



DECEMBER NEWSLETTER

CHRISTMAS IS IN THE AIR—& We feel it here at the YMCA! December is a month to appreciate, reflect, to anticipate the new year, and to bring in new things!

EMPLOYEE OF THE MONTH



SAM GAMBILL

This month, we're proud to highlight Sam Gambill, our Member Service Representative at the RecPlex. Sam brings positivity, care, and dedication to everything she does, making both our team and members feel valued and supported.

Her contributions help create the sense of community we strive for at the Y.

Thank you, Sam, for being such an important part of our mission—we're lucky to have you on the team!



SAVE THE DATE



SENIOR RESOURCE HEALTH FAIR

TUESDAY, DECEMBER 10th

12:00-2:00PM

465 West Sixth Avenue



AMENITIES

- Information regarding One-Pass and other healthcare memberships
- Door Prizes
- Blood Pressure Checks
- Hot Chocolate Bar with Cookies!
- Head and Neck Chair Massages

EVENTS

12:30-1pm:

Sitterly Law will present Estate Planning and Asset Protection

1:30-2pm:

Alzheimer's Association to present Caregivers and Holiday Stress

FEATURING

Alzheimer's Foundation
Sitterly Law
Fairfield County Library
Pickering House
Fairfield Medical Center
(Pulse O2 Screening)
Country Lane Care Facility
American Red Cross
Fairfield County Health
Department
Cancer Resource Center
Meals On Wheels & 211
Reflections

THANK YOU!



KIRKBRIDE
LAND & SNOW MANAGEMENT



A continued BIG thank you to our sponsors.

2025 MEMBERSHIP REMINDER

MEMBERSHIP TYPE	JOIN FEE	MONTHLY RATE
YOUTH (0-12)	\$0	\$17.00
TEEN (13-18)	\$0	\$33.00
YOUNG ADULT (19-26)	\$50	\$34.00
ADULT (27-64)	\$50	\$51.00
TWO ADULTS No Dependents	\$50	\$68.00
SINGLE PARENT	\$50	\$59.00
FAMILY 2 Adults + Kids	\$50	\$79.00
SENIOR ADULT (65+)	\$50	\$44.00
TWO SENIORS One adult 65+	\$50	\$58.00
HOUSEHOLD 4 Adults + Kids	\$50	\$91.00



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GIVE THE GIFT OF THE YMCA!

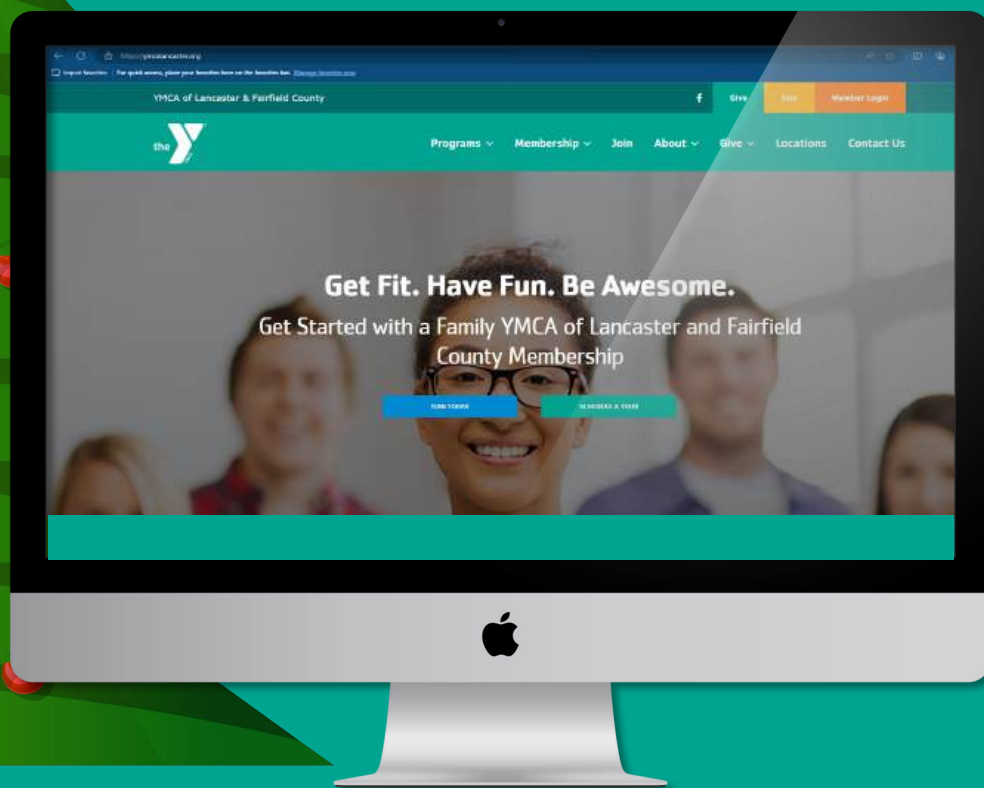


ASK THE FRONT DESK
FOR MORE INFO!

REMINDER!

Sign up for memberships,
register for programs, learn
more about our cause and more!

CHECK IT OUT TODAY!



YMCALANCASTER.ORG

COMMUNITY WELLNESS

We currently have openings in our Parkinson's Class which takes place at RVC on Tuesdays and Thursdays from 1:00pm-2:00pm. This class is for anyone who has Parkinson's or suffers from Parkinson's like symptoms.

Please contact: Angie Duckworth at aduckworth@ymcalancaster.org or 740-687-2941 if interested.

LIVESTRONG®



AT THE YMCA

A 12-week session of LiveStrong at the YMCA for Cancer Survivors will be starting in the Spring. This class is a free program that works on building back strength, endurance, and balance for those currently battling cancer and those who have fought in the past.

Please contact Angie Duckworth at:

aduckworth@ymcalancaster.org or 740-687-2941 if interested in either of these great programs.

FREE FRIEND FRIDAY!

We again want to make sure to remind everyone that we offer Free Friend Fridays! If you are 18+, feel free to bring a friend any Friday at no additional cost! If you are under 18, as long as you have an accompanying adult, you can bring a friend along as well! See you all on Fridays!

MONTHLY MARY!



If you see her, make sure to say a Merry Christmas to our Monthly Mary! This segment of our newsletter will resume next year!

MERRY CHRISTMAS AND A HAPPY HOLIDAYS!



SEE YOU NEXT YEAR!

