

GIVE THANKS FOR HEALTHY LIVING

November Newsletter



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

1000 Independence Drive Rocky Mount, NC

252-972-9622

www.harrisonfamilyY.org | Stay Connected



DID YOU KNOW?

November is Diabetes Awareness Month. 1 in 3 North Carolinians have pre-diabetes. The Y wants to encourage the community to learn their risks for prediabetes and type 2 diabetes and to take preventive steps to potentially reduce their chances of developing the disease.

BURN THE BIRD!

Turkey Triathlon Challenge



Challenge yourself to stay on track this holiday season! The Turkey Tri is a triathlon for individual adults or families/teams and a half triathlon for youth! That's a swim, bike and run/walk combo that you have an entire month to finish! There is no cost, but you must register ahead of time! To track your time, you will fill out a tracker sheet in a notebook provided at the front desk. **Complete the challenge to win a FREE t-shirt and entry into a drawing for a \$100 Gift Card to Dunham's Sporting Goods!**



November 1st - 30th | Half Tri & Full Tri

INFO TO KNOW

Group Exercise Changes

A few changes to our Group Exercise Schedule have been made for Thursdays. Please see these changes below. They will also be reflected on your schedule. Thank you!

- 30/30 will be in studio 2 at 5:30pm.
- Zumba will be in studio 1 at 5:30pm.
- Yoga will be in studio 1 at 6:30pm.

Pickleball Special Dates

- Wednesday, 10/31 from 5:30-7:30 p.m.
- Wednesday, 11/7 from 5:30-7:30 p.m.

Recipe Book Fundraiser

Continue eating healthy this holiday season! This past February, Water Fitness groups collected recipes from members and we put together a Healthy Recipe Book with them! Consider purchasing one at the front desk for \$12. Proceeds go to our Annual Campaign.

LOYAL MEMBERS!

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

2-5 YEARS: TANISHA DRAUGHN

6-10 YEARS: VERA DAVIS

11-20 YEARS: SHERIF AHMED

21-30 YEARS: ELIZABETH BOBBITT

CEO MESSAGE

"With the holidays quickly approaching, the Y encourages everyone to remember their health during the season of amazing foods. We are holding a fun turkey triathlon for members to make staying healthy more fun. We are also offering many Black Friday specials for the community and current members to take part in. These could be great stocking "stuffers" for your loved ones. Please also remember the Y during Giving Tuesday this year, following Thanksgiving and Black Friday. This global initiative promotes giving back to your favorite charity at the beginning of the holiday season. We hope to have you join us in strengthening our community."



ELEVATE YOUR GAME

Adult Basketball League | Register by November 25th

Join us for a little friendly competition! The Y's Adult Basketball League provides a perfect opportunity to be active, social and to reconnect or start fresh with a sport you love. The Y promotes fair rules and safe play, but also supports a healthy competition for those who love basketball and desire to play for recreation. This coed league is open to all skill levels for folks who aren't afraid to mix it up a bit on the court!

Season: December 9th - February 3rd | Ages 18 & up



TAKE YOUR SHOT

Winter Youth Basketball | Register by November 25th

It's about mentoring youth, encouraging friendships, building positive relationships, and providing a feeling of belonging and safety. Kids will practice, play games and build on their basketball skills while learning teamwork and friendly competition. **Season: December 3rd - February 2nd | Ages 5-15**

BUILD SKILLS & MEMORIES

Upcoming Gymnastics Events

Whether you are a cheerleader, dancer, gymnast or just interested in building friendships and skills, these events are for you! You must register ahead of time online or at the Y!

Lock-In

Nov. 30th - Dec. 1st

Open Gym Event

Nov. 10th



FAMILY TIME & ME TIME

Upcoming Friday Fun Nights

We encourage families to participate in a variety of fun activities at the Y, share, communicate and strengthen their relationships, and meet other families. We also offer Parents' Nights Out where parents can drop off the kids for a night full of fun while they enjoy some time to themselves. You must register ahead of time online or at the Y!

