



MEMBER NEWSLETTER

WALLA WALLA YMCA



Beyond Our Walls: The Y Is About People

Last week, CEOs from more than 30 YMCAs across the Pacific region gathered to share ideas, explore emerging trends, discuss changing community needs, and consider the opportunities and challenges shaping the future of the Y.

Despite the differences in the communities we serve, one thing was abundantly clear: The Y is passionate about people. And behind every Y is a dedicated network of staff, volunteer leaders, community partners, donors and friends who share that passion.

From little ones taking their first swim lessons to teens discovering their potential, working parents finding support, and older adults staying active and connected, the Y touches lives in ways that extend far beyond fitness and recreation.

As a member, you know what the Y means to you. We invite you to think about what the Y means to others—and the role you can play in making those opportunities possible.

Whether you volunteer your time, share your garden bounty, invite others to support our mission, or make a financial gift, you help strengthen the Y and the community we share.

When we say "Give Today," we're inviting you to give in whatever way is meaningful to you. Because a stronger Y isn't built by any one person. It's built by all of us, together.

[Give Today](#)

Insurance Plans and the Y

Some health insurance plans under Medicare or through your employer may cover the cost of your YMCA membership through our partnerships with Active & Fit, Silver & Fit, One Pass and RenewActive™.



What We Know

- Some members are reporting that they are receiving notices from their Medicare Supplement or Advantage health insurance plans that their benefits are changing in 2027, which may impact their YMCA membership.

What We Suggest

- We encourage Medicare-insured members to call their health plan's Member Services number (on the back of your insurance card) to get accurate information about specific plan benefits, and ask 1) if the plan's YMCA fitness benefit will be changing in 2027, and 2) will the plan charge you a fee (note: this is a fee paid to the insurance plan not the Y).
- For United Healthcare (UHC) members, call the Member Services number listed on the Annual Notice of Change letter to find out which UHC plans in Washington will continue to offer fitness benefits in 2027.
- Work with an insurance broker to get the most current information about 2027 plans.
- If you are willing to do so, please provide us a copy of any letter you may receive from your plan; this helps us to know what plans are telling insureds.

Open Enrollment

- Medicare Open Enrollment runs from Oct. 15 - Dec. 7. During Open Enrollment, all Americans age 65+ have the opportunity to decide which Medicare plan best meets their needs.
- You can also visit the Washington State Office of the Insurance Commissioner's Statewide Health Insurance Benefits Advisors (SHIBA) program for free, unbiased Medicare assistance.
- **Resource: Get Free, Unbiased Medicare Help – Washington SHIBA Program**

Service Clubs Are the Community Backbone

If you are new to the valley or looking for more ways to stay active and involved, consider joining one of the area's service clubs. These include Rotary, Exchange Club, and Kiwanis Club, to name a few.

This month we feature the Kiwanis Club as it hosts its annual Socktober Drive with a barrel for sock donations placed in the Y lobby. Kiwanis is a volunteer service organization whose motto is "Serving the children of the world."

Among their many activities, Kiwanis manages Camp Kiwanis, works with 4-H, the YMCA and YWCA, and supports both Wa-Hi and College Place High School Key Clubs and the WWVA music program. Their newest project is placing outdoor musical instruments at various city parks; the first just installed at Kiwanis Park in College Place.

They meet monthly at noon on the 1st and 3rd Tuesday, at Pioneer United Methodist Church. Meetings include lunch, a brief business session, and a community group presentation. If you want someplace to be involved in giving back to the community, especially the children and youth, attend a Kiwanis meeting or call 509-540-1877 for more information.





Turning Up the Heat

As the weather changes outdoors we are turning up the heat inside. During peak hours the Y maintains the Wellness Center at 68 degrees. Gyms and the Multipurpose Room temperature schedules are coordinated with classes to keep you comfortable during your workout.

We're still working to resolve the cold water in the lobby restroom sinks. Bear with us please as we continue to solve the mystery of old plumbing.



Family Fright Night

With the Halloween around the corner, we'll be celebrating the spooky season at the Y with a Family Fright Night on October 24, from 4:00 - 7:00 PM.

Families with kids ages 5-12 are welcome to come Trick or Treat at our various activity stations, visit our haunted house, and capture memories with a photo in our mini pumpkin patch.

Admission fee is \$1 per person or a maximum fee of \$5 per family.

New Class. New Time

Join us starting November 3 for **Deep Flow Yoga**.

Reconnect to your body and heart with this balanced class that blends active, steady movement with a focus on healthy alignment. You will build functional strength, balance, and range of motion, and leave feeling confident, settled, and refreshed.

Class will be held every Tuesday/Thursday at 4:30pm in Gym 3.

And for those who enjoy the Y's Spin class, the bikes will be moving back to their original space off Gym 3 in November 6. Thank you for giving the upstairs stretch area a



try.



Open For Early Learning

There are a few spots remaining in our Early Learning Programs for Ages 1-5. Our STEAM-based curriculum prioritizes an enjoyable learning environment that is supportive of their cognitive, social and emotional needs.

Program options include full or half days, full and partial weeks. Eligible families may qualify for financial assistance.

Early Learning

Wild & Scenic Film Festival

**Rotary .5 K
Run**

**Whodunnit Mystery
Night**

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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!