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FOR HEALTHY LIVING  
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## IMPACTING COMMUNITIES WORLDWIDE

### YMCA of Metro North Raises Money for Hurricane Relief in The Bahamas



The YMCA of Metro North is supporting the Hurricane Relief effort in the Bahamas after the devastation left behind by Hurricane Dorian earlier this month. From September 11th to September 16th proceeds from guest pass

sales were donated to our colleagues at the YMCA of Grand Bahama to help rebuild their facilities. In addition, the YMCA of Metro North contributed a matching donation to the YMCA of Grand Bahama to help those affected by Hurricane Dorian. A total of \$4,000 was raised for the hurricane relief effort.

"We want to support our YMCA colleagues at the YMCA of Grand Bahama in this very small way after they have experienced catastrophic damage from Hurricane Dorian," stated Kathleen Walsh, President and Chief Executive of the YMCA of Metro North in an announcement to YMCA leadership.

The YMCA of the USA made contact with CEO of the YMCA of Grand Bahama, Karon Pinder Johnson, on September 4th, 3 days after Hurricane Dorian made landfall on the island of Grand Bahama. At that time 70% of the island was still covered in water and there was no power or running water across the island. The YMCA of the USA reports that the "YMCA of Grand Bahama is flooded, the roof was severely damaged, all five pool pumps and three heat pumps (AC) are lost due to flooding, treadmills and elliptical machines are underwater, office furniture is wet, perimeter fencing is down and the dugouts for the soccer and baseball fields were destroyed." Despite the devastation caused by this severe storm the main building was still standing in its wake.

[Read on](#)

## WIN DINNER FOR TWO ANYWHERE IN THE WORLD

**Last Chance to Purchase Raffle Tickets to Win Dinner for Two, Anywhere In The World**

*Where In The World Celebration*  
*Saturday, September 28th (Torigian Family*  
*YMCA)*

The Where in the World Celebration is fast approaching! This is the Y's premier fundraiser of the year, with 100% of the money raised benefiting youth in the communities the Y serves.

When you purchase tickets to our event you will receive 10 raffle entries for a trip anywhere in the world with your ticket purchase!

Take a Sneak Peek at some of our Live Auction Items:

- **Home Cooked Meal From Celebrity Chef- Paul Wahlberg**
- **Patriots Trip to Baltimore** (3 night stay and airfare for 2)
- **Weekend Stay at Encore Boston Harbor Casino**
- **Shopping Spree at Saks Fifth Ave in Chicago** (includes \$1,000 Saks Fifth Ave gift card, airfare for 2 and 2 night stay)
- **Monterey Golf Experience** (round of golf for two, including cart rental, 3 nights stay, and airfare for 2)

The evening concludes with a raffle drawing for a grand prize of dinner for two, anywhere in the world! The winner does not need to be present at the event.

The winner of the 2017 raffle, enjoyed dinner in Australia last summer, and last year's winner is headed to Ireland.

[Buy Tickets To The Event!](#)

[Purchase Raffle Tickets!](#)



**Patriots Trip to Baltimore!**



## WELCOMING WEEK AT THE Y

### Welcoming and Celebrating People in the Communities We Serve

This September the YMCA of Metro North is participating in Welcoming Week. We will join Welcoming America and hundreds of YMCAs and organizations nationwide in hosting events to celebrate immigrants' contributions to communities.

Welcoming Week activities are meant to bring together all residents in a spirit of unity. Activities are open to the public and include a sampling of food from around the world, chance for community members to pinpoint their place of heritage on a map, free family nights, and cultural activities for youth to learn about different countries. Each of our YMCA of Metro North branches have unique activities planned to welcome in and celebrate the people in the communities they serve.



[Learn More About Welcoming Week](#)

## FALL II SESSION

## Fall II Session Registration Opens In October!

The Fall II Session runs October 28th through December 22nd. Registration opens October 7th for members. Non-member registration opens October 17th.



[Search For A Program](#)

## GET READY TO RUN THIS FALL

### Registration is Open for The 10th Annual Spooky Sprint 5k

*October 26th 8:30am (Melrose Family YMCA)*

Join us for the 10th annual Melrose Family YMCA Spooky Sprint!



This race begins at the Y and travels through charming downtown Melrose and through beautiful Pine Banks. Bring your costumes and family!

All proceeds benefit the Melrose Family YMCA's Annual Fund which ensures no one in the community is turned away for inability to pay. In 2018 the YMCA of Metro North provided more than one million dollars in financial aid providing all children, adults and families with opportunities to develop a healthy spirit, mind and body regardless of income.

[Register For The Spooky Sprint 5k](#)

### Registration is Open for The LiveSTRONG At The Y Half Marathon

*November 23rd 9:00am (Lt. Ross Park Peabody, MA)*

Run to support LiveSTRONG at the YMCA, a program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis.



This test of running endurance is perfect for experienced runners or those looking to complete their first half marathon. And if you're not quite ready for a half marathon, the 2019 race includes a two person relay option. This is the perfect next step up from a 5k and a fun way to enjoy the race with a friend.

This is the only half marathon in Peabody. Space is limited, so sign up soon!

[Learn more](#)

[Register Now for the Half Marathon!](#)

## UPCOMING EVENTS

Fall is full of fun family events at all of our YMCA of Metro North locations. This month come to the Y and take part in Family Zumba, Fall Festival, Member Appreciation Days, Kids Night Out and more!

[View All Events at our YMCA of Metro North Locations](#)

## IN THE NEWS

### New Lynn YMCA Recognizes Capital Donors

It is with deep gratitude that we recognize and acknowledge our donors for their continued support of the Y's mission, programs and services across our communities. Together we are committed to giving young people the resources to reach their potential, providing individuals with the access and support to lead healthy lives and connecting neighbors so they can come together for the common good.

[Read more](#)

### Kick The Sugar Challenge to be held October 14th to October 27th

Did you know that a vicious cycle of sugar cravings can negatively affect your health in a variety of ways? Sugar has been linked to increased LDL & VLDL ("bad" cholesterol), lowered HDL ("good" cholesterol), hypoglycemia, headaches, diabetes, depression and several types of cancer. If you want to eliminate sugar cravings, lose unwanted pounds and improve your overall health sign up for our Kick The Sugar Challenge.

[Read more](#)

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