



# THERE'S A Y IN EVERY FAMILY



WWW.STATELINEYMCA.ORG

NOVEMBER 2022

## GIVE TOGETHER. GROW TOGETHER.

It's the month of giving. Stop at the front desk to help pay for someone's membership this November.



### WE HAVE ALL THE FUN

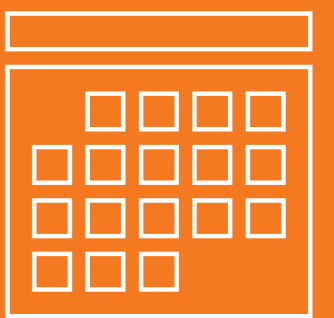
## WE'RE HIRING

FLEXIBLE HOURS  
MEANINGFUL WORK  
FREE MEMBERSHIP

### APPLY TODAY!

[WWW.STATELINEYMCA.ORG/JOBS](http://WWW.STATELINEYMCA.ORG/JOBS)

## MARK YOUR CALENDAR



### PLAY PALS SESSION II

DATE: NOV 4<sup>TH</sup> – DEC 9<sup>TH</sup>  
TIME: FRI. 9:00AM-10:30AM  
LOCATION: BOTH BRANCHES

### PARENT+TODDLER YOGA

DATE: NOV 7<sup>TH</sup> – DEC 14<sup>TH</sup>  
IRONWORKS: MON 9:30-10:30AM  
ROSCOE: WED 9:30-10:30AM

### PARENTS NIGHT OUT

DATE: NOVEMBER 12<sup>TH</sup>  
TIME: 5:30PM-9:30PM  
LOCATION: IRONWORKS

### COOKING CLASS (18+)

DATE: NOVEMBER 17<sup>TH</sup>  
TIME: 6:00PM – 7:00PM  
LOCATION: IRONWORKS

### COOKING CLASS (PARENT+CHILD)

DATE: DECEMBER 10<sup>TH</sup>  
TIME: 6:00PM – 7:00PM  
LOCATION: IRONWORKS

### SWIM LESSONS FALL SESSION II

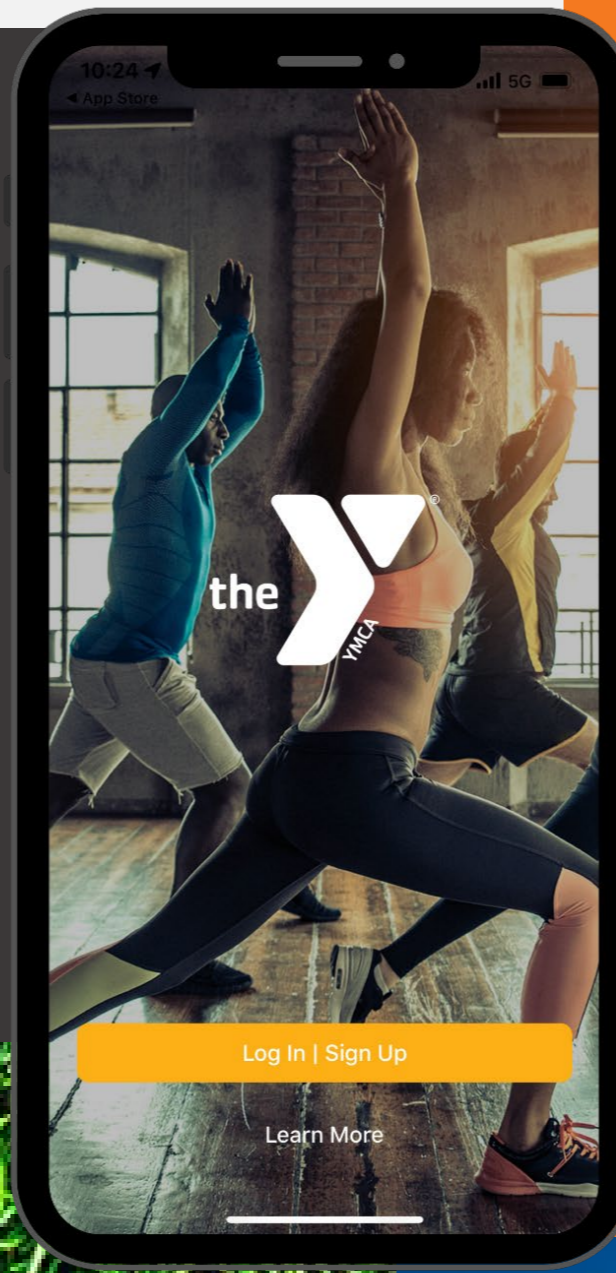
DATE: OCT 29<sup>TH</sup> – DEC 15<sup>TH</sup>  
TIME: VARIES  
LOCATION: IRONWORKS

FOR MORE INFO ON EACH EVENT OR TO REGISTER, VISIT <https://statelineymca.org>

## STAY CONNECTED

### DOWNLOAD THE APP

Search "STATELINE FAMILY YMCA"



## The Fresh Factory

### NOW OPEN @ IRONWORKS!

Tune-in to our Facebook and Instagram for updates.



## MONTHLY PROMOS

NOVEMBER 2022

## GIVE TOGETHER. GROW TOGETHER.

It's the month of giving. Stop at the front desk to pay someone's join fee this November.

DECEMBER 2022

## MAKE YOUR Y THEIR Y

Visit our giving tree this holiday season at both branches to purchase a membership or program to donate to someone else!  
[statelineymca.org](http://statelineymca.org)



## SELF CARE

### Mindfulness

Whether you're stressed or in a good space, stuck in a rut or thriving, practicing mindfulness is extraordinarily important to your self care. Enjoy these tips and tricks.

- Mindful wakeup – set an intention for the day when you first wake.
- Mindful eating – slow your eating to enjoy every mindful
- Mindful pause – breathe, reflect, and create new patterns
- Mindful workout – warm up, find a rhythm, challenge yourself, and rest
- Mindful driving – drive calmly, be alert, and breathe

Keep reading to learn more about putting this into practice at <https://www.mindful.org/take-a-mindful-moment-5-simple-practices-for-daily-life/>



Find resources and more at [www.statelineymca.org/mentalhealth](http://www.statelineymca.org/mentalhealth)

## FIND YOUR FIT

We're so much more than a gym—watch social media for upcoming programs! Here's a sneak peek.



TOGETHER WE ZEN  
PARENT + TODDLER YOGA CLASS



AIM HIGHER.  
SHOOT STRONGER.  
GRADE-LEVEL BASKETBALL LEAGUE



PLAY PALS  
AT STATELINE FAMILY YMCA



BALANCE  
STRENGTH  
FRIENDSHIP



HEALTHY HOLIDAYS  
LEARN HEALTHY HABITS  
DURING OUR HOLIDAY  
COOKING CLASS!



DANCE.  
SWEAT.  
TONE.  
BELLYDANCING LESSONS



BREAK A  
SWET



KARATE

[www.statelineymca.org](http://www.statelineymca.org)