

STAY CONNECTED

GOLDSBORO FAMILY YMCA

1105 Parkway Dr, Goldsboro NC 27534

February | March 2020

www.GoldsboroYMCA.org | 919.778.8557

MEMBER ENGAGEMENT NEWSLETTER

AMERICAN HEART MONTH



Article: Y of the Triangle | Photo: sciencemeetsnature.org

Make American Heart Month the perfect time for a check-up. Five Tips to be heart healthy.

February is American Heart Month and the YMCA of the Triangle wants to help your family get heart healthy. Here are five things you can do to help your heart.

GET PHYSICAL

Being physically active every day is fun and can improve the function of your heart. Plan and schedule opportunities for active play; for example, include a brisk 10-minute trip around the block after meals or a 10-minute walking break during the day. If your family enjoys active video games, select versions that require moving the body's large muscle groups while playing.

TAKE A SNOOZE

Lack of sleep can be associated with elevated cholesterol and blood pressure. Adults need at least seven, but no more than nine hours of sleep at night to aid with the prevention of heart disease. Children need 10-12 hours of sleep per night. Develop bedtime routines for the whole family to assist with falling asleep faster and staying asleep.

EAT FOR YOUR HEART

Makeover your family's favorite recipes by reducing the amount of salt and saturated fat and substituting a lower fat food without sacrificing tastes. For example, use low-fat yogurt instead of sour cream and skip the seasoning packet and use pepper and olive oil instead. Read food labels to learn more about what is in the package, select foods that have less than 1,000 mg of sodium per serving.

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ENJOY THIS NEWSLETTER?

Feel free to share this newsletter with anyone who you think may find it useful!

SEND US YOUR Y STORY!

WE WANT TO KNOW HOW THE Y
HAS IMPACTED YOU!

info@GoldsboroYMCA.org

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KNOW YOUR BLOOD PRESSURE

Per the American Heart Association lowering or maintaining normal blood pressure can greatly reduce your risk for heart disease and stroke. Nearly 1 in 3 adults (about 80 million people) has high blood pressure and more than half of them don't have it under control. Start self-monitoring your blood pressure and know the numbers. Discuss the results with you doctor if needed.

PLAY TOGETHER

Spending time together as a family is a great way to reduce stress, which is important to heart health. Make homemade valentines for your children's classmates or build a snow fort together in the yard or the park.

DATES TO REMEMBER

February 1	BINGO 10:30am Y-Brary
February 1	Father Daughter Dance 7-9pm
February 3	Preschool Swim Lessons Begins
February 4	Youth Swim Lessons Begins
February 11	Chess 6pm Y-Brary
February 14	AOA Luncheon MPR 12 pm
February 14	Parents Night Out 5:30-8:00 pm
February 22	Last day to register for Soccer
February 22	Last day to register for T-Ball/Coach Pitch
February 25	Movie Day Y-Brary 11 am
February 25	Chess 6pm Y-Brary
February 27	Last day to register for Youth Swim Lessons
March 2	Preschool Swim Lessons Begins
March 3	Youth Swim Lessons Begins
March 6	BINGO 10:30am Y-Brary
March 10	Chess 6pm Y-Brary
March 19	Active Older Adults Trip Rudy Theatre
March 24	Craft Day Y-Brary 11 am
March 24	Chess 6pm Y-Brary
March 26	Movie Day Y-Brary 11 am
April 3	AOA Luncheon/Bingo MPR 12 pm



REGISTER BY FEBRUARY 22

Mobile App | www.GoldsboroYMCA.org | Front Desk



GOLDSBORO FAMILY YMCA

PARENTS NIGHT OUT

Have a night away while the kids play!

“BE MINE”



DATE: February 14, 2020

TIME: 5:30-8:00pm Check-In: 5:15pm

REGISTRATION: February 1-12

Goldsboro Family YMCA
1105 Parkway Drive
Goldsboro, NC 27534
W: goldsboroymca.org
P: 919.778.8557



Goldsboro Family YMCA

ACTIVE OLDER ADULTS

LIVE HEALTHY. LIVE HAPPY.

Join us for monthly activities!

BINGO

CRAFT DAY

MOVIE DAY

FIELD TRIPS

LUNCHEONS

& MORE!

www.GoldsboroYMCA.org



Y STORIES

The child watch program here at the YMCA has been an absolute blessing for myself and my family. Its affordable and flexible hours help create a lifestyle for healthy living. The staff who watches our children are amazing and our children beg to come and hang out with them. Thank you for all of the amazing work you all are doing.

