



MEMBER NEWSLETTER

WALLA WALLA YMCA



Family Fright Night

This weekend, spooky season comes to the Y. Family Fright Night returns this year with a night of games and activities for the whole family, including:

- **Mini-pumpkin patch**
- **Game stations**
- **Haunted Zone**
- **Costume Raffle - arrive in costume to be entered in a raffle for prizes.**

Family Fright Night takes place in the Main gym and Action Zone on Saturday, October 25 from 4-7PM. Tickets are \$1 per individual or \$5 (max) for the whole family. Funds raised help support Y youth programs.



Y Honors | Helen

This summer into Fall, several Y members have shared the bounty of their garden harvests, bringing fruits and veggies for others to enjoy. Two of our green-thumbs are Helen and Randy who have been Y members for 12 years and gardeners for many more.

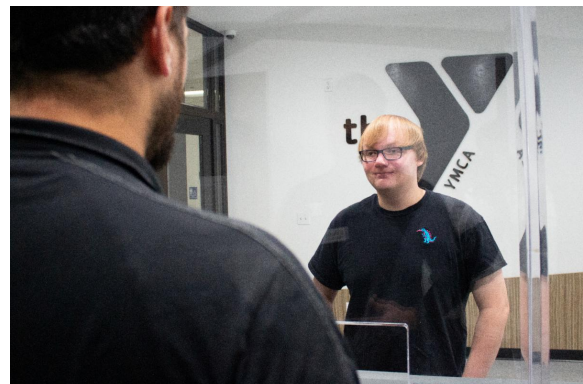
"This year is the first that I've donated the majority of the garden to the Y," says Helen. "We don't eat much of it, so about 99 percent of it is donated. It keeps me active."

For Helen, the greatest reward isn't in the harvest itself but in seeing others enjoy it. "It's very rewarding for me to think that we've done something that people have enjoyed," she says. "It's certainly gathered up quickly. Within the hour that we're here, it's gone by the time we're leaving."

New Member November

For your friends and family who have been thinking about joining the Y, this November is a great time to sign up.

Throughout the month, there is **no join fee** for all new members. That's a \$50 savings and one more reason for folks to come experience all that the Y has to offer.



Pooling Around

The Y's Aquatics staff, including its aerobics instructors, lifeguards and swim instructors, routinely participate in in-service training to keep their life



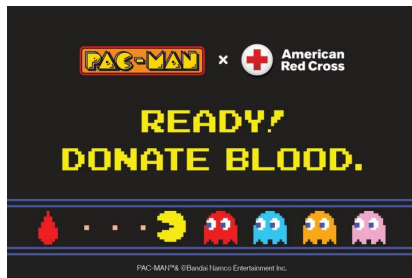
saving and instructor skills honed.

Team members recently took the Klicker Corn Maze challenge and found their way out - and back to their scheduled shifts at the Y.

1st Aid/CPR Training

In keeping with the Y's commitment to community health and wellbeing, our Aquatics department offers American Red Cross 1st Aid/CPR/AED classes. In October we provided free training to 53 high school students at College Place High School, made possible by a grant from the City of College Place.

Visit [Programs](#) to find the next class, or contact [Brittany](#) to schedule a group class at your business, school or church.



Donate Blood and Test Your A1C

The Red Cross is expanding its health offerings to include A1C screening. A1C testing is useful for assessing risk of prediabetes, cardiovascular disease, and monitoring diabetes.

Blood donors will receive the free A1C test at the Y's upcoming drive on Friday November 28 from 11AM-4PM. Donors can expect to receive the results of their A1C testing within one to two weeks through the Red Cross Blood Donor App or in their donor account at RedCrossBlood.org.

If you don't have the app or have internet access, please wait 14 days after your donation and then call the Red Cross Donor and Client Support Center at 1-866-236-3276 to request your A1C result.

If you don't want to have your blood donation tested for A1C, please skip the November drive where this testing will be done, and sign up for our December blood drive instead.

While supplies last, November blood donors also receive a pair of **PacMan** socks. To reserve your spot, click the button below.

[Red Cross Blood Drive](#)

Kiwanis Sock Drive

The Walla Walla Kiwanis Club annual sock drive is in process. Thanks to the generosity of Y members we've got two full boxes of socks already; let's keep going! Please drop a pair of new socks into the lobby socks box. The Kiwanis Club will be distributing these socks to our neighbors in need.

Additionally, the Kiwanians are hosting "Wreaths of Joy" with a social hour, holiday dinner and wreath silent auction on Nov 22, 6-9PM at the Courtyard by Marriott.



In addition to the **Y's winter basketball league** for youth ([sign up now](#)), the Y is pleased to be teaming up with our local Elks Lodge to host the return of the Hoop Shoot.

The **Elks Hoop Shoot** is a free-throw program for youth ages 8-13. The Hoop Shoot is free and will take place at the Y on January 10 from 8:00AM - 12:00PM.

To register in advance, pick up a form at the Y's Membership Services desk. Youth may also sign up the morning of the event.

In the Community

Local opportunities for family-friendly fun

Find a Volunteer Opportunity

Fall Fest

Trunk or Treat

Veteran's Day Parade

INVEST IN COMMUNITY HEALTH & WELLNESS FOR ALL. *DONATE TO THE Y.*

SUPPORT THE Y TODAY

Walla Walla YMCA | 340 S. Park St | Walla Walla, WA 99362 US

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