

# NEWSLETTER



**MARCH 2024**

**YMCA of Western Stark County:**  
Massillon Family YMCA  
Towpath Trail YMCA



**We march. We  
swim. We play.  
We move - our  
bodies and  
communities.**

# More precious than gold

People are our greatest resource. It's people who teach children and adults, who lead classes and events, who take what they learn here and carry it out into their communities. What starts as a seed here on the giving or receiving end, blossoms with immeasurable fruit. Just look at this stunning swimmer and her remarkable instructor ...



Andrea Morgan of Bolivar has been training with private swim lessons for more than a year as she prepared for the Ohio Special Olympics Winter Games. At regionals she medaled in all three of her events! Her YMCA instructor, Dee Dee Weber, is the aquatics director, lifeguards for us and coaches the Tuscarawas County Special Olympics swim team, the Rockets.

## Swim lessons

We offer group swim lessons for youth all year-round (please see the schedule in every edition of the Newsletter) as well as private lessons for adults or children. We know this is a life-saving skill and what could be a lifelong source of exercise or fun.

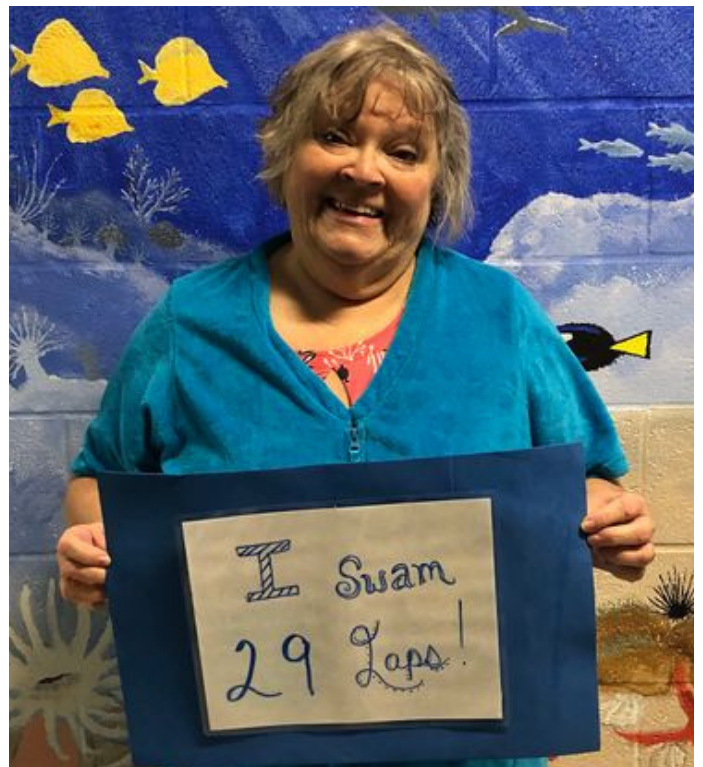
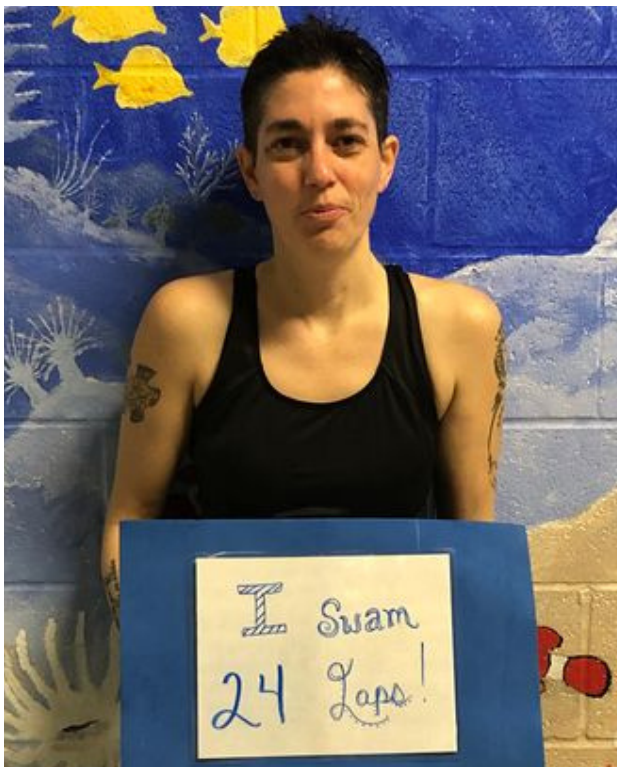
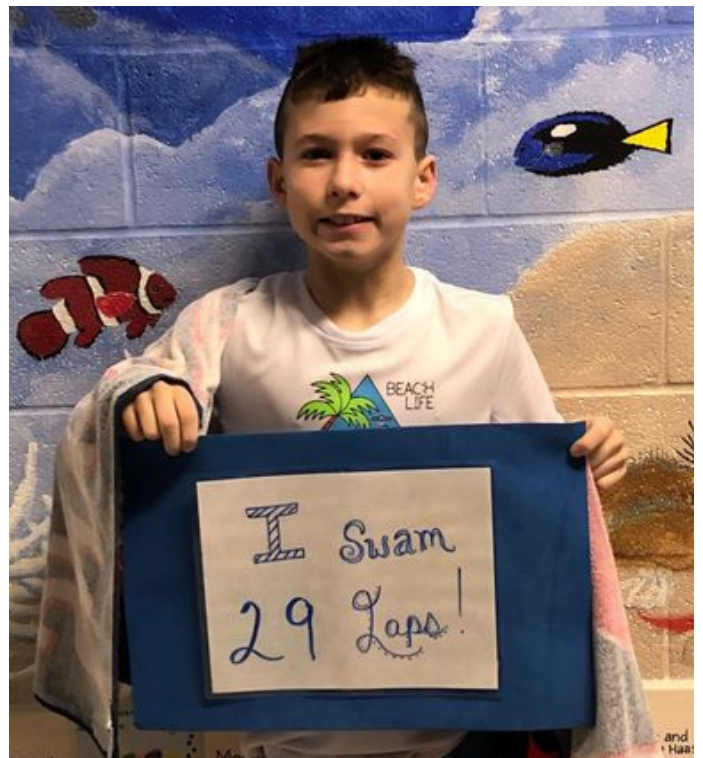
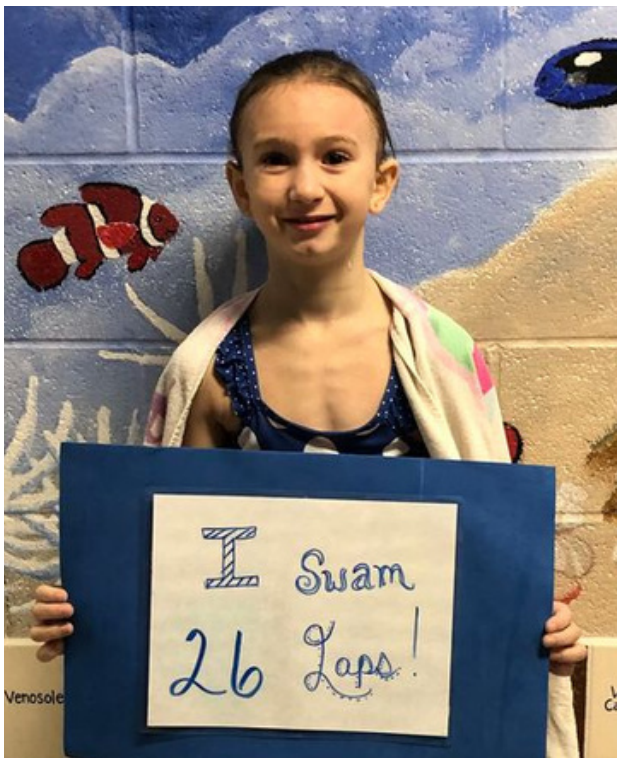
# A swimming success!



