

From: [YMCA of the Treasure Coast](#)
To: [Morgan Murphy](#)
Subject: YMCA September Newsletter - Buddy Month
Date: Friday, September 1, 2023 3:36:28 PM



Welcoming Week

We know communities are stronger and more cohesive when people from all backgrounds have the opportunity to get to know one another and work side by side to advance the common good. Created by YMCA of the USA's national partner, Welcoming America, Welcoming Week (**September 8-17**) is a national celebration that brings together newcomer immigrants and U.S.-born residents at community-based events to promote cross-cultural understanding and raise awareness of the benefits of welcoming everyone!

In recognition of Welcoming Week, please take the time to **mark your country of origin or heritage** on the map we will have next to our elevator!



As a thank you to all our members,
we invite you to grab a car magnet
on your way out to show the world
that **your Y is more than a gym,**
it's where you belong!



The International Day of Charity is observed annually on **September 5th** and was declared by the United Nations General Assembly in 2012. The prime purpose of the International Day of Charity is to raise awareness and provide a common platform for charity related activities all over the world for individuals, charitable, philanthropic and volunteer organizations for their

own purposes on the local, national, regional and international level.

[Donate to Our Cause](#)

Non-Profit of the Year Nomination



The YMCA is celebrating our 45th year serving Martin County! Our organization is committed to strengthening our community through youth development, healthy living, and social responsibility.

Please nominate us for the 2023 Martin County Nonprofit of the Year Award! Deadline is September 6th.

[Click Here to Nominate Us!](#)

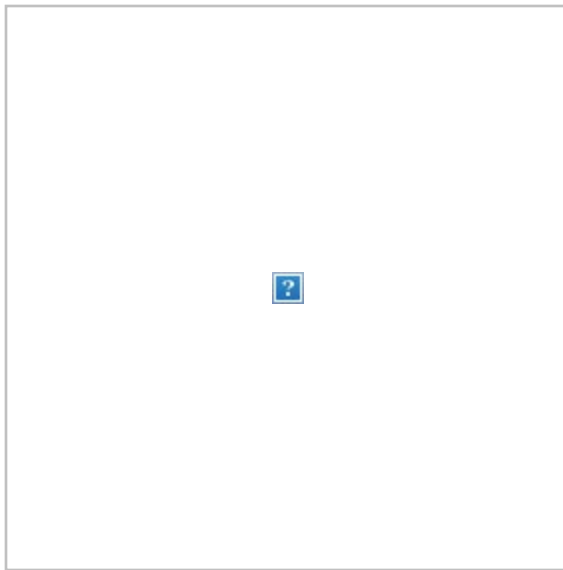
September is Buddy Month

This is your chance to show all your friends everything you love about the Y! Bring a new workout buddy with you any day in the month of September and they will receive a **FREE Buddy Pass** to come back with you all month long with full access to try our Wellness Center, Fit Zone, exercise classes, pool and more! The best part is you can bring as many guests as you want! Just visit our front desk with your friends to get their pass today!



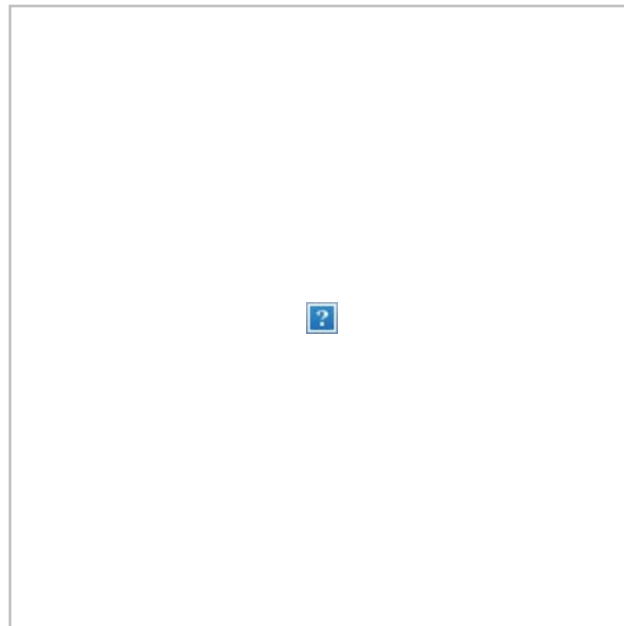
Growing Stronger Together!

Stay Informed!



