

Beaver County YMCA News



Contact: Ali Tutino, Membership Director or
Beth Boffo, Wellness Director

Member Service Events for
the Month of November:

NOVEMBER 2018

Member in the Spotlight!

Liz Hough has been a member at the Beaver County YMCA for three years. Initially, Liz came to us so that her children could take swimming lessons. Now her reasons for being a member look a tiny bit different. Liz became interested in losing weight and becoming stronger because she became tired of not being able to accomplish tasks for lack of strength. To guide her on her journey, Beth has been by her side to encourage and push Liz. "She's constantly challenging me to do something outside of my comfort zone", says Liz. And that has allowed her to do several things that she could not do when she started coming to the Y. Liz will continue to strive to get back to her goal weight, before 4 children and run a 5k, completely. You got it, Liz! We are behind you every step of the way!



Step Up Challenge!

December 1st – December 31st

The journey begins with one single step. How many steps can you walk in a month. You must use an activity tracker (iwatch, fitbit, etc.) to track your daily steps. You can take a picture of your completed day or show the activity session to the attendant to record your totals. The person who has the most steps for the month will win a gift card! One male, one female and one child (under the age of 12) will win. Get steppin'!

Halloween Candy Collection

November 1st–November 8th

Members Only Movie Night

Friday, November 9th at 7–9pm

Salad Bar

Tuesday, November 13th
12–2pm and 4–6pm

Enter in a Chance to Win 1 of 4 Yoga Inspired Packages

Fill out an entry each visit!
Drawing will take place on
November 30th

IT'S NEVER TOO LATE... NEVER TOO LATE TO START OVER, NEVER TOO LATE TO BE HAPPY.

-JANE FONDA

3 on 3 Family Basketball...

Saturday, November 17th

Games begin at 1pm

Grab your friends and get to the court. This is a family friendly event for both adults and children Please register to reserve your place! Teams will be created the day of the tournament.

NEW PICKLEBALL TIMES

Monday/Wednesday 12-1:30pm

Thursday with Instructor 12-1:30pm

Saturday 12-2pm

Sunday 12-2pm

If you have never joined us for PICKLEBALL, it is a paddle sport (similar to racquet a sport) that combines elements of badminton, tennis and table tennis. We now have three nets and three taped courts. Come check it out!

This Month!

Seniors for Safe Driving

Tuesday, November 6th 9am-1pm

Registration is required!

Location: Board Room

Fee: \$16

Register by phone (1-800-559-4880) or
online (www.seniorsforsafedriving.com).

Line Dancing on Saturdays!

11am-12pm