



THE Y CONNECTION

NORTHERN LIGHTS YMCA - DELTA PROGRAM CENTER VOL.62, FEBRUARY 2019

ON DECK...

- Y Warrior Feb 2 & 9
- Leaders Club Feb 4
- Sock Hop Feb 8
- Father/Daughter Dance Feb 9
- Session II Begins Feb 11
- Theme Night Feb 15
- Nerf at the Turf Feb 16
- Parent's Night Out Feb 22

THE POWER OF US

At the Northern Lights YMCA, we are growing stronger together.

Delta County faces new challenges that creates greater needs for the work we do. Where some see obstacles, we see opportunities for our members, volunteers, staff and generous donors like you and our community to make a difference.

No other nonprofit organization can impact as many people as powerfully as we do every day.

Each year, through our Annual Campaign, all donations directly support the financial assistance program to subsidize programs and membership for our friends & neighbors.

OUR VOICE

As told by Caron Salo, Fund Development Director

Through community donations, corporate giving and our member campaign, we are able to raise much needed funding that can immediately impact thousands of kids and families. As a matter of fact, last year we helped more than 1,200 individuals in the Delta County area.

On Thursday, January 24th we kicked off our 2019 Annual Campaign with a goal to raise \$133,500. Our team consists of more than 60 volunteers, working together, to brighten futures for kids and families. When you give to the Northern Lights YMCA, your gift helps kids achieve their potential, empower people of all ages to lead healthier lives, and strengthen the bonds of our community.

Consider joining us today, **TOGETHER** we can do **MORE**.

Y IMPACT

DIABETES - PATH

The Diabetes –PATH (Personal Action Towards Health) workshop is a six week workshop designed to provide the skills and tools needed by people living with Type 2 diabetes to improve their health and manage their symptoms. Subjects covered include: symptoms of diabetes, stress, managing fatigue and emotional problems, exercise, healthy eating, medications, and working with health care providers. Program administered by UPCAP, with support from Blue Cross and Blue Shield and the Northern Lights YMCA. Space is limited – To register call the YMCA at 789-0005.

WHEN: Tentatively begin date - Monday February 18th - Monday March 25th, 2019

TIME: 4:30 P.M. - 7:00 P.M.

WHERE: MTEC Center, Room 2018

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: Tuesdays & Thursdays

TIMS: 6:30-7:15PM

WHERE: MTEC Center Room 2017

COST: Session I, II or III

FREE Members

\$36 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

January
Check-ins
6,942

January
Financial Asst.
\$3,663
Total YTD \$3,663

Total
Members
3,272



To all of the Volunteer Campaigners for helping with our Annual Campaign!