

Morgan Murphy

From: YMCA of the Treasure Coast <engagesupport@daxkoengage.com>
Sent: Friday, February 2, 2024 4:09 PM
To: Morgan Murphy
Subject: Upcoming Events at the YMCA



Black History Month

The history of the YMCA – like the history of the United States – is a story of incremental progress toward greater inclusion and equity for all. As we celebrate Black History Month, we are honoring the stories of Black leaders who helped move the Y – and America – forward.

[Read More History](#)

Join us in taking a stand against racism by wearing black on **February 23**.

BYMOC's Historic Scholars Project



The YMCA of the Treasure Coast was accepted into the Y-USA's inaugural cohort of the Boys and Young Men of Color's Historic Scholars Project!

The Boys and Young Men of Color (BYMOC) Usable History Project is an exploration and examination of the contributions of Black men and women to the YMCA Movement throughout history. The project will use history as a line of inquiry into both the past and future.

[Read More About Project](#)



37th Anniversary
Easter House
RAISING FUNDS FOR THE YMCA OF THE TREASURE COAST

Give the Gift of a New House for Valentine's Day

**BUY 5,
GET 7**

Treat yourself or someone special to 7 FREE tickets to win a new house (or \$250,000 in cash) when you buy 5 tickets with promo code **HEART** (online only) between now and February 15th.

Buy 5 + Get 7 FREE

As a bonus, with every Easter House transaction you make in February you will automatically get one entry into our February \$1,250 Monthly Cash Drawing!

Easter Basket Donations

Every year the Y-Knot Knitters spend countless hours knitting unique and special items - blankets, stuffed critters, towels, and more. Then they package them into Easter Baskets, alongside more goodies, and sell them at the YMCA to raise funds for our programs.

We are currently accepting donations of baskets and goodies that can be dropped off at our front desk.



Join the Y-Knot Knitters every Tuesday 12:30-2:30pm in the Wicina Center.

Indiantown Pool Reopening

SWIMSUIT DRIVE



**PLEASE DONATE NEW SWIMSUITS
FOR ANY GENDER AND SIZE.**

The pool renovation project at our Indiantown branch has been completed and will be officially open on April 20th at our Healthy Kids Day event! To help get ready for the pool's reopening, the YMCA is hosting a swimsuit collection drive for all genders and sizes (infant, child, teenager and adult). All **NEW swimsuits, goggles, and swim caps for natural hair, braids and locs** can be dropped off at the YMCA's Stuart (1700 SE Monterey Road) or Indiantown (16451 SW Farm Road) branches, during regular business hours.

You & I Classes

Join us for Storytime, arts & crafts, music & movement and other group activities. This program offers fun, social activities that allow parents to bond with their babies or toddlers (ages 0-4 years old) in a way that's both fun and educational. This is a great change to meet other and have some fun with your children.

Coffee, tea, juice and snacks provided.



