



FIRST FRIDAY REPORT



A Monthly Update for Friends of
THE YMCA OF METROPOLITAN DALLAS

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Dear YMCA Friends,

Here are a few highlights of what's happening through your YMCA:

Youth Development Volunteer coaches are the lynchpins of all youth sports programs. They give hundreds of hours of their time to help youth develop critical skills both on and off the field. As sports seasons come to an end, it's important to honor volunteer coaches for their talent and generosity in strengthening the communities they serve. A couple of ways in which to do that are host an end of season celebration that includes coaches' families. Include a moment of recognition on the agenda to individually thank each of them for their time. You can also encourage players to send a personal, hand-written note or card. These little things go a long way to thank some special volunteers.



Healthy Living Baby Boomers are one of the largest population groups in our country. 76 million strong and 10,000 are retiring daily. The number of Boomers aging solo is expected to reach one in four in the future. That number includes older adults who have out-of-state family, limited connections in retirement, and mobility issues. One way to cope with the change is group exercise classes at the Y. Group exercise is a great way to meet people and build new friendships. Many of our classes go out for coffee or a meal when done so the fellowship continues. Visit ymcadallas.org/schedules to learn more about what we have to offer.

Social Responsibility Nearly two years ago, The Ashford Rise School and the YMCA of Metropolitan Dallas merged, and the School was relocated to the Moody Family YMCA. The Ashford Rise School provides the highest quality early childhood education services to children with Down Syndrome and other developmental disabilities and to children without disabilities in an inclusive classroom setting with master's level educators and on-staff speech, occupational, physical, and music therapists. The merger created a terrific partnership and opened the door for additional opportunities. One of them is employment or volunteer opportunities for young adults with developmental disabilities. Serving at membership desks or on our wellness floors are important roles and great opportunities for families. For more information on what is available, contact your local YMCA.

In spirit, mind, and body.

Sincerely,



Curt Hazelbaker
President and Chief Executive Officer

