



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y STORY OF THE MONTH

Janna Clark: A Local Voice Strengthening Community Through the Y

For Janna Clark, Avery County isn't just home—it's where her roots run deep. Born and raised in the community, she has spent over 20 years working at Linville Resorts, fostering relationships that reflect the heart of this mountain town. Now, as a Board Member for the Williams YMCA of Avery County, Janna brings both a personal and historical connection to an organization that has become vital to the community's well-being.

Janna and her husband, Stacy, were married in September 2024 and share a passion for staying active. They visit the Y at least three times a week where Janna enjoys group exercise classes like Body Pump, yoga, and spin. She finds motivation in the supportive and uplifting atmosphere where like-minded individuals encourage one another—especially on days when exercising alone



feels tough. Whether pushing through cardio on the stair-stepper or spin bike in the wellness center, Janna embraces the Y as a welcoming space to prioritize health and build lasting connections. Before joining the Board 18 months ago, Janna didn't fully realize the breadth of the Y's impact. Beyond fitness programs, the YMCA serves as a pillar for the entire community, offering afterschool care, childcare, and support for seniors in addition to the athletic programs, swimming, and workout equipment. The Y raises awareness about holistic wellness—fitness, nutrition, mental health—and even provides specialized programs for those facing challenges like Parkinson's Disease and cancer.

Janna is excited to play a role in the Y's continued growth and invites everyone to **GET INVOLVED!** Whether by meeting staff, sharing stories, volunteering to help with our outreach programs and special events, or exploring the various programs available, there are countless ways to connect. Investing in the Y—emotionally or financially—ensures that this organization remains at the heart of Avery County, enriching lives in mind, body, and spirit for generations to come.

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.

What's Happening in Avery



National Senior Health and Fitness Day

National Senior Health and Fitness Day is May 28th from 10:00am-1:00pm! This annual health and wellness event is for older adults, helps emphasize the importance of regular physical activity, and to share how local organizations are working to improve the health of older adults.

Join us for our first community hike of 2025 on May 21st, to Linville Gorge! Call or email [Sheila Bauer](#) for more info.



Celebrate Pickleball Month With The YMCA

Pickleball is a paddleball sport that combines elements of tennis, badminton, and table tennis. From one-on-one games to team games, you won't find a sport that is more engaging for the whole family!

Check our [Athletics Webpage](#) for more information about Pickleball events coming up soon!



2025 Summer Camp!

With the end of the 2025 school year quickly approaching, we are starting to prepare for many exciting and fun activities to be found this summer. The Williams YMCA of Avery County Summer Camp is available at no charge for any Avery County students, rising 1st - 5th grades.

Watch for updates about registration information in mid-April.

For more information contact [Avery Youth Branch Director, Maren Sumner](#).



April is Physical Wellness Month

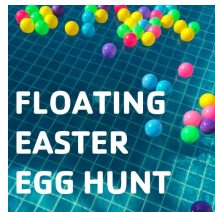
Physical Wellness Month is an ideal time to focus on promoting healthy habits and encouraging individuals to prioritize their physical fitness, or to commit to improving fitness levels, nutritional habits, sleep hygiene, and overall wellbeing.

Schedule a consultation with one of our Wellness Coaches to learn how to improve your health or refocus your workout routine.



Support YMCA Programming Year Round

As a 501(c)3 Non-Profit, the Williams YMCA of Avery County relies on your support to continue offering life-changing programs that impact our community. By becoming a sponsor,



Diving for Eggs

Join us for a party in the pool! On April 25th from 4:30-6:00pm the YMCA will hold a Floating Easter Egg Hunt where children swim to find as many eggs as they can. Egg baskets will not be provided, please bring



Weight Loss Program Update

Our Weight Loss Class is going strong and over halfway through the program! This program focuses on healthy lifestyle changes with weigh-ins, accountability, encouragement, and



Need to Renew Your Resolution?

By definition a New Year's Resolution is a commitment to change or reach a goal in the new year. Unfortunately, with the rush and chaos of everyday life it's very easy to let go or even

you help provide youth with the skills to succeed, support adults in managing chronic conditions, assist older adults in aging independently, and create lasting memories for families. Your sponsorship directly transforms lives. Don't miss the chance to be a part of our mission— donate or sponsor an upcoming event or program today!

