

Morgan Murphy

From: YMCA of the Treasure Coast <engagesupport@daxkoengage.com>
Sent: Friday, November 4, 2022 3:17 PM
To: Morgan Murphy
Subject: Giving Thanks!



Native American Heritage Month

November is **National Native American Heritage Month**, and we're celebrating the history of Native Americans within the YMCA.

The first YMCA serving U.S. Native American was founded in 1879 by the son of Chief Little Crow, Thomas Wakeman, a Dakota Native, in Flandreau, South Dakota. After volunteers from the YMCA visited him and others, bringing them clothes and bedding, the Native men started their own Young Men's Association called the Koscada Okadiciye. In 1885, the association was recognized by the national YMCA movement and changed their name to Sioux Young Men's Christian Association. Their goal then, as it still is today, was to teach and encourage the Lakota values of Wawokiye, Woksape, Ohitika, and Wa o'hola (Generosity, Wisdom, Bravery, and Respect) as well as the Y values of Caring, Honesty, Respect, and Responsibility.

Dr. Charles A. Eastman, the first Native American to be certified in Western medicine, began working with the YMCA as the secretary of the International Committee and founded 32 Native American chapters of the YMCA in just four years.

Our very own CEO, Charlene Lyons, is a member of the Lumbee Tribe of North Carolina and is currently the only Indigenous YMCA President/CEO in the U.S. She also serves on the Advisory Council to the [YMCA of the Seven Council Fires](#).

Thanksgiving Potluck

As a way to say **THANK YOU** for being a part of our organization, please join us on **November 17th at 11:30am** in our Wicina Center at the Stuart branch for our annual Thanksgiving Potluck!

If you are interested in bringing a dish to share please email Elisha at estoecklin@ymcatreasurecoast.org or visit our front desk.

Please note: In celebration of the Thanksgiving holiday, all branches of the Treasure Coast YMCA will be closed on Thursday, November 24th. We will be open on Friday, November 25th.



National Military Family Month

Since the Civil War, the Y has provided services to the military and continues to support military personnel and their families. In partnership with the Armed Services YMCA, we are proud to offer memberships and respite child care services to eligible military families and personnel through the Department of Defense's (DoD) Military Outreach Initiative.

Military Outreach Initiative

We recognize the dedication, sacrifice and service of military personnel and their families.

We offer a membership discount to all active duty military and veterans. The following is a list of military pricing for various membership types.

Military Discount



Christmas Toy Drive

Spread the Joy - Give a Toy



We are currently collecting **new unwrapped toys** from now until December 12th at our Stuart branch to help local children celebrate the Christmas Season.

If you love shopping on Amazon, you're going to love it even more when you learn your purchases can generate donations to the YMCA of the Treasure Coast! [Click here](#) to learn more.



WELLNESS

New Pilates Reformer Classes

Pilates focuses on core work which strengthens the back and shapes the abdominals while providing maximum flexibility. Additionally, Pilates Reformer is an excellent supplement for rehabilitation and can increase your performance in any sport at any age.

[View Class Schedule](#)

[Book Your Appointment](#)



New Drums Alive Class



Discover the drummer in you! Drums Alive combines movement with the powerful beat and rhythms of drumming for an amazing brain and body workout!

**Wednesdays 7:30am-8:30am
with Lori**

**(New) Thursdays 5:45pm-6:45pm
with Donna**

New Level Up Classes

Experience our new FIT Zone in a small group atmosphere with our personal trainers. In this 45 minute weekly workout you will increase your coordination, balance, flexibility, strength and endurance while using minimal tools and machines. Small group training has many benefits that include more personal attention, camaraderie, motivation and more fun! **Registration required.**



[View Class Schedule & Registration](#)

Winter Youth Sports



Registration for Basketball, Flag Football and Soccer ends **November 21st.**

This season begins with **all-new, freshly-renovated fields!** Practices start the week of December 12th with games beginning on January 7th. Last game of the season will be on February 18th. Questions, contact [Fred Longar](#).

[Register Here](#)

Volleyball is Back!

