



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Y STORY OF THE MONTH

### Meet Hilary Hemingway — A Creative and Cherished Member of *Moving Mountains with Parkinson's*

Hilary Hemingway has been a dedicated and inspiring member of the *Moving Mountains with Parkinson's* program since her Parkinson's diagnosis nearly two and a half years ago. Although we at the Y have only had the pleasure of knowing her for a relatively short time, it's clear she has lived a life defined by creativity, love, and following your dreams.



Creativity runs deep in Hilary's family — yes, she's related to *that* Hemingway. Her father, Leicester "Les" Hemingway, was the only brother of the legendary writer Ernest Hemingway. Les made a name for himself as well, famously founding the micronation "New Atlantis" off the coast of Jamaica in 1964. Hilary shared that her father was a tremendous inspiration, encouraging his family to "dream bigger dreams."

Following her own dreams, Hilary earned a degree in filmmaking from the University of Miami, specializing in documentary film. In 1984, she won a screenwriting contest that took her to Los Angeles, where she reconnected with her now-husband, Jeff Lindsay. What began as a roommate arrangement with a family friend blossomed into a creative and personal partnership. Forty years later, they're still writing their story together.

Upon marrying, Hilary and Jeff moved from Los Angeles to Florida to care for Hilary's mother, who had been diagnosed with stage 4 lung cancer. Hilary says she and Jeff agreed early in their marriage to build their lives together on the principle of "family first." The couple carried that family value into the raising of three daughters in Cape Coral, Florida. Professionally, the couple wrote screenplays, novels, and theatrical plays. Hilary shares that the most fun they had working together was when she was producing and Jeff was the on-air host for WGCU's talk shows. They collaborated similarly on a Hemingway Cuban documentary. "It was the only time I told him what to say and do and he didn't get mad—that's a producer's job," Hilary laughed.

After Hurricane Irma hit Florida in 2017, the family decided to make the move to the High Country, where they continue to call home.

A few years later, Hilary began noticing tremors in her hand and foot, leading her to seek out a neurologist. Six months after a confirming DAT scan, she received her Parkinson's diagnosis. Following that diagnosis, she was referred to the Y's *Moving Mountains with Parkinson's* program — a class designed to improve movement, flexibility, strength, balance, and cardiovascular fitness for those living with Parkinson's disease.

What makes this program truly special is the community. The encouragement, support, and laughter shared among participants set it apart from a traditional fitness class. Under the guidance of dedicated instructors like Deana Acklin, members are not only strengthening their bodies but also building hope and resilience together. Hilary says she's deeply grateful for that sense of community: "This class reminds me that I'm not alone." She's also noticed physical improvements that allow her to continue pursuing her passions for filmmaking, writing, painting, and even "rock hounding."

Hilary has fulfilled many of her dreams in this life, no doubt inspired by her father. However, she concludes by adding that "her biggest dream would be for a Parkinson's cure."

We are honored to have Hilary as part of our Y family. Her positivity, creativity, and commitment to living fully continue to inspire everyone around her. If you see Hilary in class or around the Y, be sure to say hello!

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## A Letter From Membership

An amazing perk of working with our membership crew is getting to truly know our members and staff alike. We get to hear the ups and downs of your workouts, about the promotion at work, what you're excited about, and even what you may be concerned about. So, this November we wanted to take a moment and say thank you! Thank you for sharing your lives with us. You are what makes the Y so special.

Please keep an eye on our social media for updates on ways we want to thank you this month.

-Jessica Hurlbert, Association Membership Director

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## What's Happening



### We Love Our Seasonal Members!

"One of our part-time members, Mark, stopped by before leaving for the season to tell me how much our staff and facility means to him. He said he always looks forward to returning to our facility, and specifically to our wellness center, because our staff always helps with progressing his workout routine."

-Adam Phillips, Avery County Wellness Program Coordinator

"A lot of our seasonal members are leaving for the winter. After our last community hike of the year, I had several comments on how they wish they had our classes at their local Y. So, a big shout out to all our group exercise instructors. You guys are rocking it!"

-Sheila Baur,



### Age of Learning Brings Training to Our Youth Programs

On October 8th, our Youth Department hosted Age of Learning representatives in both Mitchell and Avery Counties for an exciting, hands-on training with our staff.

Age of Learning is an education technology company best known for creating engaging, research-based programs that help children build strong academic foundations in reading and math. Their tools are designed to identify and fill learning gaps while making learning fun and effective.

This training equipped our staff with new strategies and resources to better support students' academic growth during afterschool time—ensuring that every



### Volunteers Making a SPLASH

Our SPLASH program, which serves elementary school students in the community with swim safety, would not be possible without the help of volunteers. One volunteer made all the difference earlier this month!

Sue Logvin was our Avery SPLASH Volunteer the week of October 6-10. Her job was to assist the staff in ensuring the students are safe and comfortable in the water. She loved teaching so much, she is already planning her next trip back to Avery next fall to help out again!

If you, or anyone you know, would be interested in volunteering with our SPLASH program, email Faith Boyette below.



