



FIRST FRIDAY REPORT



A Monthly Update for Friends of
THE YMCA OF METROPOLITAN DALLAS

PRESIDENT'S OFFICE
601 N. Akard St.
Dallas, TX 75201
214-880-9622
Fax 214-871-3014

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Dear YMCA Friends,

Here are a few highlights of what's happening through your YMCA:

Youth Development Summer at the Y is right around the corner. Whether your child is looking to make new friends, improve sports skills, learn to shoot a bow and arrow, or just have a great time, the Y has the answer! Our summer day camps, YMCA Camp on the Lake, Collin County Adventure Camp and YMCA Camp Grady Spruce center on the character development traits of caring, honesty, respect and responsibility. We also combine fun and adventure with age-appropriate, camper-centered programs that incorporate new skills and group activities, all in a safe environment. Additionally, campers will spend time learning science and technology as education is a key component of all the work the Y does. For more information on any of our camps, please visit ymcadallas.org/youth_development/summer_camps/



Healthy Living Every day in the United States, 9,200 people will celebrate their 62nd birthday and another 8,000 will celebrate their 65th. Baby Boomers make up the largest segment of the U.S. population and are the Y's fastest growing membership category. Recently, I read a book called "Younger Next Year" written by Chris Crowley and Henry Lodge, MD. In it, they advocate the importance of vigorous cardio exercise and strength training as we age to improve the quality of life as Boomers enter what they call the next third of their lives. It's a good read and highlights what many of us already know. The Y is working to meet the needs of Boomers through both exercise and specific day trips designed for seasoned adults. Visit your local Y to see what they have to offer.



Social Responsibility Tuesday March 5th marked the second annual YMCA Day of Giving. The intent of the day is to use both social media and an awareness campaign in each of our Ys to educate the community on the important work of the Y and ask for a gift to the Annual Campaign. The Dallas Y worked with the Ys in Arlington and Fort Worth and had a collective goal of \$115K. I'm pleased to report that together, the three Ys raised nearly \$300K with the Dallas Y raising \$205K. Over 1,400 people made a gift and the majority of those had never made a gift to the Y before. These funds go toward our Campaign goal of \$4.325M that supports children and families that need the Y but cannot afford the full cost to participate. On behalf of a grateful YMCA, thank you!



Thank you for your continued support.

In spirit, mind, and body.
Sincerely,

Curt Hazelbaker
President and Chief Executive Officer

