

# STAYING CONNECTED THE Y'S NOVEMBER NEWS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

November 2017

252-972-9622

[harrisonfamilyY.org](http://harrisonfamilyY.org)

**DID YOU KNOW?**

NOVEMBER IS DIABETES AWARENESS MONTH. THE Y ENCOURAGES ALL TO LEARN THEIR RISK FOR PREDIABETES AND TYPE 2 DIABETES – & TO TAKE PREVENTIVE STEPS TO HELP REDUCE THEIR CHANCES OF DEVELOPING THE DISEASE.

## THE TIME IS NOW.

BLACK FRIDAY SPECIAL

Friday to purchase your favorite gift of health and wellness for you or a loved one! **NOVEMBER 24TH 5AM-9PM**  
Deals will be available for Membership, Swim Lessons, Personal Training, & more! Stay Tuned for Details!

Youth Development

## SHOOT, SCORE, SELF-ESTEEM!

Build basketball skills and MORE than basketball skills with our upcoming **Winter Youth Basketball League!** Register Now for the season, **Nov 27th-Jan 27th.** Ages: 5-12. Mandatory Coaches Mtg: November 20th.



## LEARN, GROW, PLAY!

**NEW-Tots Play Program!** This sports instructional program was created specifically for children ages two-four, with weekly lessons designed for age appropriate skill level and developmental growth. Curriculums include unique and fun activities to capture their attention and develop a love for active living! Register today for our upcoming **Winter Sessions!** Tots Variety Sports Session: Jan 11-Feb 15. Tots Basketball Session: Feb 20-March 27.

## BELIEVE THE H.Y.P.E!

Get "HYPED" for the New Launch of our revamped Home School P.E. Program, now titled HYPE! Our curriculum will aim to connect children who are home schooled, and to develop participants' knowledge of the benefits and FUN in sustaining healthy lifestyles! Register Now for the new launch date of **January 8th!** Mondays & Wednesdays from 1:30-2:30pm for Ages 6-12.



## CHILD CARE WHEN SCHOOL IS OUT!

Prepare for the next school closings! Register for School Break Camp! Next Dates are **November 10th & 22nd!** This program is located in our YMCA Future Leaders Center from 6:30am-6:00pm. Ages 5-14.



NOW OFFERING  
**LIFEGUARD TRAINING**

## BE A LEADER, BE A LIFEGUARD!

Register now for our next **Recertification Course** on **December 16th** from 8-5!



## CELEBRATE THE SEASON

Save the Date & be sure to bring your family to our **Annual Jingle & Mingle Celebration!** Tuesday, December 12th, 5:30-7pm in the Front Lobby! For Y Members only.

### NOVEMBER LOYAL MEMBERS:

2-5 years: Jeremy Rieger

6-10 years: Jesse Futrell

11-20 years: Geneva Fuller

21-30 years: Bennie Jarvis

### MESSAGE FROM OUR CEO

"November is here, and we want our community to turn their focus to Giving Back. Giving is such an important piece of what we do here at the Y, and is a part of our Social Responsibility Focus Area. We know that when we work together, we move individuals, families and communities forward. The Y responds to society's most pressing needs by developing community-based solutions to help those in need reach their full potential. We are also committed to inspiring a spirit of service by uniting individuals from all walks of life to participate in and work for positive social change. So, I encourage everyone to donate to one of our Collection Drive Boxes in the Lobby, Volunteer for a Togetherhood Project or Donate to our Annual Campaign on #GivingTuesday."  
-Jacquelyn Price, CEO



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## TAKE CONTROL OF DIABETES.

We encourage any and all to attend our quarterly **Diabetes Academy on Thursday, November 16th at 5:30pm** in our Teen Center. This is a free class given by a Novo Nordisk Diabetes Educator, teaching about managing Diabetes.



## WELL-BEING FOR MILITARY FAMILIES



November is #MilitaryFamilyMonth. Deployment can be a stressful and uncertain time for servicemen and women and their families, but the Y can help. The Military Outreach Initiative helps provide memberships to military members and their families.

## HOLIDAY FUN FOR SENIORS!

We are offering our senior members, age 60 & up, a fun filled Holiday themed morning with our upcoming **Senior HoliDAY on Thursday, December 7th** from 10:30-noon in Studio 1! There will be a Holiday Line Dance, "Name that Song" Contest, and Best Holiday Outfit Contest!



## Social Responsibility

# A DAY TUE GIVE

Pledge to donate on Giving TUESday, Nov. 28th! to our 2018 Annual Campaign.

#GivingTuesday is a global day dedicated to giving, and we are making it easy for you to join in on the effort.

Donate to our Cause by filling out a short pledge card on our giving tree at the front desk or online:

[harrisonfamilyy.org/support-y](http://harrisonfamilyy.org/support-y)



THE Y.™ FOR A BETTER US.™

## 2018 ANNUAL CAMPAIGN BE A HERO. FOR A BETTER US.

Our annual campaign donors make it possible for children, families and adults to have access to Y programs that improve their lives. 100% of the funds raised are used to provide financial assistance in the form of full and partial scholarships, based on individual need. Donations also fund outreach programs, which are then made available to participants at little or no charge.

## OPERATION CHRISTMAS CHILD COLLECTION DRIVE & PACKING PARTY

Collection Drive: Now-Nov. 11th.

- Bring new cool toys, fun small gifts, hygiene products, or a shoebox to the Y. There is a box provided in the lobby.
- Donate \$9 to the Y for shipping the box.

**Packing Party: Nov. 12th at 2:30PM** in our Teen Center here at the Y!



## SUPPORT THE Y. SHOP AMAZON SMILE!

Here's an easy way for your dollars to benefit the Y. When you shop at **AmazonSmile**, Amazon donates 0.5% of the purchase price back to us. Simply bookmark the following link <https://smile.amazon.com/ch/56-0543251> and support us every time you shop!

## STAFF SPOTLIGHTS



**Carlos B. Sheppard, Lifeguard**

"I have worked for the Y for 3 years. My favorite food is soul food. My favorite thing about my

job is teaching water aerobics. My hobbies are swimming, running, and working out. My fun fact is that I love math. My favorite thing to do at the Y is play in the water and have fun making others laugh."



**Shanna Etheridge, Membership Accounts Specialist**

"I have worked for the Y for 5 years and 4 months.

My favorite food is peanut butter. My favorite thing about my job is building relationships with members. My favorite hobby is watching football. My fun fact is that I was a national championship cheerleader. My favorite thing to do at the Y is play racquetball with my son."



**Taylor Barbour, Rock Wall Attendant**

"I have worked for the Y for 6 months. My favorite

food is Mexican! My favorite thing about my job is interacting with all the kids and adults. My favorite hobby is playing baseball. My fun fact is when I was born, I lost a kidney and peed out of my belly button for 6 months. My favorite thing to do at the Y is making friendships with the members!"



**Bailey Batts, Membership Services Representative, Child Watch Attendant, and Gymnastics Instructor**

"I have worked for the Y for 5 months. My favorite food is Chinese food. My favorite thing about my job is meeting new people and working with children. Singing is my passion. My fun fact is that I have two different colored eyes! My favorite thing to do at the Y is meet new people and teach gymnastics."