



## INCREASING FOOD SECURITY



### The Y feeds the community through nutrition outreach.

We offer free healthy produce year-round in five area counties. October brings new delicious produce including recipes and instructions on items that may be new to you. Check out the schedule at [ymcawnc.org/nutrition](http://ymcawnc.org/nutrition) to find a mobile food market near you.

### 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](http://ymcawnc.org) or call (828) 251-5910 to learn more.

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



## DON'T MISS YOUR SHOT IN THE GAME

**The Y offers lots of activities that keep kids moving, building skills and learning about good sportsmanship for every age and every stage of development.**

There's no better place to learn the game of basketball than where it was invented. Volunteer coaches lead players in drills and games designed to develop the fundamental skills of ball handling, dribbling, passing, shooting and defense.

Ages 3-4 will have 30-minute clinic/scrimmage sessions on Saturdays. Ages 5-13 practice one night a week and play games on Saturday.

To sign up for these programs, go to [ymcawnc.org/sports](http://ymcawnc.org/sports). Financial assistance is available for all Y programs thanks to generous community support.

## PROGRAMS AND CLASSES FOR THE WHOLE COMMUNITY



**The Y offers a variety of classes, events, and programs for every age to help your spirit, mind, and body stay healthy.**

Explore new classes that include family events, educational talks with community partners, and much more. Check out our events page to see a full list: [ymcawnc.org/events](http://ymcawnc.org/events). Many are free and open to the public.

## MONSTER MASH DANCE PARTY



### Get ready for a frighteningly fun time!

Reuter Family YMCA is hosting a family-friendly Monster Mash Dance Party on Oct. 27 from 6-8 p.m. There will be prizes for games and activities, plus a runway for all spook-tacular costumes. Registration required, one fee for the whole family. Scan the QR code for more information and to register.



## FIND YOUR PURPOSE



**The Y gives you more than a paycheck – it gives you a sense of purpose.**

We know our community needs more youth programs and you can help us meet that need. We're seeking staff in every department, including childcare, swim programs, and membership, to better serve the community.

We have jobs suitable for teens, adults, and retirees at competitive wages. Our full-time positions include medical benefits, paid time off, and a generous retirement plan.

All positions receive membership and program discounts. See all job openings at [ymcawnc.org/jobs](http://ymcawnc.org/jobs).