Opt-In to Text Alerts

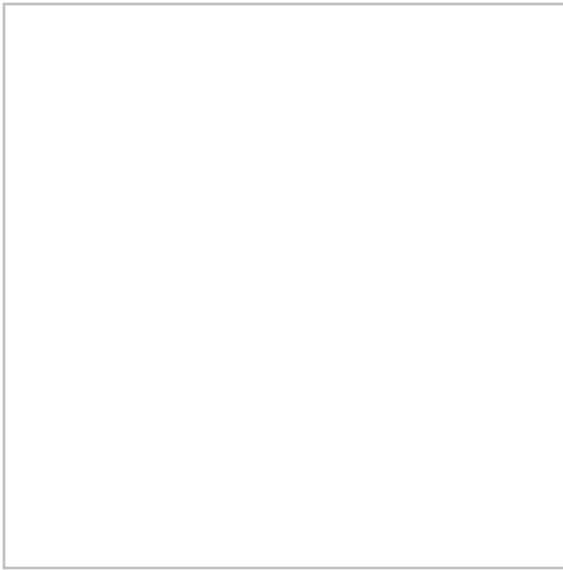
Read Past Newsletters



Celebrity Chef

Join us on **September 12th 6pm-9pm** for our annual YMCA Celebrity Chef Show!

You won't want to miss our celebrity chef's preparing your hibachi meal, as this is their first time at the grill. All this fun while supporting the YMCA of the Treasure Coast's 2023 Annual Campaign.



Celebrity Chefs Include:

Stephen Leighton, Chief of Staff for Brian Mast House of Representatives

Rick Wilson, Owner of the Gafford Restaurant

Angela Hoffman, Vice-President of the Stuart Chamber

Philip DeBerard, Injury Attorney

Shaun Williams, Chief Lending Officer at Marine Bank & Trust

Steve Doherty, Managing Partner at Gambale Insurance Advisors

Jaclyn Uhl, Domesticated Goddess & Fearless Philanthropist

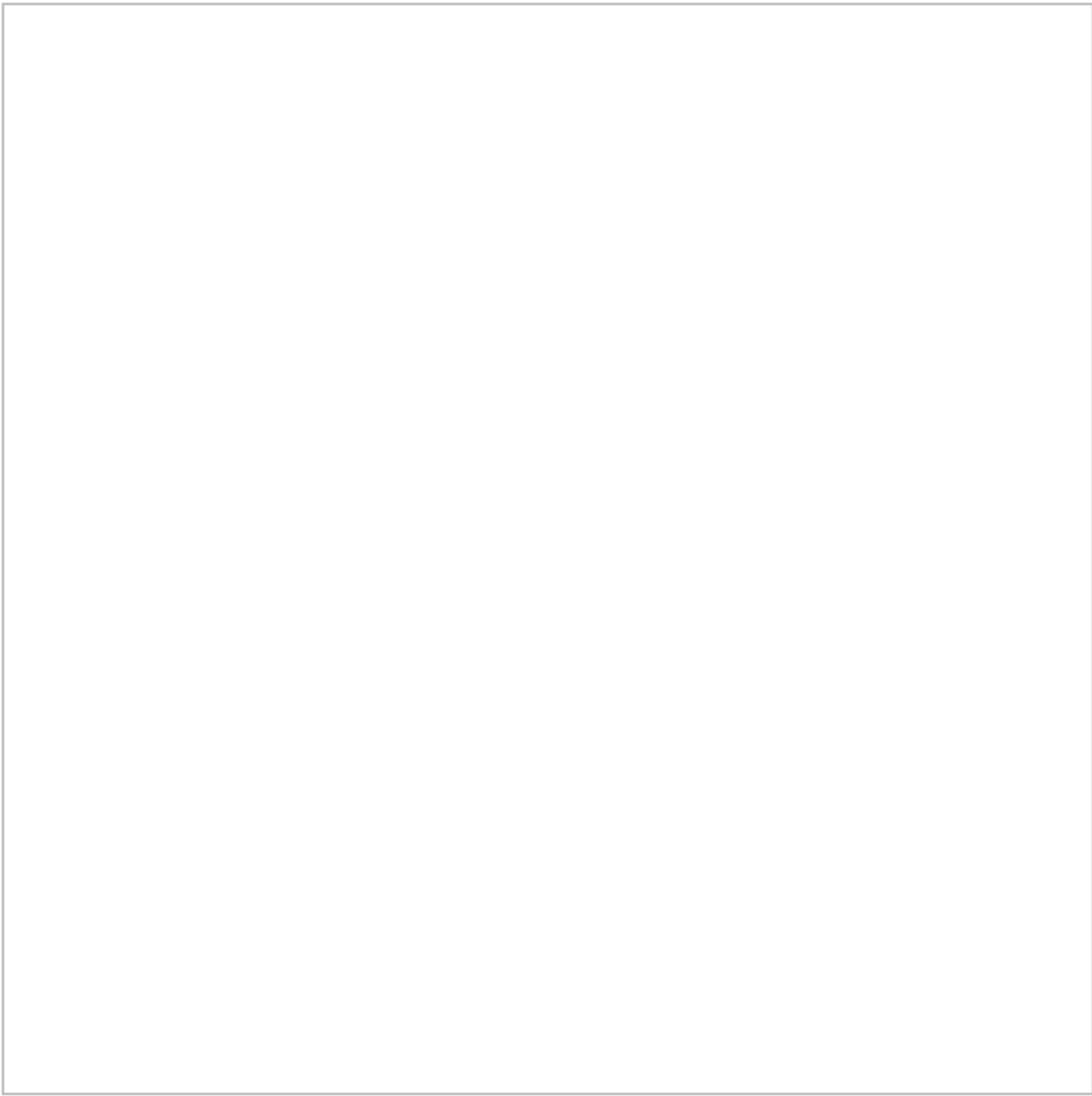
Josh Ferraro, Partner at Lesser, Lesser, Landy and Smith

