **Must register by December 18th or late fee will apply.**



ROCKIN' AROUND THE CHRISTMAS TREE

Parents' Night Out | Friday, Dec 13th 5:30-8 p.m.

In this Parents Night Out, we will get into the holiday spirit with fun minute to win it games! Get ready to show off your best skills in our gingerbread house competition, Just Dance fun, and more!
Registration required by December 6th.

SUPERHERO CONFIDENCE

Superhero Friday Nights Out for exceptional children
Winter Olympics Night Out | Friday, Dec 20th 5-8 p.m.



This program is designed for children with developmental and intellectual disabilities. These nights take place one Friday of each month, and provide sensory sensitive activities, fun challenges, socialization with peers, and self-care for parents and caregivers.

Register by Dec. 19th Ages: K - 12th grade Fee: \$5

STRONG CHARACTER. STRONG PLAYERS.

Winter Youth Basketball League
January 6th - February 10th

This league is about mentoring youth, encouraging friendships, building positive relationships, healthy living, providing a feeling of belonging and safety, and creating future leaders within the community. Children will build skills at practice and games and learn about teamwork and friendly competition. **Register is required by December 23rd.**

Ages: Kindergarten - 6th grade.



IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring Program
January 6th - April 27th

In partnership with the American Heart Association's Check. Change. Control. Curriculum, this program helps keep blood pressure well-controlled while minimizing the risk for complications such as strokes and heart attacks.

Supported in part by Nash UNC Health Care Foundation.



OPEN HOUSE!

Saturday, January 4th 10 a.m. - 2 p.m.

OPEN TO THE COMMUNITY! FREE MEMBER FOR THE DAY!

BodyPump Classes

**BMI TESTING &
PICKLEBALL**

**ROCK CLIMBING WALL
TOURS EVERY HOUR**

VENDORS

\$0 JOIN FEE!



WELCOME AND FAREWELL

Staff Transitions

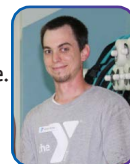
Sharon Simons, our Active Older Adults Coordinator, made the bittersweet decision in mid-November to move back to her home town and be closer to family. Sharon was a popular name in our Healthy Living Department upstairs, as she got to know so many of our members in her 15+ years with our Y. In her close work with individuals through our Post-Rehab Program, Personal Training and Coach Approach, she truly changed many lives for the better as she guided participants on their journey of a healthier lifestyle. We will miss Sharon and wish her and her family nothing but the best.



Donna Manning, known in the Y as Mrs. Donna, will be retiring from her long-standing career with our YMCA on December 19th. Donna is one of our Child Care Coordinators and has worked for the Y for close to 20 years in Before & After School Care and Summer Camp. She has surely been an inspiration to the children she has worked with here and loved by so many. Donna's passion for youth is evident and will truly be missed. Please join us in wishing her well as she enters this next chapter in her life.



Adam Crider, our previous Youth & Family Director made the difficult but important decision in mid-November to move back closer to his family and pursue his career there. Adam has been an integral part of our Leadership Team. His natural ability to create environments that foster growth and achievement have been truly inspirational. His creativity shines throughout everything he has accomplished here at our Y and we strongly believe that those natural talents of his will continue to shine wherever he goes in life. Parents have grown to love "Coach Adam" and we want to thank him for his hard work. Ivy Averette, our previous Youth Development Coordinator has now transitioned into the role of Youth & Family Director. Ivy and Adam have worked together extensively over the past few months and have ensured a smooth transition for our youth and families. We wish Adam the best with his new home and career, and welcome Ivy as she moves into this role!



Ivy Averette, our new Youth & Family Director, has been with us for about 6 months. Before Adam Crider's transition, she served as our Youth Development Coordinator, facilitating youth and family programs. She previously worked with youth for the YMCA of the Triangle and graduated from NC State in 2018 with a Bachelor's Degree in Nutrition Science. Ivy is excited about her new role of Youth & Family Director, and we want to introduce and welcome her to all of our members and parents! Be on the lookout around the facility for Ivy. Her bubbly personality will welcome you right in!



IMPACTSTORY

Larry Silver "I have been a member of the Y for over 20 years and I feel very blessed to have this organization right here in Rocky Mount. I have been involved in the Y in many different ways including coaching, playing basketball, and participating in health and wellness programs.

The Y has been beneficial to me mentally and physically over the years. The staff here has been so helpful and understanding with me by providing financial assistance after suffering several chronic illnesses. I wouldn't be here today without this organization! The Y has always been there for me whenever I needed them and I believe that becoming a member is one of the best decisions I have made for my life! The Y is truly here for the community."

