



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Y STORY OF THE MONTH

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Almost everyone who comes to the YMCA forms connections with others, from members to staff, students, parents, and friends. These relationships add love, motivation, and encouragement to our experiences at the YMCA. Occasionally, we see special connections taking place in plain sight, and we have the opportunity to celebrate these moments and milestones. September's Y-Story highlights one of these special connections, born in the lobby of our own YMCA! Meet Terri and Bobby Watson, people you may already know and love!

Bobby is a native of Avery County, born and raised in Crossnore. He began attending the Williams YMCA of Avery County following knee surgery over ten years ago and has been coming regularly ever since. Following the death of his wife, he began coming five days a week, and much of his social time happened at the Y.



Terri is originally from Ohio but lived in many places as a minister's wife. Following the death of her husband, Terri moved full-time to Avery County. Although she had never regularly attended a YMCA before, she visited our YMCA after being invited to church. Terri met Bobby the first time she came, in December 2022. She returned to Florida in January, and after a short courtship, they both knew that their shared values, faith, love of service to others, and life circumstances gave them good companionship and made a great match. They married in June 2023 and are working on building a life in Avery County together!

Bobby and Terri love that the YMCA welcomes everyone with no barriers, from the front desk to the Wellness Coaches, where everyone (members and staff) is kind, helpful, and motivating in a family environment. They come to the Y daily to share camaraderie, diversity, friendship, and connection with those around them in an environment that treats everyone equally, regardless of background, socio-economic status, or physical limitations. They are a recent reminder that you can find your family at the Y and a lot of love, too!

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**YOU ARE INVITED TO THE  
RIBBON CUTTING AND  
GROUNDBREAKING  
CEREMONY**

Join us to celebrate the completion of the Hugh  
Chapman Early Learning Center and  
Groundbreaking Ceremony for the Carol and Glenn  
Arthur Youth Center,

**THURSDAY, SEPTEMBER 19TH  
11:00 AM LUNCH TO FOLLOW.**

Hugh Chapman Early Learning Center  
331 Hospital Drive  
Linville, NC 28646

RSVP to: Trey Oakley, CEO  
[Treyo@ymcaavery.org](mailto:Treyo@ymcaavery.org)



We are excited to announce the Ribbon Cutting for the new Hugh Chapman Early Learning Center and the Groundbreaking for the new Carol and Glenn Arthur Youth Center! These spaces will allow the YMCA to expand services and programming to the youth and families of Avery County! If you would like to attend please RSVP to Trey Oakley, CEO of the Williams YMCA of Avery County by the 12th of September.

[RSVP for the Ribbon Cutting and Groundbreaking](#)

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# What's Happening in Avery



## YMCA Attends Feeding Avery Families Event

Our Community Outreach Director and Community Health Worker had a blast at the BEAT THE HEAT event on August 10th! The event celebrated the end of summer, helped feed Avery kids, and provided resources and back-to-school goodies! Kids who stopped by the Y table and completed jumping jacks and push ups received a free YMCA T-Shirt. Thank you to Feeding Avery Families for hosting the event!



## Youth Club Basketball

This program is for any individual ages 8-14 who wants to build or improve their basketball skills through drills and play. No experience is necessary. The program will be taught by Lees-McRae Women's Basketball.

Dates: September 10th - October 22nd / Tuesdays from 5:30pm - 6:30pm  
Cost: \$60 members / \$80 non-members  
Location: Blackburn Athletic Facility



## Welcome Maren!

We are excited to welcome Maren Sumner to the Williams YMCA of Avery County's After School Team as the Avery County Youth Branch Director! She will be overseeing our After School and Summer Camp programs while working closely with families and the schools. She is excited for After School to start and to help the students in Avery County excel. If you see her out and about, please welcome her to our Y family!



## Have You Used Your Guest Passes Yet?

Did you know that your Williams YMCA of Avery County membership comes with **three guest passes annually!** One guest pass can include up to five friends or family. So enjoy your favorite place with your favorite people!

*\*A member must accompany their guests to use this perk and the three guest passes are per membership not person on the membership.*



## Remembering 9/11 Tower Climb Challenge

In honor of the 343 first responders who made the ultimate sacrifice, help us remember them by participating in the 110-floor challenge (2,071 steps) on the stair stepper. This event will take place in early September. You may complete the challenge as an individual or recruit up to 4 others to participate as a



## Aquatics

We are excited to announce that the YMCA swim team registration is OPEN! This will be 3-month season, in which we will hold three mini meets. All rising Kindergarteners through rising 5th graders are welcome to register. Season: September 2nd - November 22nd, 2024

For more information please contact Faith Boyette, Aquatics Director



## Best of the Best 2024

We wanted to shout a big THANK YOU to everyone who voted the Williams YMCA of Avery County as the Best of the Best Exercise Facility this year! We are excited to have received this award again. Did you know the Avery County Community has voted the YMCA Best of the Best six times? We received the award



## Meet Suzanne

Did you know we have Wellness Coaches on staff to help you with the machines in the Wellness Center, maintain the equipment and cleanliness of the center, and to help build the YMCA community? Suzanne Baber is one of our Wellness Coaches who does just that! She enjoys meeting new people and helping them explore their health and wellness goals. "I like it [working at the YMCA]

team. This event is open to anyone. Can't use the stair stepper? Not a problem – walk or bike 0.8 miles instead! T-shirts will be available for purchase.

