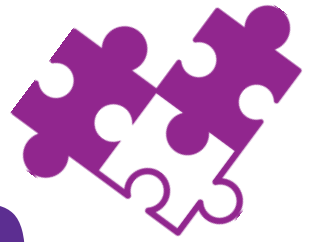




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAY CONNECTED.



September News 2016

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

More than a Gem

October 13, 2016 @ 6pm | 5TH 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 helps 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.



**THANK YOU TO OUR
DIAMOND SPONSOR**



OKRA TASTING AT THE FARM

Have you ever heard the question, "How do you cook okra?" On August 20, the question became, "How **can't** you cook okra?" Staff, volunteers and visitors to the YMCA farm took the opportunity to taste okra that was pickled, fermented, fried, deep fried or grilled. One even took the opportunity to eat okra raw. While there is nothing to dislike about fried okra, Brent Rockett, Executive Director at West Cabarrus was able to win several converts to the grilled okra with a super job on the grill. The reaction on the pickled okra was mixed, but fermented okra had the widest range of responses from "Interesting" to a visceral, "Nope." All the okra used at the tasting was donated so it didn't take away from the 3,411 pounds of fresh produce provided for CMM to distribute. We are still hanging out at the farm on Saturday mornings from 8am-noon. Now is a good time to learn about fall crops. Let us know when you can come by emailing Debbie Owens at dowens@cannonymca.org.



EMPLOYEE SPOTLIGHT

We are pleased to introduce Johanna Hiza, our Active Older Adults Coordinator. Originally from Finland, with an educational background in Kindergarten teaching, she moved to North Carolina 22 years ago and now resides in the Concord area. She has two teenagers, one in high school and one in college. Johanna is very excited to be joining the Y team. Her goal is to grow the Active Older Adults program throughout Cabarrus County's three YMCAs in order to reach a wider audience. She plans to continue programs already in place, as well as adding additional field trips for our active older adults.



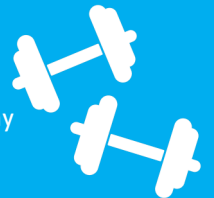
EXPERIENCE RESULTS

Personal Training Special

Get with a qualified Y PERSONAL TRAINER today and receive free sessions!

1 Hour Sessions:
6 sessions = \$225 get 1 FREE
12 sessions = \$360 get 2 FREE
24 sessions = \$650 get 3 FREE

OR
1/2 Hour Sessions:
5 sessions = \$99



REGISTER

At any Cannon Y branch
September 1 - September 30
(Ages 16 years and up)

2016 WEST CABARRUS

PUMPKIN ROLL 5K

SEPT 24 | 8AM

REGISTER TODAY!!



>> PROGRAMMING AT ITS BEST

FALL SWIM LESSONS

WEEKDAY (K | T/TH only) (WC | M/W & T/TH)

Session 13: Sept 13 - Oct 20

Ages: 6 months - Adult

Registration:

Members: Aug 22 - Sept 10

Non-Members: Aug 29 - Sept 10

SATURDAY (K & WC)

Session 14: Oct 8 - Nov 12

Ages: 6 months - Adult

Registration:

Members: Sept 17 - Oct 4

Non-Members: Sept 24 - Oct 4

*Please visit our website or stop by the Membership Desk for pricing.

www.cannonymca.org

COMPETITIVE SWIM TRAINING

SESSION 4: M/TH @ Kannapolis

Sept 26 - Nov 3

Registration Dates:

Members & Non-Members

Sept 4 - Sept 25

SESSION 3: M/T/Th @ West Cabarrus

Sept 12 - Sept 29

Registration Dates:

Members | Aug 22 - Sept 6

Non-Members | Aug 29 - Sept 6

SESSION 4: M/T/Th @ West Cabarrus

Oct 3 - Oct 20

Registration Dates:

Members | Sept 12 - Sept 27

Non-Members | Sept 19 - Sept 27

>> AOA EVENTS

MEET YOUR NEW AOA COORDINATOR!

WEST CABARRUS: Wednesday, September 7 in the Williams Room from 10-12pm.

*Light refreshments will be served!

KANNAPOLIS: Thursday, September 8 in the Small Multi-Purpose Room from 10-12pm.

*Light refreshments will be served!

