



ACYMCA NEWSLETTER

FEBRUARY 2019



EVENTS CALENDAR:

FEBRUARY 4-
Summer Camp Registration Begins

FEBRUARY 9-
Burlington Father/Daughter Dance

FEBRUARY 23-
Mebane Father/Daughter Dance

HOLIDAY CLOSINGS:

APRIL 21-
Closed Easter Sunday

APRIL 27-
Healthy Kids Day

A WORD FROM OUR CEO:

Members... A new year is upon us, and with that comes a list of new goals and dreams for 2019. Yours might include professional goals, personal goals, or, perhaps even health and wellness goals. Below I've included just a few of the ways our Y might be of service to you as you look at the year ahead:

Are you looking to spend a little more intentional time with your kids? Consider coaching a sports team here at our Y or attend one of our popular Father/Daughter Dances in February. Need a boost to your health and wellness goals? Attend a new group exercise class (the new 2019 schedule is available on our website) or consider trying out a personal trainer for added accountability. Looking to give back in a meaningful way? Ask our Staff how you could volunteer some time at our facility, whether it's tutoring a student in after school, giving free tours of the facility, etc. Or, consider becoming a monthly sustainer of our Y, enabling us to offer programming at a discounted rate for families in need.

Whatever your goals may be, we hope you know that we are here to support you and cheer you on as you tackle whatever it is you hope to achieve. After all, we're here for our community... and for a better US.

Walter Britt, CEO

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ACYMCA SUMMER CAMP 2019:

Our ACYMCA Summer Camp is all about learning new skills, making new friends, developing character and creating life-long, fun-filled memories. Head on over to our website to learn more:

www.acymca.org/programs/summer-camp.

Registration begins on February 4! For questions, please email jfields@acymca.org.

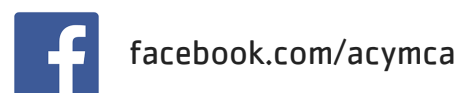
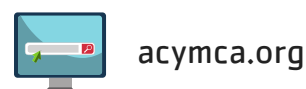


MY Y GOALS:

Have you seen our new My Y Goal bulletin board? It's located upstairs in our cardio room and our hope is that you'll take a minute to write down your health and wellness goal(s) for the year ahead. It's our way of celebrating the amazing goals you have and coming alongside you as a support system. Please include your name on the back of your card for a chance to win a new Y sweatshirt of your choosing. This contest will run through this week and a winner will be announced via social media.

FOLLOW US ON SOCIAL MEDIA:

Are you following us on Social Media? We post upcoming events, highlight our programs, share Employee and Member Spotlights, healthy recipes, inspirational quotes, and so much more!



ACYMCA MEMBER SPOTLIGHT:



Our Y has the wonderful privilege of serving individuals in our community from all ages and backgrounds. We love seeing children grow up in our programs and adults enrich their lives here as they age. Today we are thrilled to share with you some photos from a VERY special 100-year birthday party we hosted last week for our dear #ACYMCA Member, Nannie Mae. Nannie Mae agreed to answer a few questions for us and we're so glad she did because her answers were just like her... full of wisdom, humility, and grace. Read on for Nannie Mae's Spotlight and please join us in wishing her a VERY happy 100 below.

NANNIE MAE, WHERE WERE YOU BORN?:

I was born in Snow Camp, NC but my parents moved to Rock Creek and raised me there... because it was closer to my church.

How long have you been a Member of our Y?:

I have been coming off and on for many years... but most recently I have been here for 5 years. I started upstairs years ago, working out on the equipment, but as I've aged I've developed arthritis and working out in the water is now a better fit for my needs.

What drew you to become a Member here? Would you recommend others join the YMCA?:

Oh yes indeed! I have been coming for a long time for a reason. For me, it's all about the people. Health permitting, I come every Tuesday and Thursday (I still drive myself most days!) to come to the morning water aerobics class.

We heard you recently celebrated your 100 year birthday! What did you do to celebrate?:

Yes, praise God! People have been so kind to me. I've had 4 big birthday parties! 1st, my daughter threw me one at Occasions Restaurant in downtown Burlington, the 2nd one was here at the Y with over 20 of my closest water aerobics friends, the 3rd one was at my church last Sunday, and the 4th one was here at my home... and I've had 6 delicious cakes!

100 years of life... tell us one of the greatest lessons you've learned over the years?:

Hmm... I've learned many things over the years that I could mention, but the older you get the more you realize that our role in life is simpler than we make it sometimes. The greatest thing to do in life is to serve the Lord. He's in control of everything and He's still in control of me... I'm here for 100 years because of Him.

What advice would you give someone to reach 100?:

Just be nice to everyone... treat everybody right... love everyone.

Any final words?:

Yes, just 'do right'. That's my goal... treat people like you would want to be treated (no matter their situation, their skin color, or their background). I don't know a soul in the world that I'm angry at... I love everyone and that brings me so much peace.