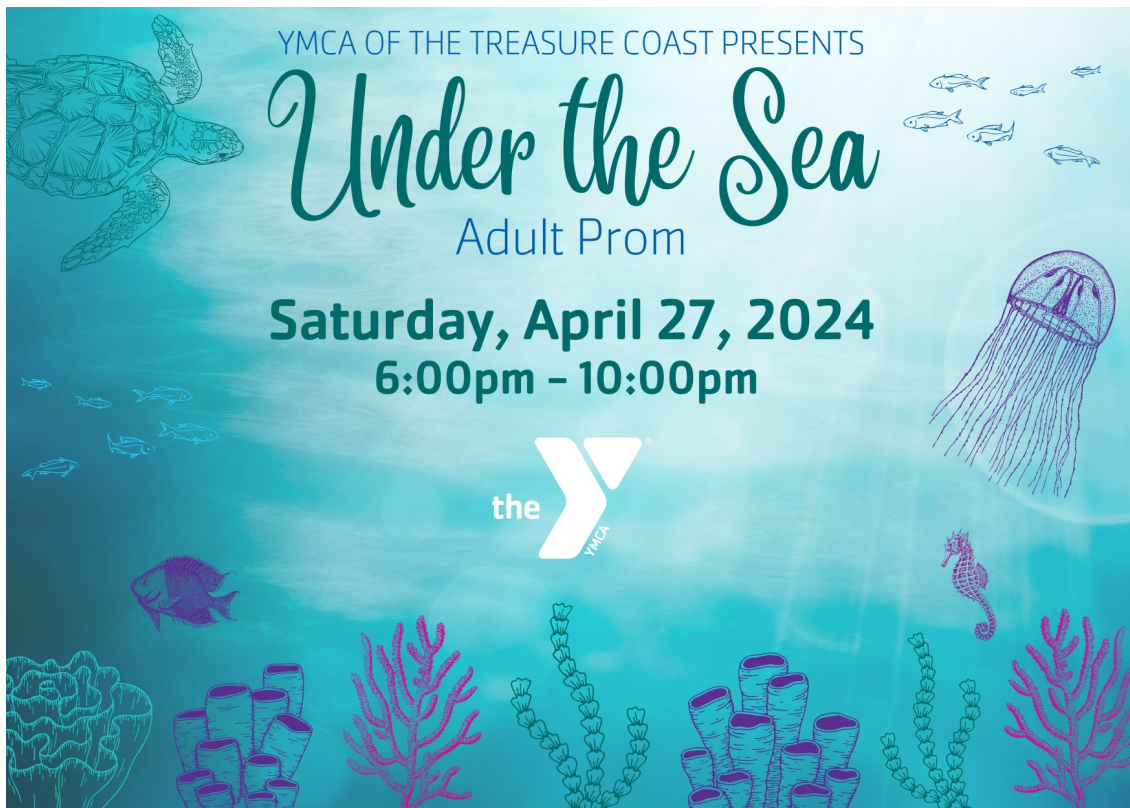
**Tuesday and Thursdays
10:00am – 11:00am**

**1301 SW Bayshore Blvd
Port St. Lucie**

[Register Here](#)



EVENTS



Under the Sea Adult Prom

Join us for an enchanting night under the sea!

Date: Saturday, April 27, 2024

Time: 6:00pm - 10:00pm

Location: 1700 SE Monterey Road, Stuart

Member Tickets: \$150 per person

Non-Member Tickets: \$175 per person

Prom Attire

[Buy Tickets Here](#)

[Event Sponsorships Available](#)

Father Daughter Dance



Hey dads and father figures, this one is for you! Mark your calendars and get ready for an enchanting night under the stars!

We are thrilled to be hosting the David Cardno Fatherhood Initiative's annual Father-Daughter Dance on **February 3rd 5pm – 7pm**. It will be a night filled with laughter, dancing, and making unforgettable memories together. Sponsored by the Martin County Healthy Stuart Coalition.

[Purchase Tickets Here](#)

[Share Event on Facebook](#)

Give Back Day - Berry Fresh



Come join us for breakfast, brunch, or lunch at Berry Fresh Cafe in Stuart (1429 SE Federal Hwy) on **Saturday, February 10th from 7am to 3pm**. Enjoy fresh, healthy, delectable made-from-scratch foods while helping to support your YMCA!

Please mention the YMCA when you order and a portion of your order will be donated to us!

[RSVP & Share on Facebook](#)

CLASSES FOR A CAUSE

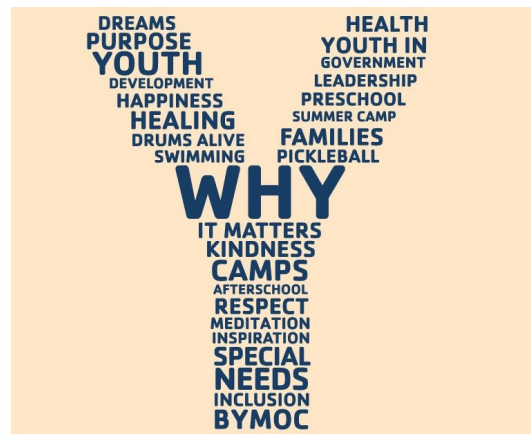
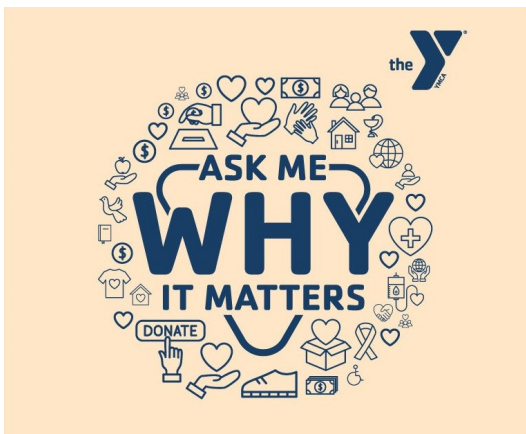


