



YMCA OF WESTERN NORTH CAROLINA



ADVENTURE AWAITS AT SUMMER CAMP

The YMCA of Western North Carolina offers a variety of award-winning summer day camps throughout the region. Science, sports, arts, and adventure—we've got a camp for every child. Learn more at ymcawnc.org or call (828) 252-5910.

Interested in an overnight experience? Try YMCA Camp Watia in Bryson City. This camp serves boys and girls ages 7-15 and offers a counselors-in-training program for 16 and 17 year olds. Transportation and financial assistance available. Learn more at ymcacampwatia.org or call (828) 209-9600.

FOR ALL, ALWAYS

The YMCA of Western North Carolina is a nonprofit organization committed to helping people reach their full potential through programs that build healthy spirit, mind, and body. We serve people of all ages, backgrounds, abilities, and incomes. It is our belief that no one should be turned away for their inability to pay.

Our Y-Access program offers sliding-scale fees designed to fit each individual's or family's financial situation. Funding for this program is made possible through the generous support of our donors to our annual campaign. Go to ymcawnc.org or call (828) 251-5910 to learn more.

ymcawnc.org
[facebook.com/ymcawnc](https://www.facebook.com/ymcawnc)
 (828) 251-5910

YMCA BRINGS HEALTHY FOOD TO THE COMMUNITY ALL YEAR LONG

Each week, the YMCA's Nutrition Outreach team is in the community distributing fresh, healthy food from one of our three mobile units.



To learn more about the YMCA's Nutrition Outreach or to check schedules, go to ymcawnc.org/nutrition or call (828) 210-2268.

Each distribution includes healthy recipes, a practical cooking demonstration, and valuable nutrition information that's easy to understand.

The YMCA offers food to the public at no charge, no questions asked. Distribution points include:

- Appalachian Community Health
- Asheville Pediatrics
- Battery Park Apts.
- Blue Ridge Community Health (Hendersonville)
- Bud Hogan Community Center (Old Fort)
- Corpening Memorial YMCA (Marion)
- Crowell Apts.
- Green Opportunities
- Grace Community Church (Marion)
- Grace Covenant Presbyterian
- Hall Fletcher Elementary
- Haywood Pediatrics (Clyde)
- Hillcrest Apts.
- Lee Walker Heights
- Madison County Govt. Bldg. (Marshall)
- Mission Children's Specialists
- Mission My Care Plus (Candler)
- Oakley Elementary
- Pisgah View
- Shiloh Community Center

The YMCA also serves free healthy snacks at all our afterschool sites in Buncombe and McDowell counties as a sponsor of the federal Child and Adult Care Food Program. Over the summer, the YMCA participates in the federal Summer Food Service Program, which ensures that children continue to get nutritious meals when school is not in session.

MEDICARE NOW COVERS MANY CHRONIC CARE PROGRAMS AT THE YMCA

Medicare will cover the cost of evidence-based programs at the YMCA for eligible individuals age 65 and up who are covered by Medicare, with a physician's referral.

Covered services include programs for falls prevention, chronic diseases such as hypertension and diabetes, and cancer survivorship.

YMCA memberships cannot be billed to Medicare, but certain chronic care management programs may include membership for eligible participants. To learn more, call (828) 251-5910 or email ybcpophealth@ymcawnc.org.



ALL AGES INVITED TO SOCK HOP AT ASHEVILLE YMCA

Join us at the Asheville YMCA on Saturday, May 5 at 6 p.m. for a fun evening

to raise awareness around older adults with cognitive challenges!



The YMCA and AARP are hosting a sock hop to bridge generations and bring community together in a safe, supportive setting.

Food and refreshments will be served, and the Hop Ice Cream Café will be on hand to scoop ice cream. Stop by the photo booth and bring home pictures of yourself with your friends to remember your fun-filled evening.

Families are welcome and child care will be provided for children six months to 12 years. So lace up your saddle shoes, bring your friends and loved ones, and get ready to dance as the DJ spins the tunes of the 40s, 50s and 60s!

Free for YMCA members, \$5 for non-members and \$5 per child for child care.