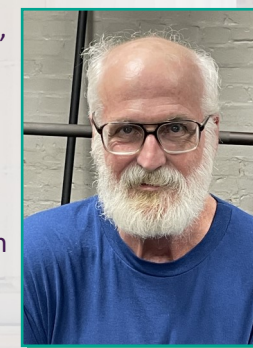


MEMBER SPOTLIGHT

SCOTT HIMES

Scott Himes, a native of Punxsutawney, PA and resident of Jeannette, was a heavy-equipment operator for a private contractor in the coal and gas industry until a severe automobile accident in 1986 and a subsequent stroke disabled him. He spent a year in a wheelchair. He moved into the area to rehab at a local specialized rehabilitation center which eventually closed. Scott then joined our Y in 1994 and credits our facility for giving him his mobility back!



He took a few minutes for the Member Spotlight Q & A sessions:

Why did you join the Greensburg Y? I joined the Y due to damage by a stroke and to improve my mobility.

What's your favorite part of being a member of the Y?

Getting stronger and meeting new people.

What is your current occupation? I am disabled due to a stroke.

How do you define success? Achieving your goals.

Who inspires you? Disabled people, my family and God.

What's the next place on your travel bucket list?

Yellowstone.

If you could choose anyone as a mentor, who would you choose and why? My uncle Chester Whelpley. He is a successful, self-business owner, and family man. We all look up to him.

What's something about you (a fun fact) that not many people know? I have given 24-plus gallons of blood with the Red Cross.

What's the last book you read? Daily Guide Post.

What is your favorite hobby? Working out at the Y, and donating blood.

Currently binge-watching any shows? All sports.

If you had to eat one meal every day for the rest of your life, what would it be? Peanut butter and jelly sandwiches.

What's one item you can't live without? My eye glasses.

From the President of the Board....

DR. SYDNEY BEELER



"A little progress each day adds up to big results"

Have you noticed the changes around the Y lately? I have too—the locker room remodeling is coming along, our roof has been repaired, and workers have been buzzing around working steadily. Progress is being made, and further improvements to our weight and cardio equipment are in the works.

While the Board has been working to align our resources with the strategic plan of the Greensburg YMCA, we have made an intentional effort to provide the resources necessary to improve the membership experience. As the season is turning and the colder air is setting in, you will notice additional building and equipment upgrades so bring a friend in to join our Y community! We are striving to create a third-place environment where our members can make deep and lasting connections and build our community!

To better serve our community, and through the generosity of an anonymous donor, the Greensburg YMCA recently completed a market analysis. The market analysis has provided the Board and YMCA staff with a road map for our future programming. As a result we are in the process of developing programming that will fulfill both the needs of our community and the mission of the Y!

I am excited about how this all will unfold. Stay tuned for some terrific programming and facility facelifts in the final quarter of this year!

Sydney

PLEASE SEE HOLIDAY HOURS
ON BACK PAGE!

FRONT PAGE NEWS ... FROM THE GREENSBURG Y

NEW FITNESS FACILITY HOURS

Monday–Thursday:
5:30 am–8:30 pm

Friday:
5:30 am–8 pm

Saturday:
7:30 am–2 pm

Sunday:
8 am–1 pm

CONTACT INFORMATION

Welcome Center: 724.834.0150,
ext. 111.

Scan for
website



REMODELING CONTINUES!!

Our exciting remodeling projects continue throughout the facility. During this time, please be mindful of active work areas. Your cooperation and patience during our remodeling is greatly appreciated.

CHILD WATCH HOURS

Let us watch your children as you work out. Our Child Watch service is available six days a week. Daily hours are:

- Monday, Wednesday, Friday and Saturday, 8:30 am–11:30 am
- Monday–Thursday, 4:30 pm–6:30 pm

32nd ANNUAL TURKEY TROT

Our Y again is the main benefactor for the 32nd Annual Greensburg Turkey Trot, scheduled for Thursday, Nov. 23. We will have a key role again in the 2023 event, including hosting the pre-race packet pickup, and other event planning. Volunteers are needed to work 2-hour shifts from noon–6 pm, Wednesday, Nov. 22 for packet pick-up in our gym. We also need help on race day Thanksgiving Day, Thursday, Nov. 23. Please email Ron Wahl at r.wahl@gbgymca.org if interested. To register online for the race, go to www.gbgkeytrot.com.