We raised nearly \$2,000 during the ninth annual swim-a-thon held in February. Lisa Keane, above, placed second in her age group for the most laps without wearing fins. She swam 36 laps! Lisa has been a YMCA member for more than six years. You'll see her in classes in the pool and on land.

A big thank you to our sponsors who provide prizes for the swimmers: Agnes Meats, Breakaway Sports Pub & Grill, Cafe 8:32, Kraus' Pizza, Papa Bear Pizza Oven, Rise Up Cafe by Main Street Deli and Tripp's Kremeland Diner & Dariette.



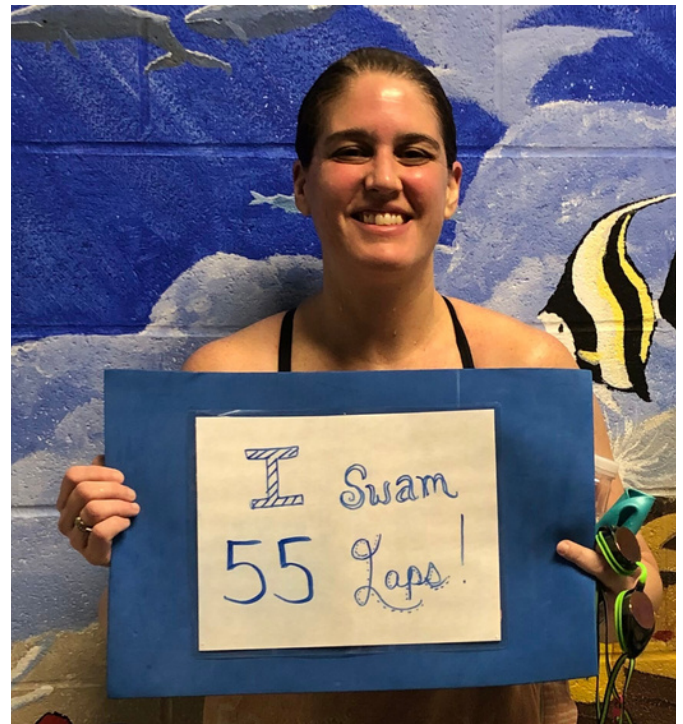
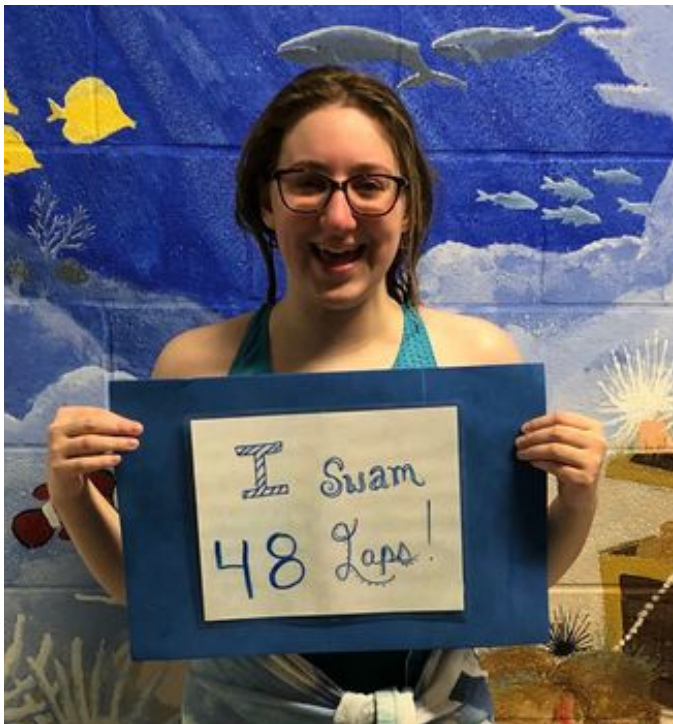


These swimmers' endurance pays off for everyone. The funds they raised help purchase aquatics equipment that everyone gets to use at the Towpath Trail YMCA pool.





We had both individual swimmers and family relay teams.







# MASSILLON FAMILY YMCA FITNESS CLASSES

## MARCH 2024

### MONDAY

- 8:30AM TOTAL BODY FITNESS with Thelma (GE)  
9:30AM AQUAMOTION with Rhonda (P)  
11:00AM SilverSneakers CIRCUIT with Thelma (GE)  
5:15PM BODY SCULPT with Rhonda (GE)  
March 4, 11, 18  
SPIN & SCULPT with Rhonda (GE)  
March 25  
6:15PM GENTLE YOGA with Turra (GE)  
7:10PM ROCK HARD ABS with John (GE)

### TUESDAY

- 9:40AM SilverSneakers SPLASH with Carolyn (P)  
5:30PM RIP STYX with Rhonda (GE)  
6:30PM MIXED BELLY DANCING with Irene (GE)  
March 5, 12, 19 & 26  
7:30PM BEGINNER BELLY DANCING with Irene (GE)  
March 5 & 19  
7:30PM ADVANCED BELLY DANCING with Irene (GE)  
March 12 & 26

### WEDNESDAY

- 8:30AM TOTAL BODY FITNESS with Jodi (GE)  
9:30AM AQUAMOTION with Rhonda (P)  
10:30AM SS BOOM MUSCLE with Thelma (GE)  
11:15AM SS BALANCE & CHAIR YOGA with Thelma (GE)  
6:45PM KETTLEBELLS with Moriah (GE)

### THURSDAY

- 9:40AM SilverSneakers SPLASH with Carolyn (P)  
10:00AM ONE MORE REP with Rhonda (FC)  
5:00PM CIRCUIT with Scott (G)

### FRIDAY

- 8:30AM TOTAL BODY FITNESS with Thelma (GE)  
9:30AM AQUA BOOTCAMP with Rhonda (P)

### WHERE CLASSES MEET

FC = Fitness Center  
G = Gymnasium  
GE = Group Exercise Room  
P = Pool  
S = The Studio

### CHILD WATCH HOURS

#### MORNINGS

Mon-Fri 8:45am-11am  
Sat 9am-noon

#### EVENINGS

Mon-Thu 5pm-7:30pm  
(Tues till 8:30pm)

### BUILDING HOURS

Mon-Thu 6am-8:30pm  
Fri 6am-7pm  
Sat 7am-2pm  
Sun 11-2pm

### SATURDAY

- 10:15AM CARDIO CROSS TRAINING  
with Rhonda (G)

### After-hours access

West Stark Y members can  
enroll in Navarre for 24/7  
access to the Towpath Trail  
YMCA Fitness Center.