### Athletics Staff Shout Out—Kierstin Johnson

Kierstin has been a huge help to not only our recreation team, but the Y as a whole.

After working her morning shift (8:00 AM-2:00 PM), she came to help out during our Halloween at the Y event—without even being asked! She helped fill holes where it was needed, along with being one of the last ones to leave during clean-up.

Thanks Kierstin, you are appreciated!

[Email Faith](#)

## Mark Your Calendars



### Aquatics Updates

It's Swim Team's final month! The last swim meet of the Swim Team season will be on Thursday, Nov. 20. Practices leading up to the meet will continue to be on Mondays or Thursdays at the regular times.

SPLASH will be hosted the week of Nov. 3-7. The pool will be closed that week from 8:00 AM- 10:00 AM & 12:00 PM- 2:15 PM.

Private Swim Lesson slots will be open throughout the week.

NOTE: The Avery High Swim Team will begin practice in the evenings, so lap lanes will be limited.



### Volleyball Clinic

Join our six week volleyball clinic! This clinic will teach and improve all fundamental volleyball skills, encourage team cooperation, and offer competitive game exposure. This clinic will be coached by a former college volleyball player.

Dates: Nov. 10th - Dec. 15th

Day: Mondays

Ages: 8-14

Location: Blackburn Athletic Facility

Cost: Member \$25; Non-member \$35



### Indoor Soccer

Join our six week indoor soccer league! This league will help growth in quick decision making, fast paced play, and ball control.

Dates: Nov. 11th - Dec. 18th

Days: Tuesdays and Thursdays

Ages: 4-12

Location: Blackburn Athletic Facility

Cost: Member \$25; Non-member \$35

[Registration](#)

[8-10 Registration](#)

[11-14 Registration](#)



[Register for our 16th Annual Reindeer](#)



[Thanksgiving Food Drive Branch Wars](#)

## Run TODAY!

Join us on **Saturday, December 6th from 8:00 AM-11:00 AM**, for our Annual Reindeer Run 5k! We will start at Tate Evans Park in Banner Elk. This race is for everyone - bring the whole family! You may run, jog or walk the course - whichever you choose. The race starts at 9:00 AM. Check in and refreshments will be available at 8:00 AM.

**Register by Sunday, November 16th**, to ensure you will be given a race shirt!

All proceeds from the race go towards the YMCA's Y Access program. At the Y, no one is turned away because of an inability to pay. We offer the Y Access program providing financial assistance based on household income and size, and review special circumstances like medical expenses and unplanned emergencies. Financial assistance is made available through the Y Annual Campaign and grants from generous donors.

### Thank you to our Event Sponsors:

Beech Mountain Resorts  
Town of Banner Elk TDA

### Registration Costs:

Regular Adult Registration: \$25.00  
Regular Youth Registration (6 y/o - 11 y/o): \$15.00  
Regular Child Registration: \$0.00

*Regular Registration will take place from Oct. 27 to Nov. 16!*

[Adult Registration](#)

[Youth Registration](#)

[Child Registration](#)

Join us for a friendly Thanksgiving competition between the A.M.Y. Wellness Foundation YMCA of Mitchell County and the Williams YMCA of Avery County from **Nov. 3-Nov. 14!**

Each branch will be accepting Thanksgiving-themed nonperishable food items in their lobbies. Examples include but are not limited to:

*Turkey Gravy  
Boxed Stuffing  
Canned Vegetables  
Canned Meats  
Mac and Cheese  
Soup  
Chef Boyardee  
Instant Mashed Potatoes*

Every individual item will count as a point for your branch, all food collected will be donated to a food bank local to each branch to be passed out for Thanksgiving!

For questions, email Anabel Zayas below.



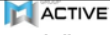
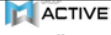







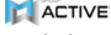
[Email Anabel](#)

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## November Schedules

### November Group Exercise Schedule

# NOVEMBER GROUP FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am		 <b>BODYPUMP</b> Tyler		 <b>BODYPUMP</b> Eva		<b>Saturday</b> <b>POP UP</b> <b>Classes</b> <b>Pilates</b> <b>Lilly</b> <b>Nov. 8<sup>th</sup> 9:00am</b> <b>Nov. 22<sup>nd</sup></b> <b>9:00am</b>
7:30 am	Hatha Yoga Sarah		Hatha Yoga Sarah		Hatha Yoga Sarah	
8:30 am	Stretch, Tone, Balance-Sheila <b>Blackburn GYM B</b>	 <b>ACTIVE</b> Sheila	Stretch, Tone, Balance- Sheila <b>Blackburn GYM B</b>	 <b>ACTIVE</b> Edie	Stretch, Tone & Balance – Sheila <b>Blackburn GYM B</b>	
9:00 am	<b>Water Fit</b> Genevieve		<b>Water Fit</b> Genevieve		Spin (Kathleen) <b>Water Fit(Gene)</b>	
9:45am	 <b>DDPY</b> Lisa	Alignment Yoga Carol Ann	Yoga Sculpt Chris	Flow Yoga Jocelyn	 <b>DDPY</b> Lisa	
11:00 am		Qigong/Tai Chi Carol Ann		<b>HITT And Core</b> Ann Mare	<b>Dance Fit</b> Sherri/Kim	
12:00 pm	 <b>BODYPUMP</b> Bonnie	 <b>BODYATTACK</b> Bonnie	 <b>BODYPUMP</b> Teresa		 <b>BODYPUMP</b> Kathleen	
2:00pm					<b>Water Fit</b> Lucy	
5:00pm	Spin Alesia	Spin Fusion Vanessa	Spin Alesia	Spin Fusion Vanessa		
5:30 pm	<b>Water Fit(Lucy)</b> <b>Pilates</b> Lilly	Barre Shannon <b>Water Fit( Lucy)</b>	 <b>DDPY</b> Lisa <b>Water Fit (Lucy)</b>	 <b>ACTIVE</b> Sheila <b>Water Fit (Lucy)</b>	<b>Pilates</b> Lilly	

