



# STAY CONNECTED.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

May 2016

Members, Volunteers, Staff and Friends of the Cannon Memorial YMCA

## GETTING CLOSER EVERY DAY

Many in our community struggle to find an affordable place to:

GOAL: \$197,953

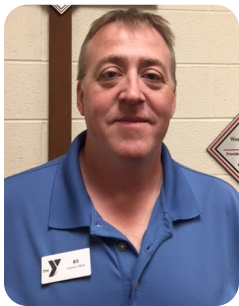
- ◆ Receive safe after school care
- ◆ Experience youth sports
- ◆ Find encouragement for healthy eating
- ◆ Remain physically active at any age
- ◆ Learn skills and make friendships in summer camp

\$91,970

When you give to the Y, you continue to strengthen our community and move us all forward. To give your support, visit [www.cannonymca.org/support/give](http://www.cannonymca.org/support/give) or stop by the Membership Desk at any of our three locations.



## EMPLOYEE SPOTLIGHT



My name is Bo Morrison. I am the Property Manager at the West Cabarrus YMCA. I lived in Kannapolis until I got married and moved to Rowan County. I have been married to my wife Lori for 27 years as of June 2016. I really enjoy seeing improvement being made to our facility to make our Y better for our members. In my spare time, I enjoy playing golf and going to the Outer Banks to fish and relax. I am very proud to be part of the team here at our Y.

## SUMMER DAY CAMP REGISTRATION GOING ON NOW!

**REGISTRATION FEES:** Due at time of registration  
\$30 | Per child  
\$25 Non-refundable deposit | Per week/child  
**WEEKLY FEES:** Vary by branch. Please contact your local YMCA for more information.



**KANNAPOLIS Y**  
CAMP CONNECTIONS  
JAMI EAGER  
704.939.9622 x 737

**WEST CABARRUS Y**  
CAMP HORIZONS  
RYAN WEBER  
704.795.9622 x 222

**HARRISBURG Y**  
CAMP PINNACLE  
JEANNA LAZARO -WILLIX  
704.454.7800 x 320

## ONE DAY AT A TIME...AT THE Y.



People often fight battles we know nothing about. Every day people like 39 year old Pamela walk through a Cannon Y Branch, not trying to create the perfect body, but just make it through the day.

"Depression weighs on me really heavy so I need to get out and be around positive people and I find that at the Y. The staff and people there encourage me and pray for me. It means a lot," said Pamela.

Four years ago Pamela was diagnosed with breast cancer. It took several office visits and second and third opinions before she could find a doctor to listen. "I knew something wasn't quite right, but doctors thought I was too young to get a mammogram. I kept telling them and then, finally, one doctor listened and found two large masses."

She had an aggressive form of breast cancer; stage 4 and twelve lymph nodes were affected. The cancer was threatening more nodes and her lungs. Young, a single mother of four children, had to have a double mastectomy and then immediately undergo chemo and radiation with little rest between each procedure. "I constantly prayed to God because the pain was so great." Young says.

Side effects from the treatment have Young dealing with other health issues along with extreme fluid retention. She has to wear a special Velcro suit for long periods every day. Although the suit helps her body circulate oxygen, Young is a bit self-conscious about wearing it in public. Sometimes the depression kicks in, keeping her homebound. "Then I'll remember that everyone at the Y keeps me motivated. They tell me not to give up. I know this isn't about me. It's about God. He will answer prayers and I'm going to keep getting better."

It's through the funds from our Annual Support Campaign that the Cannon Y is able to provide financial assistance for memberships to those like Pamela Young. Stop by our Membership Desk to ask how you can support our Annual Campaign.



## WHERE KIDS PLAY TO LEARN

**AFTER SCHOOL | 2016 - 2017 SCHOOL YEAR**

**Register May 2 through June 10 with NO registration fee!**

### FOR MORE INFORMATION

**KANNAPOLIS YMCA**

Jami Eager  
704.939.9622 x 737  
jeager@cannonymca.org

**WEST CABARRUS**

Ryan Weber  
704.795.9622 x222  
rweber@cannonymca.org

### >> FOR YOUTH DEVELOPMENT

## SUMMER SPRINT SWIM LESSONS

### KANNAPOLIS

#### SATURDAY SESSION 7

##### SESSION DATES

June 4 - June 16

##### REGISTRATION

M | May 21 - June 3

Non-M | May 28 - June 3

### WEST CABARRUS

#### SATURDAY SESSION 7

##### SESSION DATES

June 11 - June 23

##### REGISTRATION

M | May 14 - June 6

Non-M | May 21 - June 6

### KANNAPOLIS | WEST CABARRUS | TRI ACRES SWIM CLUB | ROCKY RIVER CROSSING

#### WEEKDAY SESSION 8

##### SESSION DATES

June 20 - June 30

##### REGISTRATION

M | May 30 - June 15

Non-M | June 6 - June 15



##### COST

Parent/Child & Preschool Swim

M | \$30 Non-M | \$45

Youth & Adult Swim

M | \$40 Non-M | \$60

##### COST

Parent/Child & Preschool Swim

M | \$30 Non-M | \$45

Youth & Adult Swim

M | \$40 Non-M | \$60

##### COST

Parent/Child & Preschool Swim

M | \$40 Non-M | \$60

Youth & Adult Swim

M | \$50 Non-M | \$75

For more information on class times please visit our website at [www.cannonymca.org](http://www.cannonymca.org) or your local branch.

