



STAY CONNECTED.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

October 2016

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

More than a Gem Event



October 13, 2016 at 6pm | ANNUAL DIAMOND GIVEAWAY

Each ticket holder has an opportunity to win a pair of 0.75 total carat weight round brilliant cut diamond earrings H-I in color and SI2-SI3 in clarity with a 14 KT white gold basket mounting and a 0.70 carat round brilliant cut solitaire pendant H in color and SI1 in clarity with an 18" white gold chain set in a 14 KT white gold basket mounting to match. Appraised Retail Value: \$8,800.00.

The sparkling main event will be held at the Concord City Club at Gibson Mill. 100% of the proceeds from this special evening help children, seniors and families in Cabarrus County. The Y uses funds to help pay for memberships and programs for those who otherwise could not afford to participate. Thanks to your generous gifts, the Y is able to provide more than \$300,000 in financial assistance each year. Together we are making a difference in our community!

PURCHASE OPTIONS

\$800 = Includes table of 8 with dinner and 1 chance at the diamonds for each.

\$100 = 1 ticket, dinner and 1 chance at the diamonds.

* Limited seats are available. Must be present to win.

FOR MORE INFORMATION CONTACT

Brett Crosby at 704.939.9622 ext. 738 or bcrosby@cannonymca.org

Christina Maxwell-Morrison at 704.939.9622 ext 723 or cmorrison@cannonymca.org.

EMPLOYEE SPOTLIGHT



We are pleased to introduce Yolanda Pitchford, who will assume duties as Executive Director at West Cabarrus beginning September 26. Yolanda has a great track record of success building teams and communities

with 10+ years of experience in Virginia and Central Florida YMCAs. She is a graduate of the University of Richmond and earned an MBA from Strayer University. Yolanda relocated to the area with her banker husband, Gregg, to support their daughter Alexis, a freshman and a point guard on UNC Greensboro's women's basketball team. Yolanda's family has a lifelong history in the YMCA. When given the opportunity to share her story, Yolanda truly is passionate about the Y being so much more than just a gym. *She looks forward to meeting and greeting all of our West Cabarrus members on the following dates and times:*

WC Front Lobby

Wednesday, October 12 | 6:30-8am &

10:30am-Noon

Tuesday, October 25 | 6-7:30pm

SHARE THE HARVEST FARM: Sweet Potato Harvest



Sweet potatoes are an excellent food to grow for charity. It has a nutritional profile similar, but better than carrots. It is a good source of vitamin A, several of the B vitamins, calcium, magnesium, iron, fiber and antioxidants. The potassium content is slightly less than bananas, but will substitute if bananas are not in the budget or you happen to be a locavore. Plus, pound for pound, sweet potatoes have more calories than potatoes, which is enough to kick starvation down the road. In addition to the nutritional benefits, sweet potatoes store easily. If you put them in a back room that stays above 50

degrees, they will last for several months. And, if you have an excess of sweet potatoes, you can easily can them for longer storage if you have a pressure canner. But wait, there's more. This long lasting super food is very versatile. Everybody has heard of sweet potato pie and sweet potato casserole, but there are a zillion more ways to serve up some sweet potato goodness. Given the value of sweet potatoes, you can be sure the Y farm tried to grow them and they turned out rather well. About 800 plants were planted back on May 28 and 112 days later, volunteers dug an estimated 2,400lbs. An accurate weight will be tallied after the curing period. If you want to help us grow 10,000 pounds next year, please contact the Y for dates when we will be in the field. There will be two special harvest dates for butternut squash and sweet potatoes with additional opportunities available.

ONE MEMBER'S TRANSFORMATION OF BODY AND SPIRIT AT THE Y

Y Member Stephanie Bowens joined our 12-Week Transformation back in April and has truly transformed her health! She shared with us how she did it, how she is now inspiring others and how she fought through the tough days. Committing to a lifestyle change over a period of time is bound to come with some ups and downs. "I would cry some days working out and ask myself if it was really worth it," said Bowens. "But then I would look in the mirror and my clothes were getting too big and I would say, yes it is!!" Read her story and others online at: <http://cannonymca.org/y-stories>.



FROSTBITE 5K SATURDAY, DECEMBER 17, 2016

The **FROSTBITE 5K** is a 3.1 mile certified run through Kannapolis Greenway and surrounding communities with challenging hills. The **FUN RUN** is a one mile run through the Kannapolis Greenway and surrounding communities. Children of all ages and parents with strollers are welcome. All proceeds will benefit the Cannon Memorial YMCA Annual Support Campaign. *The Frostbite race is a part of the Run Kannapolis and the Cannon YMCA race series.

REGISTER TODAY FOR \$20!!

www.cannonymca.org

Find us on Facebook!

We're on Instagram!



>> FOR YOUTH DEVELOPMENT

WINTER BASKETBALL CO-ED | 3-8 YEARS OF AGE COST

Age 3-4
M | \$50 Non-M | \$75
Age 5-8
M | \$55 Non-M | \$85

SEASON DATES
October 29 - December 21
REGISTRATION
September 12 - October 10

GIRLS | 9-15 YEARS OF AGE COST

Age 9-15
M | \$65 Non-M | \$100

SEASON DATES
October 29 - December 21
REGISTRATION
September 12 - October 10



WINTER SWIM LESSONS WC ONLY | M/W & T/TH

COST
Parent/Child & Preschool
M | \$50 Non-M | \$75
Youth & Adult
M | \$75 Non-M | \$110

SEASON DATES
October 24 - December 8
REGISTRATION
M | October 3 - October 19
Non-M | October 10 - October 19



WEST CABARRUS BRANCH: Keeping you in the loop!