Youth Girls Beginner Clinic

This is a 4-week beginner Volleyball Clinic for girls ages 6-10 years old that will be run by former Assistant Head Coast of PBAU, Whitney Bailey.

Thursdays 6pm-8pm
November 10th - December 8th

[Click Here to Register](#)



Pick-up Volleyball for ages middle school to high school on Fridays 5:30-7:30pm
Free for Members, \$10 Drop in fee for nonmembers

Group Swim Lessons



Private Lessons

(4) 30-Minute Lessons

\$95 Members, \$125 Non-Members

For scheduling inquiries, please email or call our Aquatics Director, Seth Gill at sgill@ymcatreasurecoast.org or 772-286-4444 ext 258.

Mondays and Wednesdays

- November 14th - December 7th
- December 12th - January 4th

Tuesday and Thursdays

- November 15th - December 8th
- December 13th - January 5th

\$96 Members / \$120 Non-Members

Saturday Sessions

Saturdays only for 6 weeks

- November 26th - January 7th

\$72 Members / \$90 Non-Members

[Click Here to Register](#)

Certification Classes

CPR Class

November 18th or December 9th
4:00-8:00pm
\$70



**American
Red Cross**

Register for CPR Class

Babysitting Class

December 9th or January 7th
8:00am - 3:00pm
\$50

Register for Babysitting Class

Pool Lifeguard Class

Lifeguard, CPR, AED, First Aid, Oxygen
Administration, & BBP

December 2nd - 4th
9am-5pm

*Participants must attend all sessions
Ages 15 and up

Members \$240 / Non-members \$270

Register for Lifeguard Class



EVENTS

Join Us at the Airshow!

We are excited to continue our partnership with the Stuart Air Show! Come visit the **YMCA Kids Zone** at the Stuart Airshow on Saturday, November 12th and Sunday, November 13th 8:30am - 4:30pm.

Need a sitter for the Friday, November 11th [Dirty Flight Suit Party](#)? We've got you covered! Register for our [Parent's Night Out](#)! Please be prepared to show registration email at our front gate.



****Please be ready to show your YMCA Membership key tag at our gate and be prepared for extra traffic November 11th - 13th.****

Parent's Night Out - November 11th

Now offered at both out Stuart and Port St. Lucie branches

We provide a safe and healthy childcare setting so that you can enjoy a night out worry-free!

Each Parent's Night Out is themed, and children will have the opportunity to play games, create arts & crafts, enjoy a movie, and more. The program even includes a fresh fruit and pizza dinner. **Advanced registration required.**

When: 2nd Friday of each month now - May 2022 at 6:00pm - 10:00pm

Where: 1700 SE Monterey Road, Stuart & 1301 SW Bayshore Blvd, Port St. Lucie

Ages: 4 - 14 years old who are potty-trained

Cost: \$24 members / \$32 non-members, siblings each save \$5

Minimum enrollment of 10 required for program to operate.

Program Dates & Themes:

11/11/22 (Veteran's Day)

12/9/22 (Winter Holiday Party)

1/13/23 (2nd Semester Kick-Off)

2/10/23 (Valentine's Day)

3/10/23 (Spring Break Kick-off)

4/14/23 (Spring Holiday Party)

5/12/23 (Summer Kick-off)



[Register for Stuart Branch](#)

[Register for Port St. Lucie](#)

November School's Day Out



We offer childcare on School Holidays like **Veteran's Day** and **Thanksgiving week** from 7am until 6pm.

Your child(ren) will enjoy fun and safe activities, so that you may work without worry, even when school is out.

[Register Today!](#)

Lunch & Learn - November 14th



Our very own personal trainer and group exercise instructor, Kathy Wentworth will be providing valuable information on increasing your strength and balance while highlighting **Fall Prevention** as well as home exercises you can do to stay strong. Presentation will be on Monday, November 14th at 11:45am in the Wicina Center (at our Stuart Main Branch). Lunch will be provided.

This event is FREE but only open to members.

Space Is Limited - Please RSVP

Cards & Games



From Hand & Foot to Social Bridge and Mexican Dominos, come play a round or teach us a new one! Bring a brown bag lunch or snacks if you would like!

