



# FIRST FRIDAY REPORT



A Monthly Update for Friends of  
**THE YMCA OF METROPOLITAN DALLAS**

PRESIDENT'S OFFICE  
601 N. Akard St.  
Dallas, TX 75201  
214-880-9622  
Fax 214-871-3014

**FEBRUARY 2020**

## Dear YMCA Friends,

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

**Youth Development** The Irving YMCA recently debuted a STEAM Makerspace for kids 9 to 14 years old. The Makerspace is a place of shared interest among kids collaborating to create or design a project. Through the STEM Night Out program, participants have the opportunity to grow their knowledge of STEM (Science, Technology, Engineering, and Mathematics) fields as well as innovate, problem-solve, and collaborate. Activities include engineering, robotics, coding, web design, app design, multimedia production, photography, gaming challenges and much more. To learn more visit [ymcadallas.org/locations/irving\\_family\\_ymca/programs/STEMMakerspace](http://ymcadallas.org/locations/irving_family_ymca/programs/STEMMakerspace)



**Healthy Living** Did you know on average, 92.1 million American adults are living with some form of cardiovascular disease or the after-effects of stroke. High blood pressure is most prevalent in minority communities and is often referred to as "The Silent Killer" because there are typically no warning signs or symptoms. February is American Heart Month, and as a leading community-based organization dedicated to improving the nation's health, the Y offers many ways to help keep you heart healthy. Being physically active can improve the function of your heart. Collectively, our Dallas Y locations offer each week more than 1,300 group exercise classes for all ages, all levels and all interests. From low-impact exercise and chair classes, stretching and strength training, to indoor cycling, water exercise and yoga, you'll find a group class that's fun, supportive and keeps you moving. If group exercise is not your thing, together with a personal trainer, you can develop an individualized program for you. To find a program that is right for you visit [www.ymcadallas.org/healthy\\_living/health\\_well-being\\_fitness](http://www.ymcadallas.org/healthy_living/health_well-being_fitness)



**Social Responsibility** The Dallas YMCA was recently awarded a \$100,000 grant from Verizon to help fund Imagine Science Dallas, a unique partnership with the Boys & Girls Clubs of Greater Dallas, Girls Inc. of Metropolitan Dallas, Dallas County 4-H Youth Development and the YMCA to expose youth who are traditionally underrepresented in STEM fields to informal STEM education that can increase their interest and engagement in STEM. Verizon's funding will provide programming focused on digital literacy, technology workforce development and STEM education to prepare more people for meaningful careers in the digitized workforce



Thank you for your continued support.  
Happy New Year!

In spirit, mind, and body.  
Sincerely,

Curt Hazelbaker  
President and Chief Executive Officer



## The First Friday Report is going GREEN!

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