



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Y STORY OF THE MONTH

Here at the Williams YMCA of Avery County, we talk a lot about connections. The connections that bind us to our family, friends and community have far reaching influence. Meet Dave Calvert, the subject of March's Y-Story.

No doubt you've seen Dave getting his cardio in on the stationary bike, walking around the Y, or encouraging another member. In 1999, Dave began experiencing heart trouble. Since then, his arrhythmia progressively got worse. He began to have blood pressure issues leading him to treatment involving heart ablation surgery, cardiac rehab, and a referral to the YMCA. He nearly died several times, so he began seeking other treatment options, including lifestyle changes. In June 2024, Dave changed his diet and began cardio workouts three times a week. He is pleased to share that in his most recent follow-up in December, his cardiologist suggested he may be taken off all his cardiac medications by April if his physical improvements continue at the rate that they have.

Dave has been part of our Y family for several years and has supported many of the YMCA's community. Most importantly for Dave, is supporting the Leonard and Marjorie Williams Golf Tournament, by playing in and providing food for the event. He serves as an Alderman for the Town Council in Newland, and in a number of other avenues through partnerships and volunteer opportunities. Throughout these activities, Dave is strengthening connections around us, and building up the foundations of our community,



wherever he may be. He shared that the Y is a part of his own story, not just because of his cardiac issues and recovery, but because the YMCA looks for ways to support our community, and because the staff and members of the Y care for everyone every day, Dave says the kindness and caring efforts of the YMCA encourage him to support YMCA programs and services. We are excited to see the progress that Dave has made, and to celebrate his successes. We are thankful for Dave, Jeanette and his family, both at the YMCA and in our community, and for all of the different circumstances, partnerships and connections that bring us closer to our neighbors.

## Helene Long-Term Community Supports

[Avery Long-Term Recovery Group](#) - for information about the resources and support available in Avery County for local recovery and relief efforts. **For immediate assistance, call (828) 387 - 5269.**

[Chief Cares](#) - for information about housing relief for residents whose property has been either severely damaged or destroyed by Hurricane Helene.

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## What's Happening in Avery



### Senior Health and Fitness Day

**National Senior Health and Fitness Day** is just around the corner! National Senior Health & Fitness Day is an annual health and wellness event for older adults. The goals of National Senior Health & Fitness Day are to promote the importance of regular physical activity and to show what local organizations are doing to improve the health of older adults in their communities. Be on the lookout for more information!



### Homeschool PE

Beginning March 4th from 12:00-1:00pm, join us for Homeschool P.E.! We will share an hour of structured physical activity, including games, team building skills, athletic skill development, swimming and more.

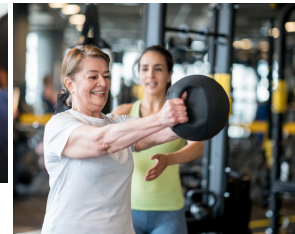
For kids ages 5-12.

For more information, email [Nathan McDavid, Recreation Director](mailto:Nathan.McDavid@ymca.org).



### Middle School After School Now Open!

Middle School After School is now open and we are excited to welcome Avery County's middle schoolers to our Blackburn Facility here on the Y campus. Students will have an opportunity to work on homework, get help from tutors and staff, participate in physical activities daily, enjoy guest speakers and social connections, and receive a snack. If you would like more information on this program or our elementary school programs, please email [Maren Sumner, Avery Branch Youth Director](mailto:Maren.Sumner@ymca.org)!



### One on One Support

Need a boost to help you reach your goals? We have several **Personal Trainers** ready to help you identify your goals, push past your plateaus and reach milestones! Ask a front desk associate about how to sign up today for a free consultation.



### The Chain of Giving

YMCA Day of Giving is more than just a one-day event—it's a powerful opportunity to come together as a community and make a lasting impact. On



### Private and Group Swim Lessons

**Swim Lessons** are a great way to improve your skills, learn the basics of



### Exercise and Parkinson's Disease

**In Moving Mountains with Parkinson's** classes, we are dedicated to



### March for Merch

Anytime during the month of March, bring a 1st time visitor to the YMCA and your name

Tuesday, March 4th, we invite everyone—staff, volunteers, members, and supporters—to unite in raising funds for the life-changing programs and services the YMCA provides year-round. Your donation, no matter the size, will support the programs you love and help others discover the strength of community.