KANNAPOLIS YMCA

Lunch & Learn:

Thursday, September 1 at 11:30am

Flu Prevention | Lunch provided by Hardee's! Please bring drinks or a dessert to share.

Prayer Breakfast:

Thursday, September 15 at 9am

Join us for a great meal and fellowship.

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

Friday, September 9 with Second Time Around

Friday, September 23 with Emeralds | Fall Fling

WEST CABARRUS YMCA

Book Club:

Tuesday, September 13, 9:30-11:30am

We will discuss A Spool of Blue Thread by Anne Tyler.

Crafting Club:

Wednesdays, September 14 & 22, 10-12pm *Bring your own craft project.

Lunch, Fun & Learn:

Friday, September 30, 11:30-1:30pm

Flu Prevention | Lunch provided by Marco's Pizza!

Please bring a salad or dessert to share!

KANNAPOLIS BRANCH REMINDERS

GROUP EXERCISE CLASS CHANGES:

>Cathy will be teaching Barre on Monday mornings for Katie until she returns from maternity leave.

>Monday night Cycle will now start at 6pm.

>Wednesday's 9am HIIT is moving to Thursday mornings at 9am.

>Hip Hop Abs will now be a 45 minute class, Wednesday nights 7-7:45pm.

>Thursday Tabata will now be on Wednesday at 9:30am.

◆Have a child between the ages of 5 and 10 years old? Don't forget we have Kids Fit every Monday & Thursday from 6:30-7:30pm.

◆Sign up for Before and After School care today! We provide a safe and caring environment for your children. Activities include: devotions, homework time, games and songs, character development, swimming and more!

HARRISBURG HAPPENINGS

◆Are you a parent of a homeschooler and looking for physical activities for your child? The Harrisburg Y offers a PE CLASS FOR HOMESCHOOLERS similar to that of traditional school. Kids will experience age-appropriate activities including gym & field games, strength conditioning and group exercise classes. Session Dates: Sept 7 - Nov 25. Age 5-7, Wednesdays, 11:30-12:30pm, Ages 8-12, Fridays, 11-12pm. Register online or at the front desk.

◆Girls on the Run is back! Registration: Aug 26-Sept 6 at www.gotrcharlotte.org. Program is available for all girls grades 3rd-5th. Session dates: Sept 19-Dec 3. Cost: \$160. *Financial assistance is available through Girls on the Run.

◆Do you ever wonder what those family heirlooms and treasured keepsakes are worth? Find out at the Antique Road Extravaganza! Carillion Assisted Living of Harrisburg will have an appraiser on site on Saturday, September 10, 1:00-4:00pm. We are selling tickets for this event and all proceeds benefit the Harrisburg YMCA and our Annual Support Campaign. Advance tickets are \$10 per item to be evaluated and \$25 at the door. You can pick up tickets at the Harrisburg Y.

◆Save the date: CMC Mobile Mammography will be at the Y on September 9, 8:30-4:30pm. Call 704.403.1729 to schedule your appointment today.

◆Free Community Event: Join us for our Annual Harrisburg Y Fall Festival on Saturday, October 22 from 1-4pm. We will have vendors, food, games and music. Our food sponsors are CICI's Pizza 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 more information.

◆Changes to our Group Exercise Classes: New class on Tuesdays at 8:30-9:30am: Weeks 1 & 3: Arms & Abs, Weeks 2 & 4: Legs & Back. Occasional Week 5: Complete Body Workout. The Tuesday 10:30-11:30am class has been cancelled.

◆Check out the Harrisburg Y Facebook page for videos of Group Exercise classes, Tuesday Tips from the Trainers and the most up-to-date information about all the exciting things happening at the Y! Do you have the Cannon Memorial Y App? Download it today to have group schedules and updates in the palm of your hand!

WEST CABARRUS UPDATES

◆It's not too late to register for Tae Kwon Do for ages 5-16. Fall session runs September 8 through December 7.

◆7th Annual Pumpkin Roll 5k | Saturday, September 24, 2016 | 8am start. Join us for a 3.1 Mile Run through Afton Village. Participants enjoy post-race food, chip timing, DJ entertainment, t-shirts and awards. All proceeds support the Annual Support Campaign.

HAPPY LABOR DAY

The Y will be closed on Monday, September 5th in observance of Labor Day.

The Y will reopen with regular business hours Tuesday, September 6th.

