

Monthly News & Updates



A NOTE FROM THE CEO

Dear YMCA of the Foothills Family,

August is National Wellness Month. This month take the time to focus on you and your wellbeing while creating healthy habits and routines. We challenge you to take your fitness to a new level. The YMCA continues to serve our community in new and innovative ways to help keep our members and youth active physically and socially. Here are the programs we are launching in August.

YOUTH PROGRAMS



The YMCA of the Foothills is ready for school!! We are launching YMCA Essential School Camp Care or YESC²!

YMCA Essential School Camp Care allows your child to have fun in a healthy and responsible environment while incorporating activities such as study time, STEM, and more.

Additionally, each week will include an on-site adventure, swim, physical education, LA Kings ball hockey, crafts and more.

Full day and half day options are available. For more information please contact Natalie Lyons: nlyons@ymcafoothills.org

YESC2 starts August 17th register here:

**YMCA Essential School Camp
Care**



LEARNING TREE PRESCHOOL

In addition to YESC², we are bringing back our Learning Tree Preschool. Our students will learn the importance of respecting others, building positive relationships with peers and adults, developing social norms, and discover the benefits of making healthy choices. When they graduate we hope that they are prepared socially, mentally, physically, and spiritually for kindergarten. Full/Part Time available.

For more information please contact Annie Azizian: aazizian@ymcafoothills.org



Register for Preschool

HEALTHY LIVING



OUTDOOR SGT & LES MILLS

We are kicking off the month of August with National Wellness Month and bringing you Outdoor SGT and Les Mills Classes at CCY. **Starting August 10th** in the parking lot.

- Monday Mornings 8:30am-9:30am
- Wednesday Evenings 5:30pm-6:30pm

We will add an outdoor Spin Class starting August 17th.

Keep moving this month and we will see you there. Spots are limited. Please reserve your spot here:

Reserve my spot

MISSION ADVANCEMENT

GLLENDALE COMMUNITY COLLEGE & LOS ANGELES REGIONAL FOOD BANK

the Y

MOBILE FOOD PANTRY

FREE FOOD & GROCERIES

The banner features a red background with yellow text. It includes logos for Glendale Community College, the Los Angeles Regional Food Bank, and The Y. The central text reads 'MOBILE FOOD PANTRY' with a can of soup and an apple replacing the 'O' in 'FOOD'. Below this, it says 'FREE FOOD & GROCERIES' in a yellow bar.

Mobile Food Pantry

We continued to serve our community this week with our partnership with Glendale Community College and Keller Williams Realty- Glendale. We were able to serve over 1,500 families in need. If you are interested in volunteering for this event please email volunteers@ymcafoothills.org or join us for our next Food Drive August 25th at Glendale Community College.

More Information

Blood Drive

We will be also hosting our next Blood Drive August 27 with Huntington Hospital.

CRESCENTA-CAÑADA FAMILY YMCA
1930 Foothill Blvd. La Cañada Flintridge, CA 91011

Thursday, August 27, 2020
Time: 8:00am - 2:15pm
Location: Patio Room

- Blood donors will receive a choice of a \$5 gift card or a blood donation t-shirt.
- Please call to schedule your donation at (626) 676-3035