To find an up-close view of the calendar, and for descriptions of each class, click below.

[Group Exercise Schedule](#)

[November Aquatics Schedule](#)

November Aquatics Schedule						
	Lap lane 1	Lap lane 2	Lap lane 3	Lap lane 4	Lap lane 5	Kid Area
7:00 AM	First come first serve/Open swim	First come first serve/Open swim	First come first serve/Open swim	First come first serve/Open swim	First come first serve/Open swim	The Pool will be Closed November 3rd-7th from 8:00am-10:00am and 11:15am -2:15pm for the YMCA SPLASH! program
8:00 AM				Reserved for Water fit Monday, Wednesday, Friday 8a-10a	Reserved for Water fit Monday, Wednesday, Friday 8a-10a	
9:00 AM						
10:00 AM						
11:00 AM			First come first serve/Open swim	First come first serve/Open swim		
12:00 PM						
1:00 PM						
2:00 PM	Reserved for Aquatics Programs	Reserved for Aquatics Programs	Reserved for Aquatics Programs	Avery Highschool Swim Team Practice		
3:00 PM						
4:00 PM						
5:00 PM	Reserved for Water fit Monday-Thursday 5:30-6:30pm	Reserved for Water fit Monday-Thursday 5:30-6:30pm	Reserved for Water fit Monday-Thursday 5:30-6:30pm			
6:00 PM	Open swim	Open swim	Open swim	First come first serve/Open swim	First come first serve/Open swim	
7:00 PM						
8:00 PM	Closed					

To find an up-close view of the calendar, and for descriptions of each class, click below.

[Aquatics Schedule](#)

[November Athletics Schedule\(s\)](#)

# Blackburn Athletic Facility

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B
Open Gym	8:30 - 9:30 Stretch, Tone, and Balance	Open Gym	Open Gym	Open Gym	8:30 - 9:30 Stretch, Tone, and Balance	Open Gym	Open Gym	Open Gym	8:30 - 9:30 Stretch, Tone, and Balance	Open Gym	Open Gym
Pickleball / 9:30am - 11:30am	10:00 - 11:00 Enhanced Fitness	Pickleball / 9:30am - 11:30am		Pickleball / 9:30am - 11:30am	10:00 - 11:00 Enhanced Fitness	Pickleball / 9:30am - 11:30am		Pickleball / 9:30am - 11:30am	Pickleball / 9:30am - 11:30am	10:00 - 11:00 Enhanced Fitness	
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
	Volleyball Clinics / 5:00pm - 8:00pm	Indoor Soccer / 5:00pm - 8:00pm		Gym Reservation / 6:30-7:30pm		Pickleball / 5:00pm - 7:00pm		Indoor Soccer / 5:00pm - 8:00pm			
Close at 8:00										Close at 4:00pm	

# O'Connell Fieldhouse

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Golf Sim	Batting Cages	Golf Sim	Batting Cages	Golf Sim	Batting Cages	Golf Sim	Batting Cages	Golf Sim	Batting Cages	Golf Sim	Batting Cages
8:30am - 7:00pm Reservation Required	8:30am - 5:00pm Reservation Required	8:30am - 7:00pm Reservation Required	8:30am - 5:00pm Reservation Required	8:30am - 7:00pm Reservation Required	8:30am - 5:00pm Reservation Required	8:30am - 5:00pm Reservation Required	8:30am - 7:00pm Reservation Required	8:30am - 7:00pm Reservation Required	8:30am - 3:00pm Reservation Required	Last reservation ends at 3:00pm	
Close at 8:00 PM										Close at 4:00 PM	

To find an up-close view of the calendars, click below.

[Aquatics Schedule](#)

## Giving Back

Do you want to be part of the change and give back to the Mitchell County community? 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

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

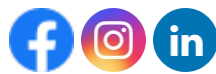
drowning prevention programs, outreach services addressing social isolation and food insecurity, afterschool and summer camp programs that help youth find new and exciting ways to learn and connect with their peers, and Healthy Living programs that help those living with chronic diseases manage their symptoms.

and seniors.



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Connect with us on:



Williams YMCA of Avery County | 436 Hospital Drive, Suite 145, Newland, NC 28657

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