



THE Y CONNECTION

NORTHERN LIGHTS YMCA - DELTA PROGRAM CENTER VOL.60, DECEMBER 2018

ON DECK...

Family Flick N Float	Dec 1
Nerf at the Turf	Dec 7
Parent's Night Out	Dec 14
Sock Hop	Dec 21
YMCA Closes at Noon	Dec 24
YMCA Closed	Dec 25
Gymnasium Closed Bay Basketball Tournament	Dec 29-30
YMCA Closes at 5:00 p.m.	Dec 31

2019 Just Around The Corner

As we get ready to start a New Year, we talk a lot about our "New Year's Resolutions." So far in December, it has been an awesome and inspiring sight to see so many people committed in making positive changes for themselves, their families and our community.

While you have goals for 2019, the Y has resolutions too! With an everyday mission to help our community achieve a balance of spirit, mind and body, the Y is here to support you, and your family. Our resolution is to be more supportive, more intuitive to your needs, and more creative in 2019.

OUR VOICE

As told by **Caron Salo,**
Fund Development Director

We are looking to the future and preparing our YMCA for generations to come. What it really boils down to, is that it's all about people getting healthier, feeling better, getting stronger, spending more time with family & friends, learning new skills with confidence, making new friends and bringing our community together. So here we are, a New Year with new goals and resolutions.

The Y is ready to go, are you?



Y IMPACT

MATTER OF BALANCE

The Matter of Balance–PATH (Personal Action Towards Health) workshop is a four week workshop designed to provide the skills and tools needed to help people with the fear of falling. As a result, participants are better equipped to face the daily challenge of living with falls or the fear of falls. Subjects covered include: exploring thoughts and concerns of falling, exercise and fall prevention, managing fatigue and emotional problems, light exercise, recognizing assertive behavior, and working with health care providers. Program administered by UPCAP, with support from the Northern Lights YMCA.

Space is limited – To register call the YMCA at 789-0005

WHEN: Monday November 26th - Tuesday December 18th, 2018

WHERE: MTEC Center, Room 2013

TIME: 1-3pm

COST: There is no cost to attend this program.

FITNESS

FIRST STEPS TO FITNESS!

This program is geared mostly for beginners to start building strength and confidence. The slower pace of the class will allow more time to get to know each new exercise and provide a foundation to build up to more challenging programs.

WHEN: Tuesday 5:30-6:15PM

WHERE: MTEC Center Room 2017

COST: Session I, II or III
\$9 Members
\$17 General Public

YOUTH

NERF AT THE TURF

Join us for a night of nerf! We will provide the space, obstacles, and supervision, you bring your own NERF gear (guns, bullets, vest & goggles). Some extra eye protection will be available.

AGES: Boys & Girls Grades 3-6

WHEN: Friday, December 7

TIME: Grades 3-4 6:00-7:30 p.m.

Grades 5-6 7:30-9:00 p.m.

COST: \$5 Members \$8 General Public

WHERE: HIT Room

Hannahville Ice & Turf Room is located at: 1647 17.4 Rd, Escanaba, inside the Wells Sports Complex

AQUATICS

FREE Swim Lessons

We believe every child should learn how to swim! With our partnership with area schools, we are able to do that for any child in 3rd Grade that lives in Delta County.

WHO: 3rd Graders in Delta Co.

WHEN: Saturdays

DATES: Jan 7-Feb 10

TIME: 9:00-9:45 a.m.

COST: FREE

YMCA DASHBOARD DATA

November
Check-ins
5,663

November
Financial Asst.
\$2,886
Total YTD \$43,188

Total
Members
3,226

Thank
YOU

To all of those who participated in our Thanksgiving Day Workout. We were able to donate 8 full bags of food to the local Salvation Army!