

STAYING CONNECTED THE Y'S SEPTEMBER NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

September 2017

252-972-9622

harrisonfamilyY.org

DID YOU KNOW?

FUN FACT: SEPTEMBER IS CHILDHOOD OBESITY AWARENESS MONTH. MAKE WATER THE DRINK OF CHOICE & MAKE IT EASY FOR EVERYONE TO FILL HALF THEIR PLATES WITH FRUITS & VEGETABLES!

A GUARANTEED "HERE FOR GOOD!"

September New Member Money Back Special

Have you been trying to convince a friend or two to join the Y? Now is the perfect time to give them that nudge! **NEW MEMBERS CAN JOIN THE Y THIS SEPTEMBER WITH 100% MONEY BACK GUARANTEE!**



Social Responsibility

CHANCE FOR ALL COLOR RUN!



5K & 1 Mile Fun Run

Saturday, September 23rd at NC Wesleyan College!

Multiple family activities, corn hole, bounce houses, zaxby's and chick-fil-a complementary food, color blasters all around, and more! Don't miss this chance to participate in this super fun event, while benefiting our annual campaign! Price will increase if you register

the day of! Please bring cash to the event. Pre-registration will close at 11:59pm on Wed, Sep 20th. REGISTER AT HARRISONFAMILY.ORG!

- 7:30am: Registration/sign in/fun with vendors
- 8:30am: 1 Mile Fun Run
- 9:00am: 5K
- Stick around for raffles, celebration, & the Battling Bishops Home Football game at 1!



We will be closed on Monday, September 4th for Labor Day!

SAY HELLO TO ADAM! New Youth Development Coordinator!



"I am originally from the Pittsburgh, PA area (big Pittsburgh sports fan). I also grew up 15 miles from a mountain/ski resort, so snowboarding has always been a big part of my Pennsylvania winters, and yes I miss the snow. I have been working for the YMCA organization for about 7 years now, mainly in youth and family programs. I joined the YMCA because of its foundation and core values. I wanted to make a difference in kids lives, not only giving them a place/program to have fun and look forward to going to, but also giving them a place to grow and develop in all aspects of life. The Y gives such a unique opportunity to impact youth in a strong way. I look forward to working with the Harrison Family YMCA, building this community's youth via our current and new programs. I want to get everyone, including staff, families and the community, excited about what we have to offer these kids."

TEXAS FLOOD SUPPLY DRIVE

Help us collect supplies for the victims in the Texas flooding, by donating to the box in the front lobby. **We will take all items to the Nashville Church of God on Saturday, September 9th at 2pm** to load the truck. Will take items such as gallon water, cases of individual water, blankets, wash cloths, towels, clorox bleach, laundry detergent, soap, deodorant, shampoo, baby diapers, baby wipes, any type of sanitizing wipes, toothpaste, toothbrushes, feminine supplies of women, toilet tissue, nonperishable pop-top type canned foods, plastic utensils, chips, snacks, powdered baby formula, and baby food, packages of new socks, new T-shirts, and new undergarments of various sizes. New or gently used, in good condition only, clothes and/or shoes.



SEPTEMBER LOYAL MEMBERS:

- 2-5 years: Clara Arnold
- 6-10 years: Kimberly Reyer
- 11-20 years: Raymond Hassett
- 21-30 years: Robin Weeks



One of our Racers, Maddie is collecting swimsuits, goggles, and swim towels. These items will be donated to the YMCA's Adaptive Swim Program. These classes are designed to provide Nash-Rocky Mount School Students that have a mental or physical disability the opportunity to learn and improve swimming

skills, maintain and increase physical fitness, achieve success, and receive recognition within an aquatic environment. Any donation will be greatly appreciated!

SUPPORT OUR RACERS!

The RMY Racers are looking for sponsors to help support the team, as well as promote your business! Check out the level options by visiting harrisonfamilyy.org/programs/rmy-racers-swim-team



MESSAGE FROM OUR CEO

"September is here and I want to take this month to talk about how it important it is to focus on the health of our children, as it is National Childhood Obesity Awareness Month. As a leading community-based organization dedicated to improving health, YMCA of the USA is offering the following tips to help families incorporate healthy eating and regular physical activity":

- Eat & Drink Healthy
- Play Every Day/ Go Outside
- Get Together as a Family
- Reduce Screen Time
- Sleep Well



Continues next page —

LEND A HELPING ARM

Red Cross Blood Drive- Tuesday, September 5th from 3-7pm

Schedule your appt online at recrossblood.org

ALL WHO GIVE WILL GET A FREE RED CROSS TEE! *while supplies last.



