



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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
www.ymcadallas.org

May 2017

Dear YMCA Friends,

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

Youth Development

The YMCA is the largest provider of after school child care in the United States. We understand the importance of providing our participants with a balance of academically rich activities as well as an enhanced focus on overall physical well-being. Working side-by-side with industry experts and local school districts, we develop experiences that help children learn, grow and thrive. As Julie shows you, I think our team does very good work



Healthy Living

When it comes to keeping your family healthy and fit, maintaining healthy eating habits should be a cornerstone of your plan. One of the ways in which the Y does that is through our Get Up and Go program. Get Up and Go is designed to teach kids ages 6-11 and their families about healthy habits to reduce the risk of developing serious chronic illnesses such as diabetes or heart disease. Working in small groups facilitated by Y staff, families learn small steps can make lasting change in a fun environment. Recently, one of the classes celebrated their graduation from the program and you can see they had a very good time.

Social Responsibility

Jack Semones is a legend with the YMCA of Metropolitan Dallas. Jack started at the Park Cities Y in 1952 and eventually became the first Executive Director of the Town North YMCA in 1958. One of the programs Jack started at the Park Cities Y was a Hi-Y Club for teenage boys. The Club started with, as Jack calls them, thirteen boys and there are eight still living. The boys get together annually and I had the opportunity to join them at the Moody Family Y a few weeks ago. The fact that the group still meets sixty-five years later speaks to the impact the Y makes through our very dedicated staff team. Way to go Jack!



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@ymcadallas.org

Thank you for your continued support.

In spirit, mind, and body,

Sincerely,

A handwritten signature in black ink, appearing to read "Curt Hazelbaker".

Curt Hazelbaker
President and Chief Executive Officer