Family Movie Night

Dec. 7th

Parents Night Out: Winter Olympics

Dec. 14th

CARE WHEN YOU NEED IT

Veteran's Day School Break Camp | Nov. 12th

The Y is here for you when school is closed for the kids. We know that with the demands of work, it can be difficult to find care for the kids. That is why we offer our School Break Camp. The next school closing is Veteran's Day on November 12th. Care is provided from 6:30 a.m. - 6 p.m. at our YMCA Future Leaders Child Care Center. Register online or at the Y!



Election Day Child Watch | Nov. 6th

On Tuesday, Nov. 6th, the voting public of the US will head to the polls. The Y wants to ensure that everyone who wants to vote can do so. Because lack of child care can prevent parents and caregivers from casting their ballots, the Y is providing child care to give busy parents the opportunity to make it to the polls. Community Members must register ahead of time for any 2 hr slot listed below.

8-11am 11am-1pm 3:30-5:30pm 5:30-7:30pm

GOOD NEWS. GREAT JOY.

Operation Christmas Child Collection Drive & Packing Party

From children to seniors, people pack shoebox gifts each year to bless children in need around the world. To help children this holiday season, you have a variety of options:

- **Donate unopened toys and hygiene products** to the collection boxes in our front lobby from now until Nov. 9th.
- **Donate \$9 donations** at the front desk to help provide shipping and other ministry expenses.
- **Volunteer at our Packing Party on November 10th** from 12:00 p.m. - 3:00 p.m. to help pack and organize the donated items in shoe boxes that will be dropped off at Calvary Baptist Church. You may sign up via our website.



SEE THE BIG PICTURE
HELP PIECE IT
TOGETHER



ANNUAL CAMPAIGN 2019

Thank you to all donors, staff and volunteers for helping the Y exceed \$100,000 for their 2018 Annual Campaign this year! This was a record high in our Y's annual campaign and we could not have done it without the amazing support seen from our members and community. In the 17-18 fiscal year (Oct-Sep), funds raised provided financial assistance to support many in need.

- 169 families and individuals were assisted in membership.
- 307 servicemen and families were assisted in membership.
- 88 families and children were assisted with after school care.
- 57 families and children were assisted with summer camp.
- 36 children were given a chance to participate in a youth program.

This #GivingTuesday, Nov. 27th, donate to the Y and help us continue to strengthen community for our 2019 Annual Campaign. Donate online or pull a pledge card from our Giving Tree at the Front Desk. Every day, the Y strengthens communities for kids, adults, seniors, and families with programs that protect, teach, connect, heal, nourish and encourage.

IMPACTSTORY

Mac Lord "I have been involved with the Y for a long time and have seen first hand the impact the Y has on people, which is why I wanted to contribute to the Y in some way." Mac chose to do his Eagle Scout project here at the Y by adding something new and fun to the playground for children. He decided it would be great to add a Gaga Pit for children to play on when they are outside. The game of Gaga relates to the Y's cause to strengthen community. It allows anyone to play at any skill level and the games are very short giving everyone a chance to play. He thought that building a Gaga Pit would allow all children at the Y the opportunity to feel included. "That is how I feel about the Y, having swum here for nine years, working here, and being apart of the Togetherness Committee; I am able to see that the Y is very inclusive and it provides an opportunity for everyone." After raising money for four months and building the Gaga Pit over the course of a month, Mac is happy that he is able to see the impact this project has made on the children. "I love being able to walk by and see different children playing together on the pit."



CAUSE-DRIVEN LEADER SPOTLIGHT

Omar Salim | Lifeguard



"I have worked at the Y for 1 month. My favorite type of food is Mexican food. My favorite thing about my job here at the Y is being able to interact with patrons. My favorite thing to do at the Y is play basketball which is one of my hobbies. A fun fact about me is that I speak three different languages!"