SEE NEXT PAGE FOR CLASS DESCRIPTIONS ■ 131 TREMONT AVE. SE, MASSILLON 44646



# Massillon Class Descriptions

## **AQUA BOOTCAMP with Rhonda (Pool)**

50 min cardio workout with intervals of total body toning and core strength development. This class is perfect for those looking for a great cross-training option or a more intense aqua-fit class.

## **AQUAMOTION with Rhonda (Pool)**

45 min class. Get fit and moving doing "Aerobics" in the pool. Focus on proper form & technique to get the most out of your workout. All levels.

## **BEGINNER/ADVANCED BELLY DANCING with Irene (Group Exercise Room)**

45 min alternating weeks of beginner and advanced belly dancing techniques.

## **BODY SCULPTING with Rhonda (Group Exercise Room)**

45 min stationary full body muscle building workout with free weights & other equipment.

## **CARDIO CROSS TRAINING with Rhonda (Outside Back of Bldg / Gymnasium)**

45 min cardio & resistance training using stations & timed rounds for full body blast. All levels - go at your own pace.

## **CIRCUIT with Scott (Gym)**

Timed intervals at fitness stations with equipment and body-weight exercises. Self-paced for any kind of workout or training.

## **GENTLE YOGA with Turra (Group Exercise Room)**

For all-levels. A variety of poses and stretches to release the day's stress and promote relaxation.

## **KETTLEBELLS with Moriah (Group Exercise Room)**

45 min unparalleled mix of strength & conditioning focusing on core, leg, and gluteal muscles. This class blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning.

## **MIXED BELLY DANCING FITNESS CLASS with Irene (Group Exercise Room)**

50 min belly dancing class for any level experience. Teaches small & choreographed routines.

## **ONE MORE REP with Rhonda (Fitness Center)**

A weighted class using free weights, machines, cardio equipment, everyone is welcome.

## **RIP STYX with Rhonda (Group Exercise Room)**

45 min full-body workout to music. Combines cardio, conditioning and strength using lightly weighted drumsticks.

## **ROCK HARD ABS with John (Group Exercise Room)**

30 min intense ab work on the floor with great toning results.

## **SilverSneakers® BALANCE & CHAIR YOGA with Thelma (Group Exercise Room)**

40 min class. Starting with balancing exercises and ending with yoga stretches to promote relaxation, core strength & balance. A chair is used for seated exercises and standing support.

## **SilverSneakers® BOOM MUSCLE with Thelma (Group Exercise Room)**

30 min BOOM Muscle incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

## **SilverSneakers® CIRCUIT with Thelma (Group Exercise Room)**

30 min circuit class specifically designed for active older adults. Low impact standing upper body strength workout with resistance bands, ball and chair for support.

## **SilverSneakers® SPLASH with Carolyn (Pool)**

45 min class. Shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

## **TOTAL BODY FITNESS with Thelma (Mon & Fri) / Jodi (Wed) (Group Exercise Room)**

30-60 min light aerobic, strength, stretching & balance exercises designed to condition the whole body. All fitness levels.

# TOWPATH TRAIL YMCA

## FITNESS CLASSES

MARCH 2024

TOWPATH TRAIL YMCA • 330-879-0800 • WestStarkY.org



### MONDAY

- 8:00AM WALK & TONE with Heather (G)
- 9:00AM TOTAL BODY FITNESS with Terry (GE)
- 9:00AM AQUAMOTION with Heather (P)
- 10:00AM RIPPED with Kristina (GE)
- 11:00AM MAT PILATES with Heather (GE)
- 1:00PM CHAIR YOGA with Jen (G)
- 2:00PM STANDING STRENGTH & BALANCE with Jen (GE)
- 5:00PM KETTLEBELL BALANCE & CORE (30 min) with Beth (GE)
- 6:00PM AQUAMOTION with Lucy (P)
- 6:15PM TOTAL BODY BURN (40 min) with Brittany (GE)

### TUESDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM AQUAMOTION with Heather (P)
- 9:00AM YOGA with Shirley (GE)
- 9:30AM HIIT THE ROPES (30 min) with Kristina (G)
- 10:00AM QIGONG with Shirley (GE)
- 11:00AM SilverSneakers BOOM MUSCLE with Heather (G)
- 5:15PM PEACEFUL YOGA FLOW with Christina (GE)

### WEDNESDAY

- 6:45AM WEEKLY WAKE-UP with Jen (GE)
- 8:00AM WALK & TONE with Michelle (G)
- 9:00AM CYCLING with Mike (GE)
- 9:00AM TRX with Kristina (G)
- 10:00AM DRUMMING FOR FITNESS with Heather (G)
- 10:15AM BETTER BALANCE (30 min) with Beth (GE)
- 11:00AM CHAIR YOGA with Jen (G)
- 5:45PM TOTAL BODY FITNESS with Lorena (GE)
- 6:00PM AQUAMOTION with Lucy (P)
- 6:30PM DRUMMING FOR FITNESS with Lorena (GE)

### CLASS LOCATIONS

GE = Group Exercise room      G = Gymnasium  
P = Pool

### CHILD WATCH

MORNINGS: Mon-Sat 8:45am-noon  
EVENINGS: Mon-Thur 5-7:30pm

Please note: If there are no children in Child Watch 30 minutes before it closes, the area may close early.

### THURSDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM AQUAMOTION with Heather (P)
- 9:15AM BETTER BALANCE (30 min) with Beth (GE)
- 10:00AM RIPPED with Kristina (GE)
- 11:00AM SilverSneakers CLASSIC with Heather (G)
- 12:15PM CHAIR VOLLEYBALL (GE)
- 5:15PM POWER YOGA with Jen (GE)
- 6:30PM TOTAL BODY BURN (40 min) with Brittany (GE)

### FRIDAY

- 8:00AM WALK & TONE with Michelle (G)
- 9:00AM TOTAL BODY FITNESS with Terry (GE)
- 9:00AM AQUAMOTION with Heather (P)
- 10:00AM MAT PILATES with Heather (GE)

### SATURDAY

- 9:00AM CYCLING with Mike (GE)
- 10:15AM MINDFUL MOVEMENTS YOGA with Sarah (GE)



# TOWPATH TRAIL YMCA CLASS DESCRIPTIONS

Aquamotion: Water fitness class using various equipment. Easy on your joints while getting a cardio & strength workout in.

Better Balance: (30 min.) We will practice functional moves to improve balance and gently strengthen muscles. This class will use a chair to add stability when standing.

Chair Volleyball: Played while seated in chairs with a modified net height, smaller court size, and a lightweight ball. Standard volleyball scoring. Geared towards active aging.

Chair Yoga: Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of motion.

Cycling: Indoor cycling using stationary bikes. Instructor guides you through a ride that simulates outdoor cycling while shredding fat and increasing cardiovascular endurance.

Drumming for Fitness: A fun, upbeat class that uses music to design the workout. Use drumsticks to pound out a beat on a "drum" made of an exercise ball!

HIIT the Ropes: Uses Battle Ropes - heavy ropes, anchored to the wall. Create a series of wave motions for a full body workout.

Kettlebell Balance & Core: Half-hour of controlled and intentional exercises to strengthen the core and improve balance for better functional movement.

Mat Pilates: Gentle, yet challenging, non-impact strength and toning.

Mindful Movements Yoga: Class will be sequenced to calm the nervous system and restore balance for both mind and body. Includes meditation followed by passive and gently active poses.

Peaceful Yoga Flow: Increase flexibility, mobility, balance and body awareness. All levels.

