Dear YMCA Friends,

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

**Youth Development** One of the fondest memories I have with my daughters was being in the Y- Adventure Guides program when they were younger. The Adventure Guides program provides fathers and their children the opportunity to spend valuable time together. As part of a larger group, both father and child create unforgettable memories playing games, spending the weekend at an overnight camp, family adventures, and much more. We spent some great time together at YMCA Camp Grady Spruce and they still talk about campouts today even though they are 24 and 21. I encourage you to consider joining the program if you’ve got young children. For more information, visit [www.ymcadallas.org/adventure_guides](http://www.ymcadallas.org/adventure_guides) or your local YMCA.

**Healthy Living** If you’re looking to stay fit and healthy long past retirement, come work out with YMCA Active Older Adults! Several Dallas area YMCA branches sponsor special programs for active adults 55 and older with a variety of group classes like Low-impact Aerobics, Senior Power Hour, Basic Cardio, and Senior Pilates. Others offer joint conditioning, “Sit and Be Fit” classes and special swim classes that are easy on the joints and muscles! Several Dallas YMCA branches provide opportunities for seniors to socialize as well. Monthly pot luck luncheons may include dominoes, cards, or bingo while other branches host day trips, line dancing evenings and craft classes.
Social Responsibility For many years, the Dallas YMCA has financially supported the YMCA in Liberia. The Liberia YMCA was founded in 1881 by Bishop Samuel D. Ferguson, an Episcopalian from the United States. The organization which first started as a church-based organization later began to offer programs throughout the entire country. Programs include leadership development for young people, job skills training with an emphasis on computers, operating a secondary school and healthy living education. The Liberian Y puts our investment to good use by doing very good work with limited resources. If you are interested in getting involved in the partnership, Please call: 214.880.9622.

Have you considered including the Y in your will? The Heritage Club is a great way to ensure the Y remains successful for many years to come. For more information, contact Charlie Myer at 469 276 8456 or cmyer@ymcadaDallas.org

Thank you for your continued support.

In spirit, mind, and body.

Sincerely,

Curt Hazelbaker
President and Chief Executive Officer