For more information or to become a sponsor today please contact Chief Development Officer, Lauren Wilson at Laurenw@ymcaavery.org.

your own. When they are done eggs can be exchanged for candy. There is no additional cost to join the fun! Non-YMCA members will have to pay a YMCA guest fee. For more information contact [Aquatics Director, Faith Boyette](#)

support. Every participant has made improvements, found successes, and some have even discovered previously unknown health issues.

This class will wrap up at the end of May with another offering this September!

give up on our goals. The good news? It's never too late to start again! Come visit us at the YMCA to kickstart your health goals and try a new class on us! If there is a class you've been thinking of trying and you're not a member, stop by the membership desk, fill out a guest waiver and take that class for the first time free of charge. If you are a member and you want to try a new class, let the front desk know and have your name entered into a drawing for a free month's membership!

What's Happening in Mitchell



Mitchell After School

Wonderful story from After School! Alex had been apprehensive about his homework. When staff members from Penland School of Crafts working with the After School Program realized that Alex really enjoyed his time working on art projects, staff members began to encourage the student to take their time and work homework daily so that they could enjoy the art project. The student began to realize that they could do their homework and enjoy the time with Penland. Currently, the student comes in and gets their homework without being asked to and is much



First session of 2025 Delay the Disease-Parkinson's Program completed!

Our program participants celebrated the completion of 2 days per week for 12 weeks as of March 27th. We ended our session with snacks and some of our participants playing music on their instruments. As a class, they had improvements to their leg strength through improving the time taken to complete 5 sit to stands and improved their gait measured through time taken to complete a 10 meter walk test. They continue to enjoy fighting symptoms together and are certainly working hard. If you know anyone that would be interested to join our group, please email or call [Jessica](#)



Healthy Opportunity Pilot Program

The Healthy Opportunities Pilot Program offers select services to qualified Avery, Mitchell, and Yancey County residents with expenses related to housing, food, transportation, and safety.

In March 2025, there were a total of 42 food boxes delivered, 10 fruit and vegetable boxes delivered, and 8 overdue utility bills paid.

Apply by completing the [screening form](#) or call [828-278-9900](tel:828-278-9900) for a paper form.

Email [Anabel](#) or call her at [828-737-5500](tel:828-737-5500), ext. 308 for further information about HOP.



ChildFest

Don't miss ChildFest on April 5, 2025, from 10:00am - 2:00pm at Mitchell High School!

Child Fest is the Blue Ridge Partnership for Children's annual celebration of the young child, and includes inflatables, train rides, a musical calliope, and tons of fun activities!

ChildFest brings together our two favorite things— fun activities for the young (and young at heart!) and provides a family-focused atmosphere and provides parents and caregivers access to information about quality childcare, early literacy, health & nutrition and much, much more.

more confident.

[Thomas](#), Healthy Living
Director at Mitchell
County Healthy Living
Center, 828-520-1379.

Mark Your Calendars



[April Group Exercise](#)

Early Morning Flow Yoga comes to the Y!

What better way to start your day than with a relaxing Yoga class? Join us on Wednesday and Fridays at 7:30am for Flow Yoga with Sarah!

[Download Avery Group Exercise Schedule](#)

[Download Mitchell Group Exercise Opportunities](#)



[April Athletics](#)

NOW IS THE TIME!
As the grass is getting greener, start working on your golf swing today!

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](#)



[April Aquatics](#)

Swim Lessons

Swim Lessons are a great way to learn the basics of swimming or work on your skills. Private, Semi-Private and Group Lessons are available for children and adults and will help anyone to improve their swim abilities at their own pace. Lessons are offered at different times and days, so visit our website to find the best time for you!

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

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

[Download Aquatics Schedule](#)

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](#)

[Volunteer](#)

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

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***



Connect with us on:



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

You received this because you are subscribed to emails from the Williams YMCA of Avery County.
[Manage Email Preferences](#)