Power Yoga: Focus on strength with mobility and stability. Includes sun salutations; standing, seated, and floor poses; balance challenges; breath awareness.

QiGong: Martial arts exercise includes movements suitable for everyone. Increases range of motion and balance while reducing stress.

Ripped: High energy barbell class that challenges every muscle group to the max.

SilverSneakers BOOM MUSCLE: Muscle-conditioning blocks and activity-specific intervals to improve cardiovascular health & function.

SilverSneakers CLASSIC: Seated and standing exercises to increase strength, range of motion and activities for daily living.

Standing Strength & Balance: This class uses body weight or optional hand weights and bands to develop strength and improve balance from seated and standing positions. We focus on arms, legs, core and range of motion. No floor work. One level more challenging than chair yoga.

Total Body Burn: Tabata-style interval workout, using circuits to challenge both your upper and lower body. There are bursts of HIIT (High-Intensity Interval Training) cardio in there, too!

Total Body Fitness: Low-impact, full-body cardio and strength conditioning. Modifications for a wide range of fitness levels.

TRX: Suspension training system that utilizes full core strength to engage every muscle in the body.

Walk & Tone: Walking paired with strength exercises using weights and bands to tone the whole body.

Weekly Wakeup: Low-impact, full-body strength & toning. Inspired from a variety of disciplines may use body weight, bands or dumb bells. No jumping or running. Combination standing/mat work.

Yoga: Increase flexibility, mobility, balance and body awareness while reducing stress. All levels.

# Class Spotlights in Navarre

Total Body Burn with Brittany

**MON 6:15P & THU 6:30P**



Tabata-style interval workout, using circuits to challenge both your upper and lower body. Includes bursts of HIIT (High-Intensity Interval Training) cardio, too! 40 minutes



In Group Exercise

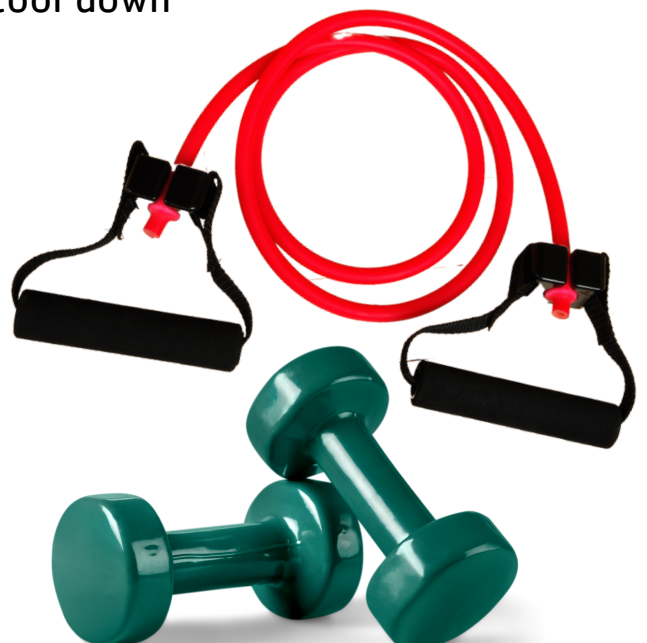
Weekly Wakeup with Jen

**WED 6:45 AM**

This is a low-impact, full-body strength & toning class. Inspired from a variety of disciplines, we may use body weight, bands and/or dumb bells. There is no jumping or running. Expect a combination of standing and mat/floor work. 1 hour with warmup and cool down



In Group Exercise





# Classes recommended for Healthy Aging members

## MASSILLON FAMILY YMCA

**MON** 8:30am - TOTAL BODY FITNESS  
with Thelma  
9:30am - AQUAMOTION  
with Rhonda  
11am - CIRCUIT with Thelma

**TUE** 9:40am - SILVERSNEAKERS  
SPLASH with Carolyn

**WED** 8:30am - TOTAL BODY FITNESS  
with Jodi  
9:30am - AQUAMOTION  
with Rhonda  
10:30am - SILVERSNEAKERS  
BOOM MUSCLE  
with Thelma  
11:15am - SILVERSNEAKERS  
BALANCE & CHAIR  
YOGA with Jessica

**THU** 9:40am - SILVERSNEAKERS  
SPLASH with Carolyn

**FRI** 8:30am - TOTAL BODY FITNESS  
with Thelma

**THESE CLASSES  
ARE FREE & OPEN  
TO ALL MEMBERS!**

## TOWPATH TRAIL YMCA

**MON** 8am - WALK & TONE  
with Heather  
9am - AQUAMOTION  
with Heather  
1pm - CHAIR YOGA with Jen  
2pm - STANDING STRENGTH  
& BALANCE with Jen  
6pm - AQUAMOTION with Lucy

**TUES** 8am - TOTAL BODY FITNESS  
with Michelle  
9am - AQUAMOTION  
with Heather  
9am - YOGA with Shirley  
10am - QI GONG with Shirley  
11am - SILVERSNEAKERS  
BOOM MUSCLE  
with Heather

