



Y STORY OF THE MONTH

This year the Wellness Department held a Summer Olympics Competition to see who could try the most new things at the Y. What we didn't expect was an amazing Y-Story from the experience!

In 2021 Carol Hamby tore the MCL in her left knee. The doctors repaired it and sent her to physical therapy for 2 months and when she was released she knew she needed to keep strengthening and working her knee so she started going to the Y. "I did the leg press, bikes, treadmills, and I walked a lot. My knee got stronger every day and now I almost forgot it was ever injured!" Carol credits her daughter, Carrie Russ, for encouraging her to do more everyday. "I couldn't have done it without the help of Carrie, she works in the Wellness Center and is a Personal Trainer.



When the Summer Olympics challenge came around Carol wanted to see what she could do. She had no idea that she would win the gold metal and as she put it "a nifty cooler/chair". Carol is grateful to everyone who has helped her get this far and she has no intention of slowing down now. "I have come a long way in just a little over a year and I couldn't have done it without the YMCA. Thank you all so much!" From all of the staff here at the YMCA, Congratulation Carol!!

[See Our Other Winners](#)

YMCA Staff Continues to Grow

On September 19th the YMCA Mitchell Team gained one new Staff member, Stephen Bomar. Stephen will be stepping into the Mitchell County Healthy Living Director role with plans to expand current programming and launch new evidence-based healthy living programs in Mitchell County. With 8 years of experience of Wellness and Personal Training and 2 years as the Membership Director for the Corpening Memorial YMCA in Marion, we are excited to have him join our team!

"I am excited to help bring a YMCA back to Spruce Pine and give everyone access to all that the YMCA has to offer!" said Stephen. The Mitchell County Healthy Living Center currently offers the Delay The Disease-Parkinson's Program and Blood Pressure Self-Monitoring program.

When Stephen isn't at the YMCA he can be found spending time with his wife, Jessie and two young children Asher and Pierce at their home in Spruce Pine or caring for his 5 cats: Lady, Dude, Winnie, Si, and Grey Cat.

To stay up to date with ongoing and new programs you can follow Stephen and the other Mitchell Team members on the Mitchell County Healthy Living Center Facebook page and on the YMCA website! Welcome to the team Stephen!



[Mitchell County Healthy Living Facebook Page](#)

[Mitchell County Healthy Living Center Webpage](#)

PROGRAMMING JUST FOR YOU...



Last Community Hike of 2022

We have had a wonderful year of Community Hiking Trips with the Community Outreach team and we hope that you will join us for the last trip of the season! We will close the season with a trip to Rough Ridge on October 26th, 2022 at 12:00, Noon. These hikes are open to all skill levels and at no cost! Registration is required so that our guides can plan accordingly. Use the button below to let us know if you are coming or call Sheila Bauer, Director of Community

Youth Club Basketball is Back!

It's not too late to join the Youth Club Basketball program. This program is for anyone ages 6-12 now through November 15th! During this hour long program participants will learn new skills and participate in scrimmages and drills.

Day: Mondays

Time: 5:00-6:00 pm

Where: Blackburn Athletic Facility

Cost:

\$55 - Member

\$65 - Non-Member

For more information contact: [Erica Shingleton, Recreation](#)

2,323 Floors Climbed!

Thank you to all who participated in the Remembering 9/11 Tower Climb. As a Y, we collectively walked 2,323 floors in honor of the fallen from 9/11. The two fastest times were by Kyle Silver at 16 minutes and 18 seconds followed closely by Trey Aycoth at 16 minutes 20 seconds. Justin Spear climbed the most floors, totaling at 343, one for each of the fallen service members of 9/11. T-shirts are still available if you didn't get one! Stop by the front desk to get yours

Memberships to Fit Your Needs

At the Williams YMCA of Avery County, we believe that staying active is an important aspect of physical, mental and emotional health. That is why we are proud to partner with ASH Fitness and United Healthcare to offer members with select health plans and employer groups access to our facilities at no additional cost. If you are in the process of renewing or changing your health plan be sure to ask if this is a service you can participate in. For more information or questions please

Outreach at [828-737-5500](tel:828-737-5500)

Director

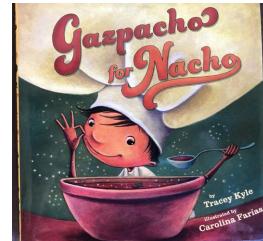
today!

contact [Edie Young](#).

I'm Going
Hiking!

Register Now

Learn More



Changing The Lives of Youth

Do you have an interest in working with kids, passionate about education and enrichment? If so, join our After School team as a Counselor and be a positive role model for the youth in our area! After School serves youth in all 5 elementary and both middle schools in Avery County, Monday through Friday from 2:00-6:00 pm. Don't miss your opportunity to make an impact in the lives of Avery County children today!

Apply For A Counselor Position

Boat Race Results

The YMCA's First Cardboard Boat race was a success! A big shoutout to all of the participants and spectators that cheered them on! To see the race click on the image above.

Our Winners were:

Fastest Boat:
Jones

Longest Lasting Boat:
Timmy

Best Looking Boat: Alice

We can't wait to see you all again next year!

Boat Racing Gallery

Prevent Type 2 Diabetes

The last day to register for the Diabetes Prevention Program Prevent T2 is October 6th. 1 in 3 individuals have prediabetes. Could it be you? Decrease that statistic by stopping in the Y today to fill out a risk assessment and see if you qualify for the Diabetes Prevention Program. This **no cost** program meets on Thursdays virtually, from 6-7pm.

Contact [Erin Spear](#) for program information or to see if you qualify.

Learn More About the Prevent T2 Program

"Gazpacho for Nacho" Debut

On Friday September 30th the New Riverside Story Trail Book: 'Gazpacho for Nacho' with community debuted with the Summer Community Gardens Event in Spruce Pine! Community Partners including Vecino's, Mitchell Giving Gardens, Blue Ridge Partnership for Children, NC Extension and more were all present to provide information about food and human services to event participants and to make Gazpacho! If you want to learn how to make your own Gazpacho, walk down the Riverside Story Trail and snap a picture of Nacho's recipe at the end of the book!

Listen to the Book on YouTube

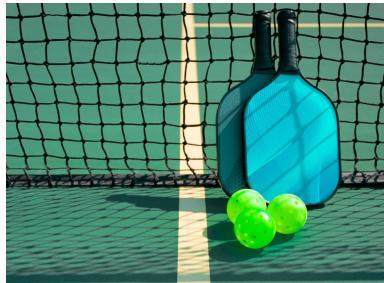
MARK YOUR CALENDARS...



October Group Exercise

From Yoga to Dance and even Weight Lifting, we have you covered! Join us in October and find that perfect class that supports your goals!

[Download Group Exercise Schedule](#)



October Athletics

Even as the weather gets cooler, you don't have to stop being active! We offer indoor pick-up Pickleball in our Blackburn Athletic Facility. Grab your friends and join us today!

[Download Blackburn Athletic Schedule](#)

[Download Fieldhouse Schedule](#)



October Aquatics

Don't miss your opportunity to reduce pain and increase your strength in our new Aqua Arthritis Program! Classes are held Tuesday and Thursdays from 9:00-10:00 am. This program is offered at no cost and pairs well with the EnhanceFitness program for anyone looking for relief from arthritis 5 days a week. For more information email, [Recreation Director, Erica Shingleton](#).

[Download Aquatics Schedule](#)

Connect with us on:



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