



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y Story of the Month

Matt Millsaps and Justin Spear are not just YMCA members, they are local first responders. They have been close friends since 2015 when they met working in law enforcement. Both have envisioned a career in law enforcement since they were young. Recently, local tragedies have strengthened their drive to protect and serve our community. Knowing that 2021 was the 20th anniversary of 9/11, Matt and Justin began discussing what they could do to pay tribute to and honor the fallen first responders. They also wanted to encourage others to get involved. "The Y is not just a gym, it's an outlet to stay connected with the individuals we serve and protect and to create personal relationships with them. It's a place to build support within the community by encouraging and motivating others to participate in other future events for their health, but also to strengthen the relationship between the community and it's first responders".



So Matt and Justin decided to challenge themselves by climbing 110 flights of stairs on the Stair Masters on Saturday, September 11th, in full uniform. Not only did they accomplish their goal but they inspired other YMCA members and guests to take on the challenge. YMCA staff Bonnie Clark and Erin Spear loved the tribute and are working with Matt and Justin to make this a yearly event. According to Matt and Justin The YMCA has served as a place where their careers as first responders have been supported, as well as their health, fitness and families. They both agree that "The YMCA is a community-based facility and we work to support the community in our jobs, so it's always an honor to be a part of a gym that gives back to the community." If you missed the event you can watch a short video on the [YMCA's TikTok page](#).

Everyone has a Y Story and we would love to hear yours! To share your Y Story click the button below or visit our YMCA Website.

Share Your Y Story

Thank you to our Members!

For the last 3 years the Avery Journal has hosted the "Best of the Best" contest where Avery residents have the opportunity to vote for the most deserving businesses and organizations in a variety of categories. Thanks to all of our

wonderful members and guests the Williams YMCA of Avery County has won Best Gym/Fitness Club each year. We are honored and grateful for all of the support we receive from the community.



The YMCA is more than a gym and swim and we strive to meet the needs of our community through our variety of programs. Our SPLASH program teaches swimming skills and water safety to Kindergarteners and second graders. Our After School program provides a safe place for youth to go after school for homework help, a hot meal, and social-emotional development. The Community Outreach programs connect seniors and those in need to essential services of living. Healthy Living programs address chronic disease management and prevention.

All of this just scratches the surface.

Thank you for voting us the Best three years in a row! We can't wait to continue to strengthen the foundations of our amazing mountain community!

2019 | 2020 | 2021

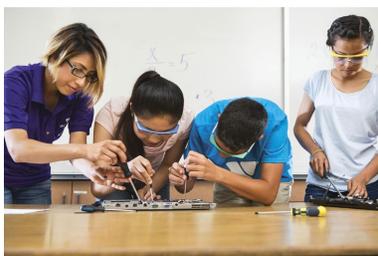


Special Child Development Center Announcement

Effective October 1st, 2021 the Child Development Center (CDC) hours will be changing. The new hours will be Monday through Friday from 4-7 pm and Saturday 8am - 12 pm. In the event of inclement weather the CDC will be open earlier to accommodate parents.

If you have any questions please contact Bonnie Clark at Bonniec@ymcaavery.org

PROGRAMING FOR YOU...



Middle School After School

After School is getting a little bigger. Starting in November After School will be offered at both Avery and Cranberry Middle Schools! Space is limited. Register today to ensure that your child excels after the bell.

When: Nov. - May 2022

Time: Dismissal - 6:00 pm;
Monday - Friday

Offered at No Cost!

Avery Middle
School

Cranberry Middle
School



Sweet Helping Hands

The Community Outreach Director and volunteers regularly visit local seniors to deliver meals, medications, and reduce social isolation. After checking in on this local senior (pictured above), she thanks Sheila and her volunteers by giving them a handful of Jelly Beans. According to the [AARP Foundation](#) 1 in 5 older adults is affected by social isolation. Simply sitting to have a conversation makes all the difference for someone in social isolation. If you or someone you know would benefit from a home visit from the Community Outreach team contact [Sheila Bauer](#).

Healthy Living

The YMCA's Healthy Living team and the Mitchell County Neighbors Feeding Neighbors organization have teamed up to lower blood pressure in Mitchell County. Anyone experiencing Food insecurity has been linked to higher rates of developing [High Blood Pressure](#) over the last decade. Coupled with high stress and other chronic conditions the number of people with high blood pressure continues to increase. The YMCA's Blood Pressure Self Monitoring Program will now be offered every Tuesday from 10-11 am at [Neighbors Feeding Neighbors](#). Offered at no cost, the YMCA team is excited to help you lower your blood pressure and live a healthier life!

More information can be found on the [Mitchell County webpage](#).



Baseball Skills Clinic

Starting in October we will be offering a Baseball Skills Clinic once a month through the winter! It will be coached by John Stafford. Concentrate on Pitching and Hitting in the O'Connell Fieldhouse, before the season starts! [Secure your spot before it's too late](#). Space is limited so register soon!

When: Oct.- Jan.

Time: Monday; 5-7 pm

The YMCA won't turn anyone away due to the inability to pay a fee. Find more information about program subsidies on our [membership webpage](#).

Y-Access
Application

Story Trail with Dolly

Thanks to the hard work of our community partners in Mitchell County the permanent Story Trail Stations with audio stations has been installed in the Riverside park. To listen to Dolly Parton read the newest book "Stand Tall Molly Lou Melon" and walk the beautiful trail visit the Riverside Trail in Spruce Pine today!

See the full history of the Riverside Story Trail on our [Mitchell County webpage](#).



Floating Pumpkin Patch

Have you ever picked a pumpkin from a floating pumpkin patch? Now's your chance! Dress in your favorite costume, bathing suit, or clothing you don't mind jumping in the pool with and find your perfect pumpkin!

Visit or [call the YMCA Membership desk](#) to purchase your ticket today!

When: October 8th, 2021

Time: 5:30 - 7:30 pm

Cost: \$5 per ticket, per pumpkin

Who: All Community Members

Floating Pumpkin
Patch Flyer

MARK YOUR CALENDARS...



October Group Exercise

Dance Fitness with Sherri will now be offered on Thursdays at 5:30 pm! Come move and groove with us in October!

[Downloadable Group Exercise Schedule](#)



October Aquatics

There are so many different things to try at the pool. If you haven't joined us yet, now is the perfect time!

[Downloadable Aquatics Schedule](#)



October Athletics Schedules

We have indoor athletic options for those chilly Fall days!

[Blackburn Athletic Facility](#)

[O'Connel Field House](#)

Connect with us on:



Williams YMCA of Avery County | 436 Hospital Drive, PO Box 707 Linville, NC 28646

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