- Kayly and Charley
Y members

HEALTHY EATS & SWEET TREATS

STRAWBERRY FROYO CUPCAKES



EatingWell.com

INGREDIENTS:

- 1½ cups vanilla or lemon snap cookies, such as Mi-Del (about 4 ounces)
- 2 tablespoons melted butter
- 2 pints (4 cups) nonfat vanilla frozen yogurt, softened
- 2½ cups sliced strawberries, plus 12 slices for garnish

Serves 12, Prep Time: 20 Minutes
Ready In 3 hrs, 20 mins.

EQUIPMENT: 12-cup muffin tin

INSTRUCTIONS:

Step 1: Generously coat a 12-cup muffin tin with cooking spray.

Step 2: Place cookies in a food processor and process until fine crumbs form. Transfer to a medium bowl and stir in melted butter. Press about 1 tablespoon of the mixture in the bottom of each muffin cup.

Step 3: Place frozen yogurt and 2½ cups strawberries in the food processor and pulse until the berries are finely chopped. Fill each muffin cup with a generous ¼ cup of the mixture. Press a strawberry slice on top, if desired. Freeze until firm, at least 3 hours.

SAFE SWIMMING SAVES LIVES

Swim lessons are available for adults and children alike. Youth swim lessons start at \$65. Parent/Child and Private Lessons are also available on request.

YOUTH SWIM LESSONS

Beginning March 2nd

AGES 3-5 Mondays/Wednesdays

AGES 6-12 Tuesdays/Thursdays

Register for March session by Feb 27th

WORDS TO LIVE BY

“TRUST IN THE LORD WITH ALL YOUR HEART AND LEAN NOT ON YOUR OWN UNDERSTANDING; IN ALL YOUR WAYS SUBMIT TO HIM, AND HE WILL MAKE YOUR PATHS STRAIGHT.”

PROVERBS 3:5-6

SAVE THE DATES:

April
Child Abuse Prevention Month

May 7
National Day of Prayer

May 16
Youth Triathlon/Healthy Kids Day

T-BALL & COACH PITCH

MARCH - MAY 2020



Registration begins Jan 1

AGES 4-8 | REGISTER BY FEB 22

\$55 MEMBERS | \$70 NON-MEMBERS

JERSEY & HAT INCLUDED

www.GoldsboroYMCA.org

DROP ZONE!

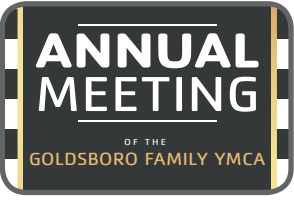
Drop in Childcare for our Household Members

Leave child in safe environment while off-site!

- 2 HOURS \$10/Child
- 4 HOURS \$20/Child

Register: Front Desk | Mobile App | Online





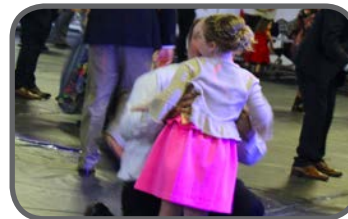
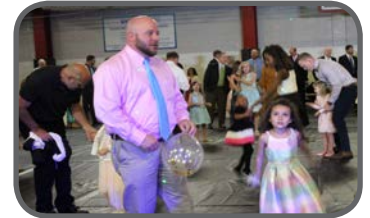
Our Annual meeting was a great success! We had almost 100 people come out to attend, including members, staff, volunteers, family and friends. There were great stories shared by staff and members who have enjoyed their experience at the Y with members as well as supportive staff. Reports were given by board members and staff for all of the progress that had been made over the past year. We also honored our outgoing board members, our Board Nominating Committee, and welcomed our Incoming Executive Committee members who were nominated.

We also recognized our members who were 90 years of age or older. They were presented with a lifetime membership to our YMCA. We are looking forward to another great and successful year and all of the wonderful opportunities to serve our community! Hope to see you next year!

Daddy & Me Tea Father-Daughter Dance

February 1, 2020

Special thank you to our committee,
volunteers, and donors.



CHANGE PROGRAM

Helping our youth make a C.H.A.N.G.E. by encouraging physical activity and healthy choices! Join us for a 8 week session to focus on exercise and nutrition. Meets on Tuesdays and Thursdays from 5:15 - 6:30 pm. April 21-June 11

SCHOOL AGE CHILD CARE ARROW ACADEMY

900 S. Harding Drive
For Grades K-8