Email Faith

Call Faith

in 2011, 2019, 2021, 2022, 2023, and in 2024. Thank you again to everyone who voted!

because of the people and community. I love seeing the healthy change our members are making in their lives daily. It is very inspiring and positive to see. I feel like its meant to be. I look forward to working on myself as well, and being a part of our Y and this community helps."

## What's Happening in Mitchell



### Calling All After School Counselors!

As summer draws to a close we are excited to start our After School program once again here in Mitchell County. Our program began on August 26th, and we are very excited to continue our partnerships with Penland Arts and Mitchell County 4H. If **you** would like a chance to make a positive impact on our students lives we would love have you as part of our After School program. Please reach out to Burton Blankenship if you have any questions.

Email Burton



### NEW Blood Pressure Self Monitoring Program

In August, Mitchell County Healthy Living Center partnered with the Buladean Community Center to launch our Blood Pressure Self Monitoring Program. The program aims to support participants in monitoring their blood pressure at least two times per month and learn more about the relationship between nutrition and blood pressure. The program office hours are from 1-2 pm on Wednesdays. Any one can join us on the last Wednesday of each month for a nutrition education session. If you or someone you know might be interested, please contact Jessica Thomas, Mitchell County Healthy Living Director.

Email Jessica



### September Latine Fair

You're invited to Oasis' Latine Fair in celebration of Hispanic Heritage Month! Come to the Williams YMCA of Avery County's Blackburn Athletic Facility for a fiesta! Food, music, performances, and best of all, the community coming together for a grand celebration on **September 21st from 5 - 8 pm**. Our Community Health Worker, Carlos Lopez will be there representing the YMCA. We hope to see you there!



### Changing Lives One Program at a Time

The Healthy Living Center in Mitchell County ended it's second offering of EnhanceFitness in August. Here's a few of the comments from our program evaluations:

*"Class has really notched up my physical, social and emotional well-being"*

*"My mood was down prior to taking the class, because I had covid and shingles both for the second time in April and still require oxygen at night. So I felt quit debilitated and somewhat depressed. The group exercises really have been helpful."*

*"Can't wait for the new facility to open, will continue to let everyone know how great these classes are"*

For more information about all the Evidence Based Healthy Living Programs please contact Jessica Thomas, Mitchell

Call Jessica

County Healthy Living  
Director

Email  
Jessica

Call Jessica

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## Mark Your Calendars



### September Group Exercise

#### **NEW DDPY Class Time**

Join Lisa Isley on Mondays at 9:45 am for DDPY. Can't make it Mondays? That's okay, you can catch DDPY on Wednesdays and Thursdays in September too!

Download Avery  
Group Exercise  
Schedule

Download Mitchell  
Group Exercise  
Opportunities



### September Athletics

#### **Golf Simulators Open**

The long wait for the indoor golf simulators is over! Book your [reservation](#) for the simulators today or contact [Recreation Director, Nathan McDavid](#) for more information.

Download Blackburn  
Athletic Facility  
Schedule

Download O'Connell  
Fieldhouse Schedule



### September Aquatics

#### **New Lap Lane Reservation System**

Did you know you can reserve lap lanes through our website? [Visit our Aquatics page](#) to reserve a lane through your YMCA Membership Profile today!

Download  
Aquatics Schedule

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## Giving Back

Do you want to be part of the change and give back to the Avery and Mitchell County Communities? There are a variety of ways you can get involved with the Williams YMCA of Avery County!

Donate

Volunteer

Reinvest in the community through the programs and services offered by

Give the gift of your time and skills in programs that change the lives of

the YMCA, including drowning prevention programs, outreach services addressing social isolation and food insecurity, after school and summer camp programs that help youth find new and exciting ways to learn and connect with their peers, and Healthy Living programs that help those living with Chronic Diseases manage their symptoms.

children, teens, adults, families, and seniors.

Upcoming Volunteer Opportunities:

- Outreach - Home Visits with homebound seniors
- Athletics - Youth Soccer Coaches & Referees
- SPLASH Assistants



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Connect with us on:



Williams YMCA of Avery County | 436 Hospital Drive, PO Box 707 Linville, NC 28646

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