Kat Wentworth, YMCA Personal Trainer

Rachel Schroth, Owner of Snyder Marketing Solutions & Event

With Pete Morello, owner of UPS Store, as our emcee!

Buy Tickets Today!



Join us for the Amazing Race: Martin County Edition on **Saturday, November 18th** beginning at the YMCA at noon and ending with an after party at 4pm.

This is a family friendly event with teams of 4 competing to win the First Place title.

It involves solving clues or facing challenges at each location to get you to your next location and to the finish line the quickest.

Register Your Team Today!

Parent's Night Out is Back!

We provide a safe and healthy childcare setting so that you can enjoy a night out! Children will have the opportunity to swim (Stuart branch), play sports & games, create arts & crafts, enjoy a movie and pizza dinner.

When: 2nd Friday night of each month **September - May, 6:00 -10:00pm**

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

Ages: Children ages 4-14 who are potty-trained

Cost: Stuart - \$30 per child for Y members and \$36 for non-members and siblings each save \$5.

Port St. Lucie - You do not have to be a member to receive member pricing: \$30 for all registrants with a \$5 discount per sibling.

Program Dates & Themes:

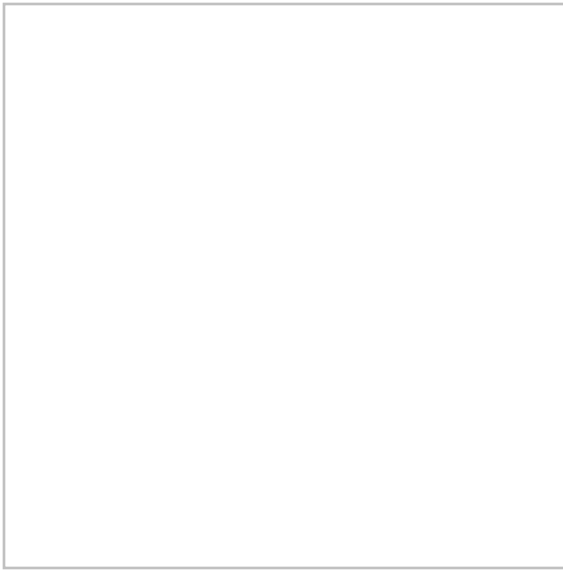
9/8/23 (Back-to-School)
10/13/23 (Pre-Halloween Bash)
11/10/23 (Veteran's Day)
12/8/23 (Winter Holiday Party)
1/12/24 (2nd Semester Kick-Off)
2/9/24 (Valentine's Day)
3/8/24 (Spring Break Kick-off)
4/12/24 (Spring Holiday Party)
5/10/24 (Summer Kick-off)



[Register Here](#)

Lunch & Learn

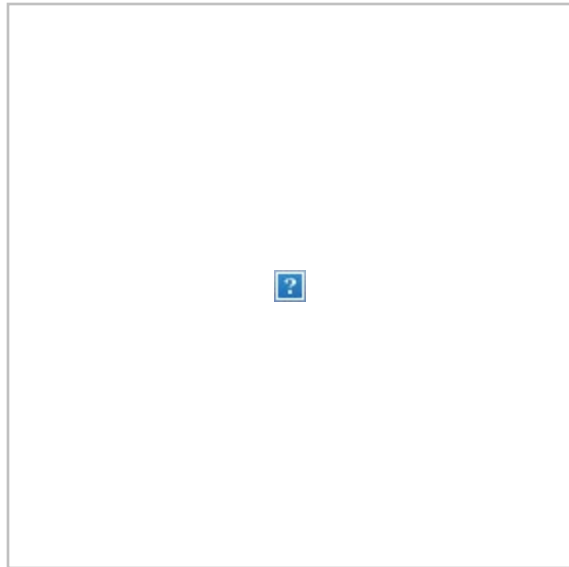
Join us on **Monday, September 25th** from 11:30am to 1:00pm for lunch and a seminar about *Fun Places to Visit in Florida*, presented by Lenore in our Wicina Center at our Stuart Branch.