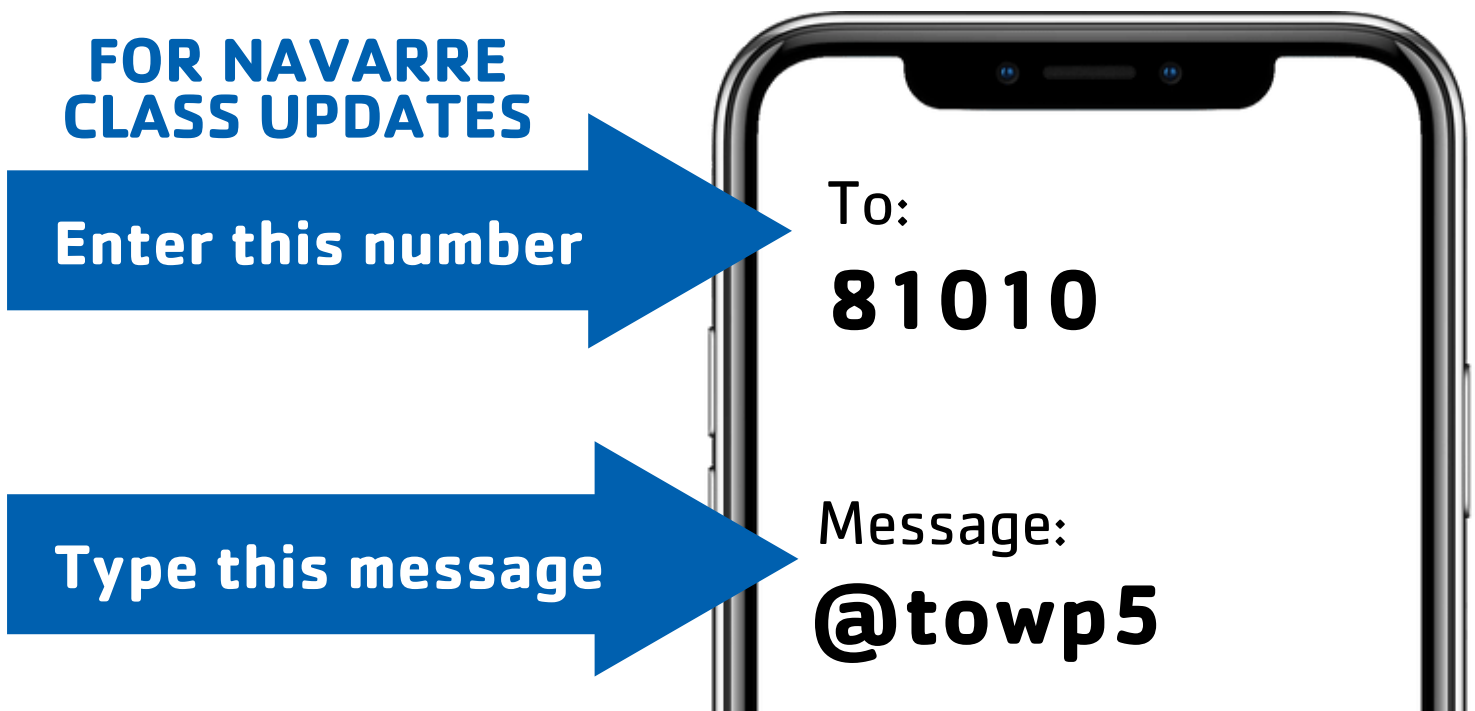
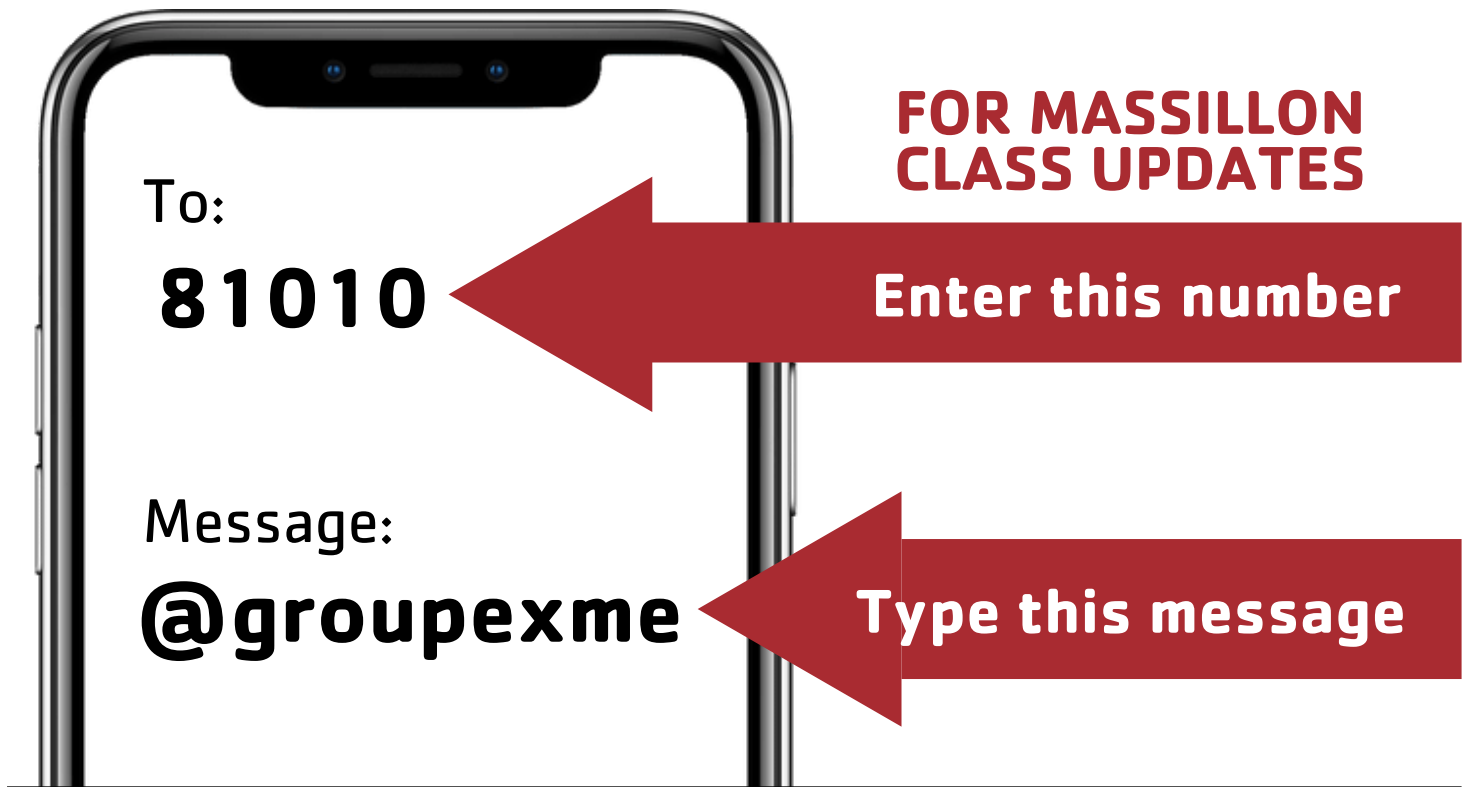
**WED** 8am - WALK & TONE  
with Michelle  
10am - DRUMMING FOR  
FITNESS with Heather  
10:15am - BETTER BALANCE  
with Beth  
11am - CHAIR YOGA  
with Jen  
6pm - AQUAMOTION with Lucy  
6:30pm - DRUMMING  
FOR FITNESS  
with Lorena

**THU** 8am - TOTAL BODY FITNESS  
with Michelle  
9am - AQUAMOTION  
with Heather  
9am - BETTER BALANCE  
with Beth  
11am - SILVERSNEAKERS  
CLASSIC with Heather  
12:15pm - CHAIR VOLLEYBALL

**FRI** 8am - WALK & TONE with  
Michelle  
9am - AQUAMOTION with  
Heather

# Get cancellation alerts

Each of our YMCA branches has a notification system in the event that an exercise class needs to be cancelled. The alert will come directly to your phone. How to sign up:



This is a secure messaging tool, used by many school districts for widespread communication. You can opt out of the messages at any time or call the Welcome Desk.



## Martial Arts

\$30 Member / \$60 Non-Member

### MASSILLON FAMILY YMCA Feb. 7-28, March 6-27

Class runs monthly

**Ages 7 - Adult      Wed 6-8 pm**

Classes are a mixture of Tai Kwon Do, Judo and self-defense. The primary focus is courtesy and self-control. Taught by 5th Degree Black Belt Master Smith.

### TOWPATH TRAIL YMCA Feb. 1-29, March 5-28

Classes meet twice weekly in 4-week monthly sessions

**Youth ages 5-11      6:30-7:30 pm Tue & Thu**  
**Ages 12 - Adult      7:30-8:30 pm Tue & Thu**

We strive to equip each student with knowledge and skills to be a good person and a strong martial artist. Children's classes will be focused around Karate and Judo. Adult classes combine all three.



"Martial arts was really the first thing in my life that I followed through on and accomplished a degree of proficiency for."

CHUCK NORRIS



## School-day off for kids

\$35 Member / \$40 Non-Member  
Registration packet must be completed  
a minimum of 24 hours before start date

### 6 am to 6 pm holiday availability

If enrolled in kindergarten through sixth grade, your child is eligible to enroll in SDO (our school-day off program) for scheduled school days off within the district. Registration must be completed at least 24 hours before the expected start date. The program and applications are available in Massillon and Navarre. Kids get to swim, eat their provided meal (Massillon) or their packed lunch (Navarre) and participate in physically and mentally stimulating activities.