### CANNON MEMORIAL YMCA

## 17<sup>TH</sup> ANNUAL SUPPORT CAMPAIGN GOLF TOURNAMENT

#### DETAILS

DATE: Monday, June 6, 2016

PLACE: Cabarrus Country Club

⇒ Check-in at 10am

⇒ 11am shotgun start

⇒ Catered lunch & dinner

For more information contact:

Debbie Owens at 704.933.9622 x.617 or [dowens@cannonymca.org](mailto:dowens@cannonymca.org)

#### PLAYER OPTIONS

\$550 - Team of four

\$150 - Individual

Tournament Extras:

\$25 mulligan package

Includes: two mulligans, one red tee box drive and a string to move putt closer to the hole.



## WEST CABARRUS BRANCH: Keeping you in the loop!

◆ Parents' Night Out, Friday, May 13, 6-9pm. Kids will enjoy an evening of Shaun the Sheep themed activities that include games, crafts, dinner and a showing of the movie Shaun the Sheep. Registration ends Tuesday, April 10.

◆ Join the West Cabarrus Y Saturday, May 7 from 10am-12pm, along with other kid friendly community organizations for a day of fun and health. Activities include: Trail Mix Making, Obstacle Course, Family Zumba with Sifa and more.

### HARRISBURG HAPPENINGS:

◆ We are excited to announce the addition of new equipment at the Harrisburg Branch! We have added brand new Precor P30 treadmills with individual TV and two stair climbers also with individual TV. Come try them out today!

◆ Thank you to the participants, families and volunteers who made the 9th Annual Harrisburg 5K/Fun Run and Health Expo a great success. Thank you to our generous sponsors: Leigh Brown and Associates, Noelle Donovan Team -Allen Tate Real Estate, Farm Bureau of Harrisburg, 49 Yardline, Gate PRC, Chad Johnson Orthodontics, KS Image Solutions, Dick's Sporting Goods, Saucony, Bank of North Carolina, Volk Physical Therapy, Family Foot Care, Benchmark Pressure Washing, Knorr Mortgage, Zsambeky, Chaney and Associates Dentistry, Venture Realty and Run for your Life.

◆ Preschool Princess Camp, Tumble Camp (partnering with Impact One Allstars) and Dance Camp registration begins May 1. For more information go to [CannonYMCA.org](http://CannonYMCA.org) or stop by the Membership Desk. Mini-camp location: Harrisburg Y Branch.

◆ Our Annual Support Campaign provides scholarships so more people can participate in Y programs. You can support the campaign by making a monetary donation or by participating in one of the following events: **Dine to Donate: Zaxby's (Harrisburg Town Center location only) Tuesday, May 10 5-9PM. Enjoy a great dinner and Zaxby's will donate 10% of the day's proceeds to the Annual Campaign. Vendor Fair Fundraiser: Friday, May 13 & Saturday, May 14, 9:30-11:30am Silent Auction. Stop by the Harrisburg Branch and make your bid May 9 - May 14.**

### >> AOA EVENTS

#### KANNAPOLIS YMCA

##### Lunch & Learn:

Thursday, May 5, 11:30am

Thrift Store Fashion Show

##### Prayer Breakfast:

Thursday, May 19, 9am

Join us for a great meal and fellowship.

Senior Dances: 7-10pm | \$5 at the door

Friday, May 13 with Emeralds

Friday, May 27 with Second Time Around | Prom

#### WEST CABARRUS YMCA

##### Book Club:

Tuesday, May 10, 9:30am - 11:30am

We will discuss My Beloved World by Sonia Sotomayor.

##### Crafting Club:

Wednesday, May 11 & 25 10am - 12pm

\*Bring your own craft project.

##### Lunch & Learn:

Friday, May 27, 11:30am - 1:30pm

"Asset Building & Protection" \*Bring a dish or dessert to share.

### KANNAPOLIS BRANCH REMINDERS

#### ◆ CLASS CHANGES:

- ◆ Monday afternoon Chair Yoga from 12:15-1:15pm has been moved to Friday morning 11:45-12:30pm starting May 6, 2016.

- ◆ Monday night Zumba will now be BARRE from 7-8pm

◆ Join the Kannapolis Seals swim team today for "splashfuls" of fun this summer. Registration is going on now through May 26. For cost and more information please visit our website at [CannonYmca.org](http://CannonYmca.org) or contact Kody Rice at 704.939.9622 x719.

◆ Join us May 6, 7pm-9pm for the People's Choice Chicken Wing Cook Off. One ticket gives you a chance to try 10 different wings. Your votes will determine the People's Choice winner. All ticket sales will benefit the Y Annual Support Campaign. \$10 per ticket. Ticket sales begin at 6pm. No pre-sales. Tickets are available while supplies last.