Thursday's 12pm to 2pm

Y Knot Knitting Club



Y Knot Knit (and Crochet)! Sharpen your knitting needles and join us in the Wicina Center! Bring your own supplies and come share your ideas.

Tuesdays 1pm to 3pm

Secret Garden Soiree

Come join us for a Magical Evening of Dinner and Dancing at our 2nd Annual Secret Garden Soiree to help raise funds for the [YMCA Indiantown Pool Renovation Project](#).



Saturday, March 25, 2023

6:00pm - 10:00pm

Rockin H Ranch

4181 SW Boatramp Ave

Palm City, FL

Early Bird Tickets On Sale Now!

\$150 per person

(\$175 after December 31st)

Cocktail Attire

Plated Dinner

Open Bar

Music

Raffles

Live Auction

and More!

This event will sell out!

[**Click Here to Purchase Your Tickets!**](#)

[**Sponsorship Opportunities Available**](#)

The Giving Pump



A big thank you goes to the Hardee Family at the Shell Gas Station in Indiantown for raising \$3,000 towards our [YMCA Indiantown Pool Renovation Project!](#)

The pool at our YMCA Indiantown branch is in dire need of a major renovation. It has been the only public pool in Indiantown for the past 20 years where children and adults can learn to swim, so it is a vital part of the Indiantown community and we need your help to bring it back to life!

Drowning is the leading cause of death for children in Florida, especially those from underserved populations like Indiantown. Please help us give Indiantown a safe place to learn to swim and have fun for the summer!

DONATE TODAY!

GIVING TUESDAY

Simple acts of kindness can have a large and lasting impact.

When we give our time and expertise, donate food and clothing, or make monetary contributions—both large and small—together, we strengthen our community. The YMCA of the Treasure Coast is participating in Giving Tuesday, a global generosity movement built by individuals, families, organizations, businesses, and communities all around the globe.

Following Black Friday and Cyber Monday, Giving Tuesday kicks off the giving season. This year, Giving Tuesday takes place on **November 29**. What makes it so special? It's 100% driven by people inspired to make a positive difference—people just like you. The Y is committed to helping our community build a stronger, healthier, and better us. We hope you'll consider contributing to the Y. Every gift—no matter how big or small—makes an enduring impact right here in our neighborhood.

Donate to the Y



Plus \$1,250 Monthly Drawings
less taxes

Get Your Tickets at YMCAEASTERHOUSE.ORG



**36th Anniversary
Easter House**
RAISING FUNDS FOR THE YMCA OF THE TREASURE COAST



It's that time of year again! Our Easter House Project is on it's 36th year of fundraising! This year's proceeds will be used for help with our [Indiantown Pool Renovation Project](#).

When you buy Easter House tickets, you not only have a chance to win a brand new house (or \$250,000 in cash), you also help support children and families on the Treasure Coast - so win or lose, those tickets are winners for the entire community!

Click Here to Buy 1 Ticket + Get 1 Free

In addition, every Easter House ticket transaction you make in November will automatically enter you in to win our November \$1,250 Monthly Cash Drawing!



SPOTLIGHT

Groza Builders

Easter House Builder



772-336-7653

1771 SW Bayshore Blvd, Port St. Lucie

[Groza Builders Website](#)

This is the third year that Groza Builders in Port St. Lucie has graciously agreed to build our annual [Easter House project!](#)

Groza Builders has been building quality homes for over 35 years and is family owned and operated. Their mission is to help home buyers build the home of their dreams using high quality products. They pride themselves on their expert craftsmanship and experienced team members.

Groza Builders offer a wide selection of [floor plans](#), from 3 bedrooms to 5 bedrooms and you can customize their floor plans to fit your needs or they will [build your own plan!](#)

Building quality homes in Palm Bay, Melbourne, Sebastian, Indiantown, Fort Pierce, Vero Beach, Okeechobee, Port Saint Lucie, Fort Pierce, Stuart, Hobe Sound, and Jensen Beach.

Connect with us on:



YMCA of the Treasure Coast | 1700 SE Monterey Road Stuart, FL 34996

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