1st TOGETHERHOOD BACK TO SCHOOL BLOCK PARTY PROJECT WAS A SUCCESS!

Thank you to everyone who helped out by donating school supplies, helping pass out the supplies in the neighborhoods, and putting a smile on these family's faces as they prepared for the kick off of the new school year! It was an amazing chance for us as Y members to give back to our community!

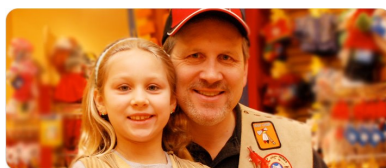
Youth Development

CONNECTING DAUGHTERS & DADS

Y Guides

Register today for the 2017-2018 Y Guides year, beginning in October! This program offers Dads and their Daughters, 1st-3rd grade, the opportunity to create lifelong memories together, connect with other daddy-daughter pairs in the tribe, and learn about community service.

Interest Meeting: Tuesday, September 26th at 6PM at the Y!



FALL INTO FAMILY FUN!

Fall Family/Halloween Event
Saturday, October 21st 5:30-7:30pm at the Y!

Save the date and get your costumes ready for this year's fall family event! Free and open to the public. We will have the treat trail as usual, which are fun activities at different stations in the Y. Complete the activity and receive a treat for your hard work! Super Hero costume contests (family friendly please), face painting, arts & crafts, photos, and more!



DISCOVERY & FUN FOR KIDS

Kids Discovery Zone



This program has been in place within our Y to provide a supervised, innovative programming experience for kids, giving parents some time to run errands, take a class, relax in the whirlpool, or get some things done. Kids have the opportunity to take part in activities like swimming, completing science projects, arts and crafts, learning about foreign languages, and cooking demonstrations all within a

safe, structured program.

For ages 6-12 | Free for Y members | Guests welcome with guest fee
Days just moved to Monday & Thursday evenings from 6:30pm-8:30pm.

Healthy Living

ACTIVE & AGELESS

Senior Fun Day
Tues, Oct. 10th
10:30-1:30pm

This day will be filled with many fun fitness activities, targeted towards Y members age 55 and up. We will also provide lunch afterwards.



MINDFUL MOVEMENT

Cognitive Impairment
Exercise Program

Every 3rd Thursday, beginning
October 19th | 11:30-12:30

This program is designed for individuals with cognitive impairment & caregivers. Exercise classes will focus on improving cognitive awareness, while we will give caregivers a needed "breaktime".

STAFF SPOTLIGHTS



Brandon Blevins, Childcare
Teacher

"I have worked for the Y 2 years. My favorite food is anything NOT on my diet. I enjoy the kids of all ages that I get to work with. My favorite hobby is My Arts. My fun fact is that I work for Star Wars & Marvel doing art on the side. My favorite thing to do at the Y is use the great selection of equipment in the gym."



Michelle Johnson,
Wellness Floor Staff

"I have worked for the Y for 8 months. My favorite food is chicken on the grill. I love to talk with members and help them with their goals. My favorite hobby is spending time with my three kids. My fun fact is that I also coach soccer. My favorite thing to do at the Y is workout."



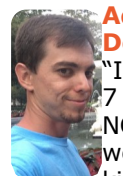
Ursula Jacob, Membership
Services Representative

"I have worked for the Y for 1 year. My favorite food is anything Mexican. I enjoy meeting new people and talking with members. My favorite hobbies are reading and baking. My fun fact is that I love to watch football, especially NY Giants. My favorite thing to do at the Y is get to know the members- creating friendships with other staff members."



Agnes Moore,
Water Fitness Instructor

"I have worked for the Y for 8 years in the old Y & 3 years in this Y so about 11 years! My favorite food is anything with cheese. I enjoy seeing people in my water fitness classes MOVE & have FUN. My favorite hobby is visiting with my family. My fun fact is that one of my west highland terriers, Ryder, rides the paddleboard with me. My favorite thing to do at the Y is move and exercise in the water. Having arthritis and 1 knee replacement, I love the freedom of movement water offers."



Adam Crider, Youth
Development Coordinator

"I have worked for the YMCA for 7 years, 6 in PA & 1 in Raleigh, NC and now this Y for a couple weeks. My favorite food is kielbasa & pierogis. I love that I am able to meet and serve so many families and kids with my job. My favorite hobbies are running and playing any sport. My fun fact is that I have been snowboarding since I was about 8. My favorite thing to do at the Y is coaching youth sports and getting the kids excited about each sport."