



THE Y CONNECTION

NORTHERN LIGHTS YMCA - DELTA PROGRAM CENTER VOL.47, NOVEMBER 2017

ON DECK...

Schools Out Fun Day	Nov 15
Turkey Trot Sock Hop	Nov 17
Fall Session III Starts	Nov 20
Schools Out Fun Day	Nov 22
Cholesterol Screen	Nov 22
Thanksgiving Workout	Nov 23
Thanksgiving YMCA CLOSED	Nov 23

THANKFUL AT THE Y!

I am proud to announce that our YMCA has met their 2017 Annual Campaign goal of \$109,000. This is the fifth consecutive year meeting our goal through the efforts of board members and more than 70 volunteer campaigners.

We hit the campaign goal in early April by raising more than \$118,000 for the Y's financial assistance program, which supports our charitable mission to serve all, regardless of ability to pay. Our volunteers really stepped up and led the way for a successful campaign this year. It is the first time in the YMCA's history that the campaign has hit goal this early in the year.

It is amazing what the power of a gift can do for a community. Funds raised for the YMCA annual campaign provide children and families in need an opportunity to take part in programs and services they would otherwise be unable to afford. The financial assistance program gives kids the ability to attend camp and afterschool programming, adults to improve their personal fitness and seniors to develop a connection with others.

This year's campaign funds will continue to help the Y meet the full need in the community including providing more than 900 individuals financial assistance, free community events for kids and families, chronic disease management programs, water safety education, swim lessons, healthy out of school time and youth sports.

For more information about the Y's financial assistance program or to make a contribution, call 906-789-0005.

OUR VOICE
As told by Caron Salo,
Fund Development Director

Y IMPACT



A key guiding principle that Marlene lives by is treating others how you want to be treated; she believes the Y exemplifies that principle. Marlene's Y journey began in 2003 (after putting it off for too long, she says); walking in the door was the hardest part! For 5 years, she would go to the Y as an afterthought, going on the treadmill or swimming in the pool. It wasn't until being selected for the "Biggest Winners" program, in January 2008, that she got serious about her health and wellness. This program was a real commitment to health since it required that a participant meet 3 out of 4 fitness goals; the goals included weight, body fat, strength, and cardio. As part of the "Biggest Winners," participants chose a Y class to take part in. Marlene selected Paddy Fitch's 3 day a week, 7 a.m. Water Aerobics class. This allowed her to take a class and get to work on time (she is still in the same Water Aerobics class!). Working with a personal trainer was another benefit of "Biggest Winners."

From the Y's structured programs, after retiring in 2010 Marlene has added Sit & Get Fit, and most recently Y-Fit. Never thinking she'd be a participant in something like Y-Fit, Marlene thanks Jody Bergeon for helping her with modifications in class, which were necessary after having had 2 total knee replacements in the past. For anyone thinking of trying the Y, Marlene suggests finding an activity you're interested in and let the rest happen! The Y is a special place to Marlene because of the friendly and knowledgeable staff. The overall positive environment, as well as meeting new people was and still is a special part of the YMCA. Besides, the coffee is the BEST!

FITNESS

ASK THE EXPERTS SERIES

FREE MEMBER BENEFIT

Cholesterol Screen

Sponsored by OSF St. Francis Hospital

Wednesday, November 22nd
from 4:00 - 6:00 pm

Location: Northern Lights YMCA
Fitness Center Office

YOUTH

SCHOOLS OUT FUN DAYS

Looking for something for your kids to do when there is no school? Look no further! We provide a fun day filled with group activities, swimming, arts & crafts, and games. You just bring a swim suit, towel and lunch. Join us on **November 15th & 22nd** from 9:00-4:30. Call the front desk for details.

AQUATICS

Our 5 week sessions of **Swim Lessons** will begin again **October 16th**. Openings are available in Polliwog, Guppy, Minnow, and Gold Medal. To register call 789-0005 or stop in. The **Swim Team** kicked off another year beginning **September 19th**. We are excited to see new and returning swimmers!

YMCA DASHBOARD DATA

October
Check-ins
4,771

October
Financial Asst.
\$3,550
Total YTD \$41,943

Total
Members
2,889



Thank you to everyone that came to our 7th Annual Fall Family Festival and Harvest Moon Run!