#### MORE INFO:

#### MASSILLON FAMILY Y:

Jodi or Jen D.

330-837-5116

#### TOWPATH TRAIL YMCA:

Lisa

330-879-0800



## Before & After school care

We have openings for the  
remainder of the school year  
at sites that serve  
Massillon and Perry schools

Contact Jen Durr in Massillon  
[jdurr@WestStarkY.org](mailto:jdurr@WestStarkY.org) or  
330-837-5116

# Have a heart to donate?

If you'd like to donate supplies to child care this month, we need:

- ♥ Plastic eggs
- ♥ Egg dye kits
- ♥ Holiday stickers for St. Patrick's Day and Easter

We accept ongoing donations of:

Coloring books  
Stickers  
Assorted envelopes  
Clorox wipes

**DROP OFF AT THE TOWPATH TRAIL YMCA IN NAVARRE**

## Instructional soccer

April 9-25

\$35 Member / \$70 Non-Member

**Ages 3-5**

**Tuesdays & Thursdays**

**6-6:40pm**

The focus of this age group is to both develop the basic skills of soccer and socialize children in a fun and safe environment. All participants will receive a YMCA soccer t-shirt. 6 sessions.



**AT TOWPATH  
TRAIL YMCA**

**TUES  
& THURS  
6-8pm**

**JOIN ESPORTS  
WITH THE Y**





# **NOW HIRING**

# **Summer camp leaders**



Twelve weeks of fun with the potential for longer-term employment!



Interested? Contact Jen Durr in Massillon  
[jdurr@WestStarkY.org](mailto:jdurr@WestStarkY.org) or 330-837-5116

Lisa Stone in Navarre  
[lstone@WestStarkY.org](mailto:lstone@WestStarkY.org) or 330-879-0800

**Children's age ranges you'll work with:**

K-6th grade

**Days of the week:**

Monday-Friday only

**Shifts during the hours of:**

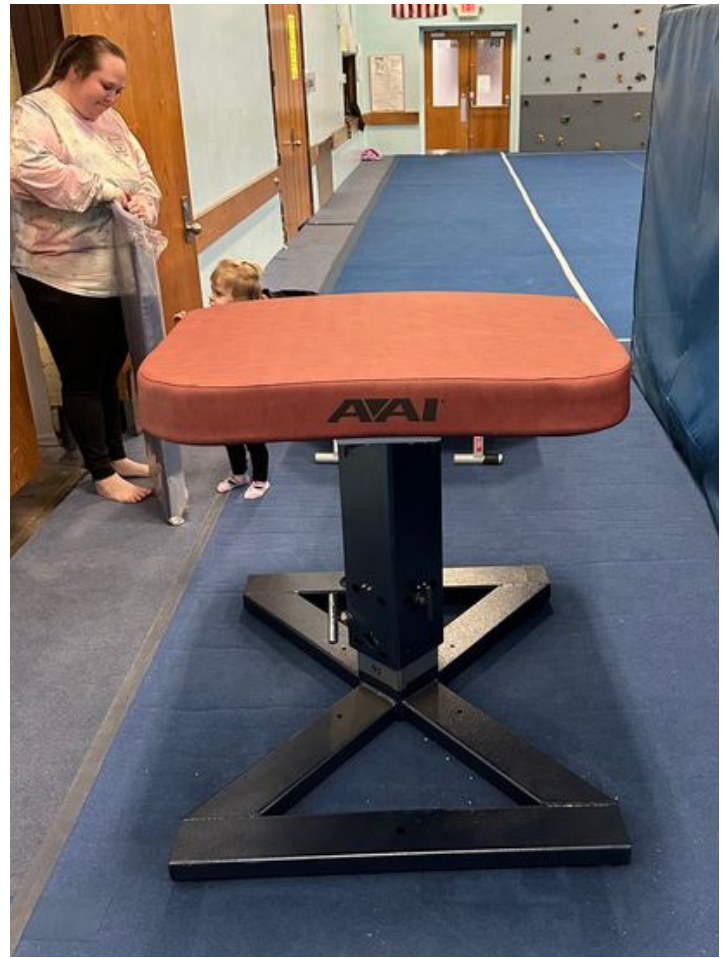
6 am - 6 pm

**Length of shifts:**

2-8 hours, depending on enrollment

**Staffers must be:**

reliable when scheduled,  
fun-loving, able to pass a  
background check (we pay), able  
and willing to keep up with our  
energetic kids



# New vault

With a combination of fundraising by our gymnasts, grant money, and the gymnastics fund, we were able to purchase a new vault for the full range of gymnastics classes in Massillon.

## Gymnastics Lessons

SPRING (April 13-May 18), SUMMER (June 8-July 13)  
\$30 Member / \$60 Non-Member

### MASSILLON



#### Little Flippers (Walking-Age 3)

Saturday 8:30am-9:00am

#### Mat Munchkins (Ages 3-5)

Tuesday 4:30pm-5:15pm OR  
Thursday 4:30pm-5:15pm OR  
Saturday 9:15am-10:00am OR  
Saturday 10:30am-11:15am

#### Rollers/Swingers (Ages 6+)

Tuesday 4:30pm-5:30pm OR  
Thursday 4:30pm-5:30pm OR  
Saturday 9:15am-10:15am OR  
Saturday 10:30am-11:30am

#### Back Handspring Class (6-18yrs)

Saturday 11:15am-noon

### NAVARRE

#### Back Handspring Class (Ages 6-18 yrs)

Saturday 12:45-1:30pm

Students will begin with basic back walkovers and progress to back handsprings. Once perfected, the back handspring will be connected to a round-off and other higher level skills. Great class for gymnasts and cheerleaders.



