



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MAY

Calendar of Events SOUTH BAY FAMILY YMCA | EASTLAKE FAMILY YMCA

OUR MISSION

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.

MAY 5 **CHRONIC & PROGRESSIVE ILLNESS FINANCIAL EDUCATION WORKSHOP**
 10am-12pm **SOUTH BAY FAMILY YMCA - MULTI-PURPOSE ROOM**

Join us for this free community education program and learn from local estate planning attorney and elder law expert Yvonne Amrine. Learn how to get key legal documents in place and plan ahead for the costs of future medical care. Legal and financial planning is essential for those living with or caring for someone with a chronic illness. Please RSVP to Patty King at pking@ymca.org. **FREE for members**

MAY 16 & 19 **MEMBER APPRECIATION DAY-HAPPY MOTHER'S DAY!**
 9am-11am **EASTLAKE & SOUTH BAY FAMILY YMCA-LOBBY**

SOUTH BAY FAMILY YMCA- 5/16 | EASTLAKE YMCA - 5/19.
 Expectant mothers and everyday moms navigate unique barriers each day. Join South Bay Family Chiropractic as they explore important women's health issues and how the body can overcome these challenges. Learn natural ways to prevent pain, address health concerns or discover more energy. Dr. Keith J. Biscotti will provide information on essential nutrition for women and how important it is to remove nerve irritation in the body to maintain inner strength. All members will receive a free check-up and nutritional recommendation, and will also be entered into a raffle to win prizes. **FREE for members**

MAY 18 **NARCOTICS AND GANG PREVENTION, PUBLIC SAFETY PRESENTATIONS & EDUCATION**
 5pm-6:30pm **SOUTH BAY FAMILY YMCA - MULTI-PURPOSE ROOM**

Gangs and drugs have been a problem all throughout San Diego County. They affect both kids and adults. Join us for a very informative public safety presentation given by a Deputy District Attorney, who will discuss current trends and detection and prevention techniques. To attend, please RSVP to Patty King at pking@ymca.org. **FREE and open to the community**

MAY 20 **ELECTRONICS RECYCLING EVENT**
 10pm-2pm **SOUTH BAY FAMILY YMCA - MULTI-PURPOSE ROOM**

Time to Spring clean! Do you have any old computers, phones or electronics laying around that you simply don't use anymore? Maybe they broke or maybe you just want to get rid of them. Stop by the South Bay Family YMCA and donate your electronics and we will ensure they are disposed of safely and properly. We will gladly accept any electronics except home appliances (refrigerators, ovens, microwaves and light bulbs). **FREE for members**

MAY 23 **YAA (YMCA ACTIVE ADULTS) BOOK CLUB MEETING**
 11:30pm-1pm **SOUTH BAY FAMILY YMCA - MULTI-PURPOSE ROOM**

Join our South Bay Family YMCA Book Club to discuss the book of the month. Bring a brown bag lunch or food enough to share. For a list of the monthly books, please contact Michelle Manly at mmanly@ymca.org or speak with a book club volunteer. **FREE for members**

MAY 24 **YAA DAY AT THE BAY**
 10am-2:30pm **MISSION BAY AQUATICS CENTER**

The YMCA of San Diego County is proud to celebrate National Senior Health and Fitness Day with the "Day at the Bay." Activities include kayaking, paddle boarding, sailing, fitness classes, chair massages, a buffet lunch and more! Visit the Welcome Center or contact Michelle Manly at mmanly@ymca.org with questions. Registration is required. **Members \$35 | Participants \$45**

DID YOU KNOW...

YMCA MEMBER SURVEY-WE SERIOUSLY LOVE OUR MEMBERS MAY 23-JUNE 20

Check your email! Throughout May and June, a selection of members will be emailed a member survey from our member satisfaction partner, SEER Analytics. If you are a lucky recipient of a survey email, please complete it with your honest feedback. Your input and satisfaction are very important to us, and your survey results will help us keep doing what you love and make improvements you want to see!

YMCA OPEN TO COMMUNITY-MAY HOLIDAYS MAY 14 & 29 | EASTLAKE AND SOUTH BAY FAMILY YMCA

Ever wish you could go to the Y with a family member or friend who is not a member? Good news! This is your chance. To celebrate mothers and service members everywhere, we are opening our facilities to everyone! Also, if someone you bring joins and lists you as the person who referred them, you will get a full month of membership absolutely FREE! Bring someone with you so they can enjoy the same Y experience you do!

ADULT GOLF CLASSES | SALT CREEK GOLF COURSE APRIL 4-MAY 27 | TUESDAYS & THURSDAYS 9:30AM-11:30AM | SATURDAYS 9AM-11AM

Perfect or learn golf skills including swinging, chipping, putting, pitching and bunker techniques. Lessons are tailored to all skill levels and range costs are included. End your lessons with a 9-hole tournament (fees not included). All golf equipment will be provided at each session. Member and participant prices vary. **Visit the Welcome Center for information**

TRAINER TALK - MENTAL HEALTH SUPPORT

Take care of yourself and put your health first! Join us for Trainer Talk as we explore different wellness topics such as nutrition, fitness and May's highlighted topic, mental health. You will also receive a complimentary Health and Wellness Assessment. For more information, contact Heather Mathe at hmathe@ymca.org. **FREE for members**

SOUTH BAY
 5/2, 5/4, 5/16, 5/18 - 8AM-10AM | 4:30PM-6:30PM

EASTLAKE
 5/2, 5/4, 5/16, 5/18 - 8AM-10AM | 4:30PM-6:30PM

FREQUENT Y'R

Visit the Y 12 times in the month of May and enter to win one FREE month of membership! See the Welcome Center to pick up your card today.