To celebrate, each department will create paper chains to reflect the donations and the heartfelt reasons behind them. This is your chance to be part of something bigger. Let's continue the chain of giving and show the world the incredible difference we can make together at the Williams YMCA of Avery County.

Your generosity transforms lives. Join us on this meaningful day!

swimming, increase your confidence or learn new skills. The Y offers private and group swim lessons, for ages 2 and up.

helping people with Parkinson's Disease to manage their symptoms and maintain the highest quality of life.

We offer evidence-based, structured exercise routines focused on strength training and correcting disease-specific physical challenges. Classes work toward retraining the mind and body and can also help reduce stress, anxiety and depression. Watch for **Pedaling for Parkinson's** to resume in the spring, indoor cycling classes for Parkinson's patients and caregivers.

will be added to a drawing to win free Y-Merch! Visit any of our facilities to take a group exercise class, swim, play pickleball or just walk around the track in the Wellness Center for your chance to win!

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## What's Happening in Mitchell



### After School News

Excitement is in the air, as our students have been able to attend the After School program with a little more regularity and we are happy have them back with us. We continue our partnerships with Penland School of Craft and 4H to the delight of our students.



### Social Connections in the Healthy Living Center

The Healthy Living Programs, Enhance Fitness and Delay the Disease-Parkinson's celebrated their first social connection events of 2025, last month and anticipate more to come. Social connection is a very importance aspect of health. When we think about most of our programs, we think about the benefits to physical health but one of the largest impacts of our programs are the social connections that program participants form or increase. We plan to expand our social



### Healthy Opportunity Pilot Program

The Williams YMCA of Avery County's Outreach Team works with Impact Health to identify and connect Medicaid patients with services that lead to improved health and wellness for our communities. Currently, we provide services in the Housing, Food, and Transportation. To learn about how the YMCA can help you please contact [Anabel Zayas](#) Healthy Opportunities Pilot Program Director.



### Submitted Grant to Support After School and Summer Camp 2025 - 2028

We have applied for the Cohort 18 of the 21CCLC grant. This grant allows us to offer our After School Program to support the families in Mitchell County. This grant is a wonderful opportunity for us and for our families!

connection opportunities and nurture even more as we add programs here at the Healthy Living Center and also when we transition to our new YMCA facility in Mitchell.

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## Mark Your Calendars



### March Group Exercise

**Early Morning BodyPump comes to the Y!**

Now offering early morning BodyPump starting in March. Tuesdays 5:30am with Tyler Thursdays 5:30am with Eva

Download Avery Group Exercise Schedule

Download Mitchell Group Exercise Opportunities



### March Athletics

**Get ready for spring and work on your swing!**

Golf Simulators are open at the Field House at the Blackburn Facility, weekdays 8:30am - 7:30pm, Saturday 8:30am - 3:30pm

Email [Recreation Director, Nathan McDavid](#) for more information. Book your reservation [online](#) or by stopping at the front desk

Download Blackburn Athletic Facility Schedule

Download O'Connell Field House Schedule



### March Aquatics

**Swim Club Returns**

Swim Club is a safe environment for kids aged 5 & up to improve their swim abilities at their own pace.

Email Aquatics Director, [Faith Boyette](#) for more information!

Learn More and register on the [YMCA Aquatics Webpage](#).

Download Aquatics Schedule

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## Giving Back

Do you want to be part of the change and give back to the Avery and Mitchell County Communities? There are a variety of ways you can get involved with the Williams YMCA of Avery County!

Donate

Reinvest in the community through the programs and services offered by the YMCA, including drowning prevention

Volunteer

Give the gift of your time and skills in programs that change the lives of children, teens, adults, families, and seniors.

programs, outreach services addressing social isolation and food insecurity, after school and summer camp programs that help youth find new and exciting ways to learn and connect with their peers, and Healthy Living programs that help those living with Chronic Diseases manage their symptoms.

Upcoming Volunteer Opportunities:

- **Healthy Kids Day (May 3rd)**
- **Youth Soccer Coaches and Referees**
- **Assist with Healthy Living Programs**



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Connect with us on:



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

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