# Seasonal Indoor Playground



**Location:**  
Towpath  
Trail  
YMCA

**9:30  
to 11am  
FRIDAYS**

**For children up  
to 4 years old  
and parents or  
caregivers**

**MARCH 1, 8, 15, 22  
APRIL 5, 12, 19, 26**

**Parent or guardian must be  
present while child attends.**

**Playground will be closed if  
Fairless schools are closed.**

**FREE**  
for members  
and non-  
members

## COMING APRIL 20



**HEALTHY  
KIDS DAY®**  
April 20 | Free to the Public

**» FIND YOUR JOY.  
FIND YOUR Y.**  
[ymca.org/hkd](http://ymca.org/hkd)



National Sponsor  
**PEANUTS**  
© PNTS



# Swim Lessons

SPRING: April 9 – May 18  
\$36 Member / \$72 Non-Member

Ages 3 to 5

## Stage 1 Water Acclimation– 45min.

Navarre: Thursdays 5:30pm or Saturdays 9am  
Massillon: Saturdays 9a

## Stage 2 Water Movement– 45min.

Navarre: Thursdays 5:30pm or Saturdays 9am  
Massillon: Saturdays 9a

## Stage 3 Water Stamina– 45min.

Navarre: Thursdays 5:30pm or Saturdays 9am  
Massillon: Saturdays 9am

## Stage 4 Stroke Introduction– 45min.

Navarre: Thursdays 5:30pm or Saturdays 9am



**Ages 6 months–  
3 years is  
Parent + child  
Water Discovery/  
Exploration for  
30 minutes**

**Navarre:**  
Saturdays 11am  
**Massillon:**  
Saturdays 10am

Ages 5 to 13

## Stage 1 Water Acclimation –45min.

Navarre: Tue 5:45pm or Sat 10am  
Massillon: Sat 10am

## Stage 2 Water Movement –45min.

Navarre: Tue 5:45pm or Sat 10am  
Massillon: Sat 10am

## Stage 3 Water Stamina –45min.

Navarre: Tue 5:45pm or Sat 10am  
Massillon: Sat 10am

## Stage 4 Stroke Introduction– 45min.

Navarre: Tue 5pm or Sat 10am

## Stage 5 Stroke Development– 45min.

Navarre: Tue 5pm or Sat 10am

## Stage 6 Stroke Mechanics– 45min.

Navarre: Tue 5p or Sat 10am

**NOTE:**  
**Through  
3/26**

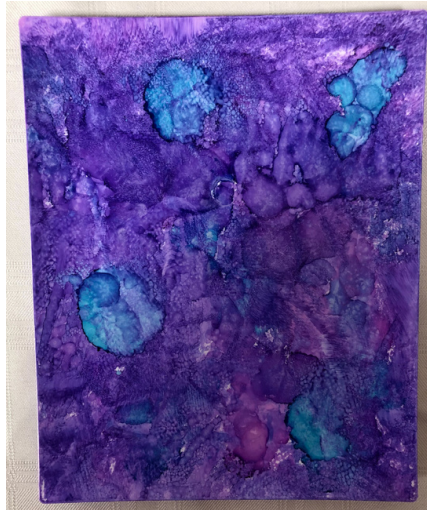
**on Tuesdays**  
Stages 4, 5, 6  
swim 5–5:45 pm.

Stages 1, 2, 3  
swim 5:45–6:30  
pm.

**REMINDER:**

Thursdays  
10–11am  
in Navarre is  
pre-K swim for  
students. Pool  
closed to members.

# Artists at every age



Colorful creations  
from our monthly  
Craft with Sue at  
the Towpath Trail  
YMCA, part of our  
Healthy Aging  
program.



Alcohol paint on  
ceramic tiles

# Healthy Aging

**OPEN TO ALL MEMBERS & THE PUBLIC**

These free events are geared toward older adults but are not restricted to a specific age group. We welcome members and non-members of all ages at both branches.



**10:30 am**

Crafts, snacks and games sponsored by Shady Lawn

## MARCH HEALTHY AGING: MASSILLON



131 Tremont Ave SE  
Massillon, Ohio



**FREE!** Please RSVP so we have an accurate count for supplies

Call 330-837-5116 or sign up at the Welcome Desk in Massillon



# MARCH HEALTHY AGING: NAVARRE



Towpath Trail YMCA  
1226 Market St. NE, Navarre



FREE! Please RSVP so we have  
an accurate count for supplies

**TO REGISTER: Call 330-879-0800 or sign up at the Welcome Desk**

**10am –  
noon  
Euchre  
Club:**



**Craft with Sue: A spring wreath**

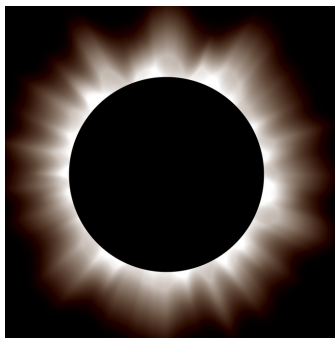


**12:30pm**

Supplies are  
provided.  
You're welcome  
to bring  
leftover yarn  
from home or  
other bits to  
decorate with.



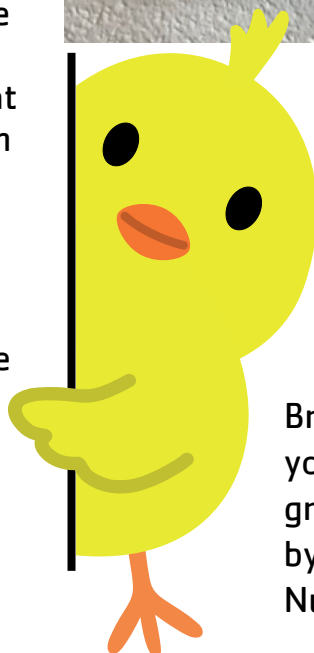
**LUNCH &  
LEARN:  
11:30 am  
ECLIPSE  
EXPLAINER**



Learn more  
about how  
and where  
to view the  
total solar  
eclipse that  
will happen  
April 8.

## **Please note:**

All Healthy Aging events are  
free to attend and open to  
non-members. This month,  
some dates are affected by  
the Easter holiday or  
preceding days.



**11:30am  
Easter Bingo  
with Jen**

Bring or wear an Easter-related item, and  
you'll be given a raffle ticket toward our  
grand-prize drawings. Lunch is sponsored  
by Altercare of Navarre and Country Lawn  
Nursing Home.