Join us **Monday, February 26th** through **Friday, March 1st** for our annual Classes for a Cause fundraising event. This event is created uniquely to bring us all together for one cause.

No need to sign up, just show up! This event is open to non-members as well. Try a new class and donate to our annual campaign.

Donations of \$100 or more gets you our new "Ask Me Why It Matters" shirt!

Each class will support a specific program / cause that the Y offers and will have a theme that represent that specific cause. Stay tuned for schedule.





Healthy Kids Day

Saturday, April 20, 2024

YMCAs across the country host FREE community events aimed to inspire kids to keep their minds and bodies active throughout the summer months. Here at the YMCA of the Treasure Coast, we will host FREE events at each of our three branches: **Stuart** (11am - 1pm), **Indiantown** (9am - 11am) and **Port St. Lucie** (10am - 12pm).

[Click Here for More Information](#)

Sponsorships and vendor fees, allow us to keep Healthy Kids Day FREE for all and support our charitable, cause-driven mission.

[Become A Vendor](#)

[Become A Sponsor](#)



12th Annual Health Summit

Memory Function and Ways to Preserve It Over The Lifespan

Saturday, April 13, 2024

9:00am to 12:00pm

Registration and Continental Breakfast at 8:30 – 9:00am

Willoughby Golf Clubhouse
3001 SE Doubleton Drive, Stuart



Dr. Nussbaum will be presenting an understanding of neuroanatomical substrates that underlie memory, different subtypes of memory and how each is expressed/measured, and how conditions such as dementia, mood disorder, and medication sides effects can negatively impact our ability to learn and remember. The difference between normal age-related memory change, mild cognitive impairment and dementia will be provided. Finally, modifying medical, lifestyle, and medication variables will be discussed as ways to help limit memory loss particularly as we get older.

Dr. Nussbaum is board-certified in Clinical Psychology and Geropsychology with a specialization in Neuropsychology. He has presented his views on brain health at the United Nations, National Press Club, Mensa, Sirius Radio, and CSPAN.

RSVP for Health Summit

Sponsors



Peter Silcox - Peter Avonda - Marney McKee
T 772.223.3580 // F 855.615.0302
309 SE Osceola St. Suite 300 Stuart, FL 34994



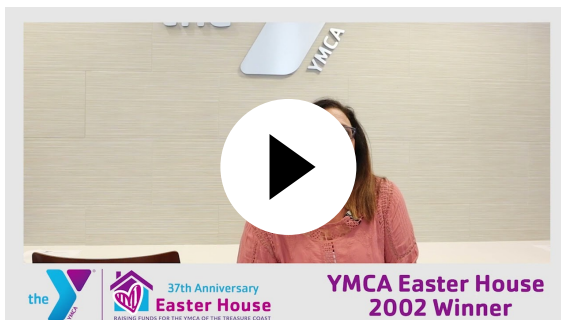
JOHN B. FASANO, M.D.
THE ART OF PLASTIC SURGERY
JOHNFASANO.MD.COM
772-221-9111

Alan & Jill MacDonald



SPOTLIGHT

Past Easter House Winner



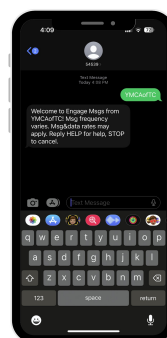
Mary Joe was so thankful to win the **YMCA Easter House in 2002** that over the years she paid it forward by allowing various friends to stay in her house when they were in need of a place to live. Watch the video (to the left) to hear her moving story.

[View More Winner Stories](#)

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

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