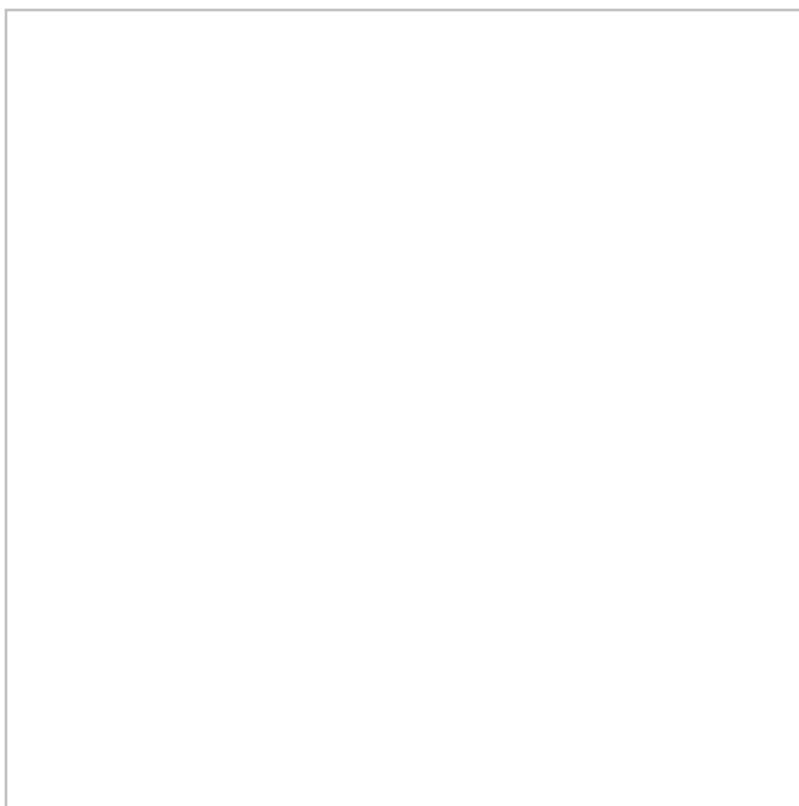


Give Back Night @ Jeremiah's Italian Ice

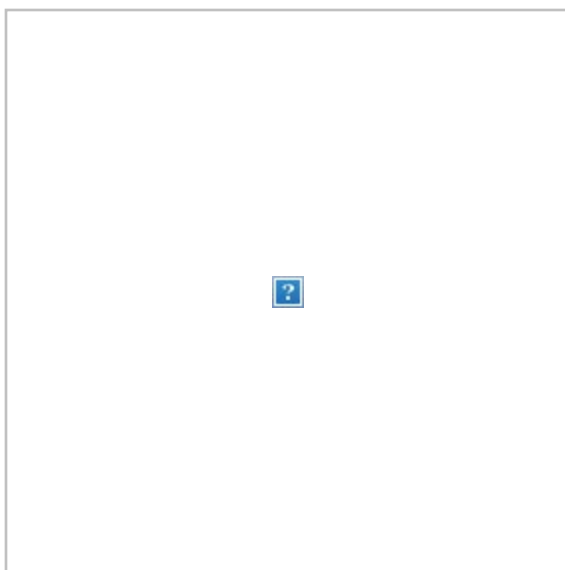
Come support the YMCA and enjoy delicious Italian Ice on Wednesday, **September 13th between 5pm to 10pm** at Jeremiah's Italian Ice (860 SW Federal Hwy, Stuart). Please mention the YMCA and Jeremiah's will donate 20% of proceeds to us!

[RSVP on Facebook](#)





Welcome to Our Team



Micah Blalock
Aquatics Coordinator

Please welcome Micah Blalock at our new Aquatics Coordinator! Micah was first introduced to the YMCA in 2015 when he was 11 years old. He attended our Homeschool P.E. classes and from there fell in love with the Y's small town community atmosphere. He then joined the YMCA's Swim Club at 12 until his Freshman year of high school where he continued his passion for swimming and aquatic sports. Towards the end of high school he became a YMCA Lifeguard and worked his way up to becoming our Aquatics Coordinator. His goal is to share his love for aquatics with members and beyond!

Apply to Become Part of our Team!

Connect with us on:



Proudly Supported By:



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

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