

HEALTHY LIVING



SHERWOOD REGIONAL FAMILY YMCA

23000 SW Pacific Highway

Sherwood, Oregon 97140

ymca-portland.org

November 2011 Newsletter for Members and Volunteers of the Y

FROM RENEE'S DESK

Over the years since the Y has opened we've seen the addition of two elementary schools and another middle school in Sherwood. This speaks to our population that has at least doubled since we opened for business in September of 1998. In that time we've added the Teen Center and enclosed our Sport Court.

The important thing to remember about the idea of expanding the YMCA building is this. It's not for the Y that the expansion happens. It happens for the community, for the city resource and for all the people that benefit from its presence. And who benefits from the expansion? Everyone. From the active older adult to the young person at the Teen Center, from neighboring college students to infants and toddlers, from the family of four to individuals who call us family, everyone benefits from such an investment. My hope is that every resident within our community will come to recognize what an asset our Sherwood Y is to our growing population.

The building that houses the Sherwood Regional Family YMCA is the city's asset. It is a place that serves as a Citizen Assistance Center in the event of a natural disaster. It belongs to every taxpayer within the Sherwood city limits. It is my hope that every citizen within our community is proud of this amazing asset. The Y can be the Y anywhere. We exist to serve our community in ways the community needs us.

Thank you for embracing us so completely. The Sherwood Regional Family YMCA would not be what it is without you, the community.



CALENDAR

Nia Class

Saturday, November 5
10:30 AM - 11:30 AM, Studio 1

Welcome to the Y

Saturday, November 5
9:00 AM - 12:00 PM

When I'm in Charge

Saturday, November 5
1:00 PM - 3:30 PM

Session 6

November 7-December 17
Registration open now

Chinook Winds Casino

Friday, November 11
Leave from Sherwood at 8:45 AM
Register today at the Welcome Center

Youth Basketball League

Registration now until November 11
Games begin November 26

Give N Gobble

Thursday, November 24
Sherwood High School Stadium
7:30 AM Registration
9:00 AM Race

WHAT'S NEW

By Christina Christensen

Chairman's Round Table - Pride Disposal

At this time we would like to highlight another strong supporter of the Chairman's Round Table - Pride Disposal Company. The Chairman's Round Table is a recognition level designated for donors who contribute \$1,000 or more to the Y. Since 2002 Pride Disposal has consistently been awarded this prestigious title, particularly for their ongoing support for youth programming in Sherwood. Kristin Leichner, one of the partners of Pride Disposal said, "The people who work at the Y are friendly, helpful and a delight. We appreciate the quality service. Keep up the good work!" Thank you Pride Disposal for making our program and services possible through your generous support.

Give N Gobble

Last year's annual 5K walk/run and 10K event single handedly raised enough money to cover Helping Hands of Sherwood's annual expenses while providing food for hundreds of families. Over the years this holiday event has helped raise thousands of dollars along with 10,000+ pounds of food to serve families in need.

Nia and Yoga Classes

In October, we began hosting a Nia class offered on the first Saturday of the month in Studio One. Our next class will be Saturday, November 5. The class is free for Members (14 and up) and the first class is free for Program Participants.

Flu Season

To help reduce the chances of spreading severe colds, we strongly encourage members to take advantage of our hand sanitizers located throughout the building. As a courtesy, always be sure to wipe down the equipment after use. In doing so, we will make our Y a truly healthy place to work out. Thank you.

Welcome to the Y

Join us as we explore the international organization that is the YMCA. We will see where the Y got its start, discuss its impact in our community and investigate the mission, purpose and Christian principles of the YMCA. Saturday, November 5, 9:00 AM to Noon.

VOLUNTEER SPOTLIGHT

TIM HEINE

Tim Heine joined our Board of Managers in December of 2010 and immediately got involved. He currently sits on the Board Development Committee. He and his business, the Bank of Oswego are hosting our Chairman's Round Table fund raising event this year. Tim is also the current President of the Sherwood Chamber of Commerce.



He and his family have been faithful supporters of the YMCA Strong Communities Campaign as CRT donors since 2009. He says, "Sherwood is a great place to call home. It is a community that truly appreciates and has passion for all there is to offer—an excellent school system, supportive and successful businesses, cooperative city government and strong community organizations, such as the Y."

We appreciate Tim and his generous support. Thank you, Tim! It is a pleasure working with you.

STAFF SPOTLIGHT

LIVIA EVANS



Just a year ago Livia joined our YMCA, and since coming aboard she has brought enthusiasm, dedication and a commitment to excellence that has caught the attention of all. So much so, Livia was nominated by both members and staff for this month's Staff Spotlight.

Livia comes with twenty years experience in the fitness industry in both teaching and management. She is also a National Academy of Sports Medicine (NASM) Certified Personal Trainer. Even with all of these accolades and titles to her name, Livia still gives 110% in every single class. She even helps to mentor newer instructors to make our Zumba program even better. She goes out of her way to connect with members and cares very deeply.

Thank you so much Livia for all of your hard work at the Sherwood Y. Know how much we appreciate your contribution.