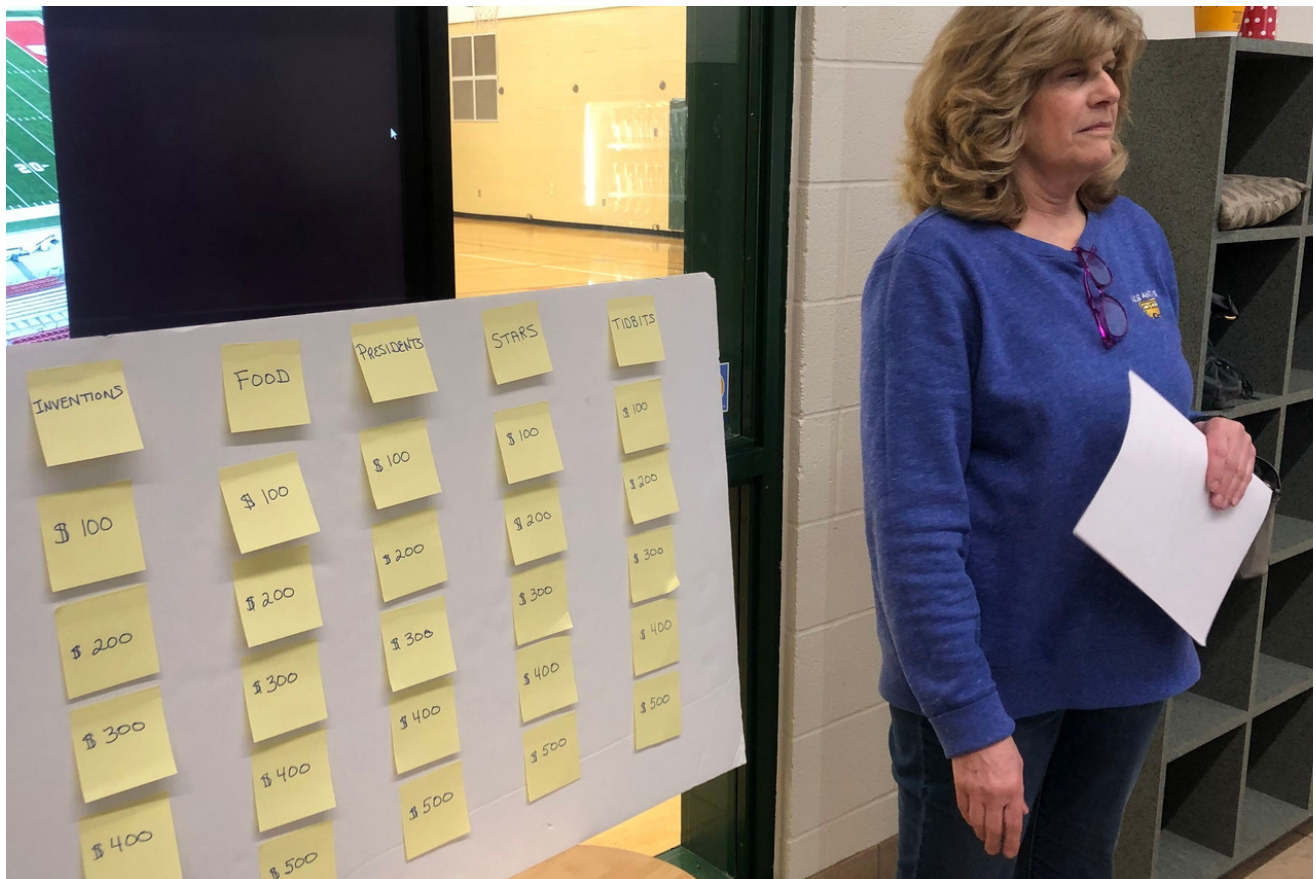


# Lunch, learn, laugh

Two Gals & Bus, which is Joanne Callas, left, and Ann Dixon, brought their business model -- "one day fun days" from the street to the lobby for an afternoon. Their single-day roundtrip options go to Ohio, West Virginia, Pennsylvania and the western part of New York. They've taken trips to botanical gardens, The Wilds safari, Dickens Victorian Village in Cambridge and countless eateries. Travel always includes games, snacks and rest stops. Book a trip with them at [2galsandabus.com](http://2galsandabus.com).







Joanne has been a YMCA member for nearly a year. She and Ann led us through a “Jeopardy!” board of trivia during our simulated tour of Columbus. We also learned a useful ditty to the tune of “Head, Shoulder, Knees and Toes.” To be sure you have everything you need when leaving the house or to ensure you’ve left nothing behind at your destination, you can sing: “Wallet/glasses/keys and phone, keys and phone.” So clever!







Altercare of Navarre and Country Lawn Nursing Home sponsor the Towpath's monthly Lunch & Learn and Bingo meals. During our simulated bus tour, we sang "Happy Birthday" to Dan (at left in bottom left photo). Afterward, these two Air Force veterans found each other.



YMCA member Nathan, who is also frequent volunteer in Navarre, with Dan, our birthday gentleman.

# Check in using our app

## THE BENEFITS

■ Sign-in using your phone instead of your member card

■ Receive timely announcements and alerts for either facility

■ Check out class schedules and gym and pool hours



## NEED A HAND?

Please ask!

You can also type  
<https://apps.daxko.com/4FA3NBV9HU>  
into an Internet browser

## HOW TO PUT THE YMCA APP ON YOUR PHONE

1

Go to the App Store

 **daxko ymca**

2



Daxko  
Health & Fitness

GET

3

Find your health and wellness center by typing:



**ymca of  
western  
stark county**

4

The icon will  
automatically  
update



5

Select your facility at the top of the app screen. You can select either location at any time.

# GIVING GROWS HERE



Thanks to the generosity of members, volunteers and donors, we transform lives. You're helping people achieve health, gain confidence, make connections and feel secure at every stage of life.

Your tax-deductible contributions to the YMCA of Western Stark County are crucial to our cause and our promise.



**Strengthening  
community**



**No one will be turned  
away because of  
an inability to pay**



**YES! I want to  
invest in the Y**

AMOUNT

\$

NAME

ADDRESS

PHONE

EMAIL

CHECK ONE

☐ Annual  
Campaign

☐ Leaf  
a Legacy \* ( Small \$100-\$499  
Medium \$500-\$999  
Large \$1,000 + higher )

☐ Walkway  
Brick \*

☐ Memorial  
Bench \*

☐ Massillon  
☐ Navarre

PAYMENT METHOD

☐ CHECK: Make payable to  
YMCA of Western Stark County

☐ MONTHLY DRAFT: Use  
credit card on file at Y

☐ CREDIT CARD: (circle one) ONE-TIME MONTHLY  
(circle one) MASTERCARD VISA DISCOVER

ACCOUNT #   
CVV #, EXPIRATION DATE

\*\*\*

We will call to  
verify the text  
for a leaf,  
brick or bench  
inscription.



# Closed Easter Sunday

**Both branches of our YMCA will be closed March 31.**

Be sure to enroll in Navarre to access the Towpath Trail YMCA on the holiday and after hours. Any member 18 years or older in good standing qualifies. Orientation takes about 20 minutes. We review access points, cameras and areas that are off-limits. There is no additional cost to enroll. You'll be given a key fob to use a special entrance. Access is limited to the Fitness Center and machines in the lobby.

**Have a blessed Easter holiday!**



## Do you have a testimonial to share?

Feel free to leave a note at the Welcome Desk in Massillon or Navarre! You can detach the bottom portion of this page or email our director of engagement, Jen Porter, directly at [jporter@WestStarkY.org](mailto:jporter@WestStarkY.org). We'd love to share your experience with others.



**Name and contact info**  
(phone or email): \_\_\_\_\_

**How has the YMCA made**  
**a difference in your life?** \_\_\_\_\_

**Member since:** \_\_\_\_\_

**Circle your usual branch:** Massillon Y / Towpath Trail Y

**May we reach out to you for a photo?** Yes / No

# We our community partners!



THE  
CANTON REGENCY  
SENIOR LIVING RESIDENCES



Ohio | Department of  
Job and Family Services



Home is Where  
the Heart Is  
Home Care, LLC



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## OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



# Locations & regular hours of operation

## MASSILLON FAMILY YMCA

131 Tremont Ave. SE  
Massillon, OH 44646  
330-837-5116

### BUILDING HOURS

Monday - Thursday: 6 am - 8:30 pm  
Friday: 6 am - 7 pm  
Saturday: 7 am - 2 pm  
Sunday: 11 am - 2 pm

### CHILD WATCH HOURS

Mornings: Mon-Fri 8:45-11am  
Evenings: Mon, Wed, Thu 5-7:30pm  
Tuesday 5-8:30pm  
  
Saturdays: 9am - noon

## TOWPATH TRAIL YMCA

1226 Market St. NE  
Navarre, OH 44662  
330-879-0800

### BUILDING HOURS

Monday - Thursday: 6 am - 9:00 pm  
Friday: 6 am - 7 pm  
Saturday: 7 am - 3 pm  
Sunday: noon - 3 pm

**24/7 access available in Navarre.**  
Visit Welcome Center for details.

### CHILD WATCH HOURS

Mornings: Mon-Sat 8:45am-Noon  
Evenings: Mon-Thu 5-7:30 pm

Enroll in Navarre to access the Towpath Trail YMCA after-hours and on holidays. Any member 18 years or older in good standing qualifies. Orientation takes about 20 minutes. No additional cost. Access is to the Fitness Center and machines in the lobby.



**TO SUBSCRIBE TO OUR NEWSLETTER:**  
**[WestStarkY.org/newsletter-signup](https://WestStarkY.org/newsletter-signup)**