- ◆ **DANCE:** Combo Ballet/Modern Jazz class for girls 2 1/2 to 10 years old. Registration ends November 8. Please stop by the Member Service desk for age groups and class times.
- ◆ **LIFEGUARD CERTIFICATION:** October 14 - 16. The American Red Cross course includes certification in Lifeguard training, First Aid, CPR for the Professional Rescuer and AED essentials. Class meets Fri. 5-9pm, Sat. 9am-6pm & Sun. 9am-6pm.
- ◆ **PNO:** A Monster of a Party, Friday Oct 14, 6-9pm. We will provide Halloween-themed activities and a healthy dinner. Children are welcome to come dressed in a costume. Registration ends October 11. Members \$15, Non-Members \$23 per child. *20% sibling discount applies.

HARRISBURG HAPPENINGS:

- ◆ PNO (Parents' Night Out): Monster Themed Night, Friday, October 21 from 5:30-8:30pm. We will have crafts, food and a great time with friends.
- ◆ Free Community Event: Join us for our Annual Harrisburg Y Fall Festival on Saturday, October 22 from 1-4pm at Covenant Church. There will be vendors, food, games and music. Our food sponsors are CICI's Pizza, Papa Robbs and Jersey Mikes. We are still in the process of looking for vendors for our Fall Festival. If you are interested in joining our fun Fall Festival, please contact Mandie Condie at mcondie@cannonymca.org for information.
- ◆ Are you interested in joining our Group Exercise team? We are currently looking for some amazing instructors for a few morning classes. If interested or know someone that may be interested, please contact Mandie Condie at mcondie@cannonymca.org or 704.454.7800.
- ◆ Dance-A-Thon on Saturday, October 29 from 11am-12:30pm to raise money for our Annual Support Campaign. We will hold this event downstairs in the Town Hall meeting room. Donations only!
- ◆ We have made a few changes to the Group Exercise schedule. Make sure you stop by the Membership Desk today to pick up a new schedule.
- ◆ No Evening classes on Monday, October 31.

>> AOA EVENTS

KANNAPOLIS YMCA

Lunch & Learn:
Thursday, October 6, 11:30am
Christy Smith from Kannapolis Library will talk about the Internet, Facebook, safety and passwords.

Prayer Breakfast:
Thursday, October 20, 9am
Join us for a great meal and fellowship.

Senior Dances: 7-10pm | \$5 at the door
Friday, October 14 with Second Time Around
Friday, October 28 with Dixie Sundown | Halloween

Become a Book Buddy:
Wednesdays | 3:45-4:15pm
Give the gift of reading! Volunteer to be a reading companion for a YMCA After School child.
November 2 - February 22, 2017

Book Club:
Thursday, November 3, 1:30pm
We will discuss Between Shades of Gray by Ruta Sepetys. *Books are available at the Kannapolis Library.

WEST CABARRUS YMCA

Book Club:
Tuesday, October 11, 9:30 - 11:30am
We will discuss What Alice Forgot by Liane Moriarty.

Crafting Club:
Wednesday, October 12, 10am - 12pm
*Bring your own craft project.

Lunch & Learn:
Friday, October 28, 11:30am - 1pm
Kyle White from Concord Library will talk about the Internet, Facebook, safety and passwords.
*Bring a dish or dessert to share.

KANNAPOLIS BRANCH REMINDERS

- ◆ Don't miss out. Registration for our last weekday swim session ends October 5. Session runs October 10 - November 14. Register online today.
- ◆ FROSTBITE 5K | DECEMBER 17, 2016
Registration for the 2016 race is going on NOW!
- ◆ Looking for something mindful and relaxing? Join Jim in the NEW TAI CHI CLASS! Class starts Thursday, October 6 at 8:30am in the Multi-Purpose room.
- ◆ Welcome Katie Back from maternity leave. Join her for Barre on Mondays at 10am
- ◆ Welcome Amelia to Yoga on Tuesday nights at 6pm.

GIVE THE GIFT OF JOY | 2016 EMPTY STOCKING FUND

The EMPTY STOCKING FUND has been helping local families in need for over 70 years. Through donations, we provide gifts to many kids and teens ages sixteen and under in our community.

INTERVIEW DATES & TIMES ARE:

- ◆ Tuesday, Oct 11 from 4-6:45pm
- ◆ Wednesday, Oct 12 from 1-4pm
- ◆ Monday, Oct 17 from 4-6:45pm
- ◆ Monday, Oct 24 from 6-8pm
- ◆ Thursday, Oct 27 from 9am-Noon

LOOKING FOR WAYS TO GIVE BACK:

- ◆ Volunteer for one of our interview dates in October or to distribute toys to families in December.
- ◆ Make a monetary contribution and we will send elves to Santa's workshop for you.
- ◆ Bring in unwrapped gifts for children ages birth - 16 years of age in the month of November and put in donation barrel located at any Cannon YMCA branch.
- ◆ Choose a Stocking from one of our trees to purchase gifts for a family with specific Christmas needs, during the month of November.