

# EVENTS AT THE Y



EVENTS ARE FREE UNLESS OTHERWISE MARKED *\*PAID EVENT*

## MAY

- 3 Kids Night Out**  
5:30pm-8:30pm | Demakes Family YMCA
- 6 Blood Pressure Study Lunch and Learn**  
12:00pm-1:30pm | Demakes Family YMCA
- 8 UMass Admissions and Financial Aid Session**  
6:30pm-8:30pm | Demakes Family YMCA
- 10 Muffins for Mom!**  
9:00am-11:00am | Melrose Family YMCA
- 11 Stride Along the Tide 5K**  
Race Start Time 8:30am | Nahant Lowlands Park
- 12 Happy Mother's Day**  
From the YMCA of Metro North
- 14 Neighbor to Neighbor Housing Forum**  
4:30pm-8:00pm | Demakes Family YMCA
- 16 United Healthcare Member Appreciation**  
12:00pm-3:00pm | Demakes Family YMCA
- 17 YDC Friday Night In**  
5:30pm-8:30pm | Demakes Family YMCA
- 23 American Red Cross Blood Drive**  
9:00am-2:00pm | Demakes Family YMCA
- 27 Memorial Day**  
Honoring those who served in the U.S. Military
- 28 Melrose Family YMCA Fitness Center Grand Opening**  
9:00am-10:00am | Melrose Family YMCA
- 28 Member Appreciation Week!**  
Raffles and giveaways all week to celebrate the opening of our NEW Fitness Center! May 28-31

**STAY TUNED FOR JUNE EVENTS**

Scan the  
QR Code  
to Register  
for Events