From the CEO's Chair...

SUZANNE PRINTZ



Locker room updates, roof replacement, boiler replacement, equipment upgrades, lighting upgrades, staffing and recruitment success, Snider Race, Turkey Trot collaboration: These are just some of the projects we have achieved or are working on to improve the Greensburg YMCA experience for our members, program participants and community.

It has been a tough three years since the pandemic and change in leadership, but we are beginning to see some of the fruits of our efforts. In 2022, our organization made the commitment to stay in downtown Greensburg and to continue to invest in our building and programs which serve not only Greensburg but Jeannette, Hempfield, and parts of Norwin and Penn Trafford. Our strategic initiatives will focus on youth, families and active older adults in these communities, with our core operations occurring at our main Y. Initiatives that I will be focusing on in the coming year include aligning our programs with our strategic plan, collaborating with local non-profits and other civic organizations (we need to compliment one another, not compete), solve occupancy for our 3rd and 4th floor of our building, and re-engage our community with the Y.

We are coming back and we need your help. Here are a few ways you can help in the short-term:

- Will you share? If you are reading this and have a fun or impactful story about your experience with the Greensburg Y, be it yesterday or 40 years ago, would you share? See **back page** on how to share your story.
- If you've never been to our Y, please come and check us out. You will meet our awesome membership staff and hopefully discover what so many others have found at our Y...a FAMILY.
- If you left us, will you come back? Give us another try. We miss you and want to show you that we are improving.

(continued on back page)

Aquatics...

COMING EVENTS/PROGRAMS

- Oct. 13**—Fall 2 Lessons registration begins.
- Oct. 30–Dec. 24**—Fall 2 Session.
- Dec. 15**—Registration opens for Winter Session
- Mondays and Fridays (11 a.m.)**—Our Aquatics GroupEx class, Happy Hinges, is held twice a week.
- American Red Cross Lifeguarding Certification class will be held this fall. Dates to be determined soon!
- Do you want to learn to scuba dive? Randy's Dive Shop will be offering classes in our pool starting in January, contact Randy's at 724-863-0752 for more information.
- The Greensburg Salem High School Swim Team begins practice week of Nov.13.

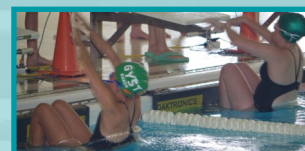


Aquatics Department News

- The Aquatics Department held its annual team-building Lifeguard Olympics (see photo above) in August. The staff then enjoyed a concert at the Summer Sounds concert series in St. Clair Park.

2023-24 Fall/Winter Swim Team News

- Registrations for the 2023-24 Fall/Winter our Greensburg Y Swim Team Stingray season continues through October for the team.
- The only GYST home meet of the season is Saturday, Oct. 28. All pools and the gymnasium will be closed that day! Come cheer on your YMCA team!.



Adult Care Service...

We are so proud to announce the 30th work anniversary of our Adult Care Services (ACS)

Director Tammy Carota and Direct Care Professional Stacey Felentzer. Congratulations Tammy and Stacey and THANK YOU for your tremendous service!!!



- ACS has a Christmas party planned for Dec. 21. There will be crafts, snacks, games and a lot of fun!!!

(Left): ACS recently visited the Living Treasures Animal Park.



Sports & Wellness...

GROUPEX CLASSES EXPANDED:

- Several Les Mills classes have been added to our GroupEx lineup. All the GroupEx classes are free to members and \$5/person for non-members.

	SUN	MON	TUE	Wed	THUR	FRI	SAT
BODYPUMP	10:50 am		6:15 pm	9:15 am	5:25 pm	9:15 am	8 am
GRIT (Cardio)			4:50 pm				9:05 am
Grit (Strength)	9:15 am	6 pm			9:15 am		
BODY FLOW	8:55 am	10:20 am	5:25 pm				



Participants get a great work-out in our Les Mills BodyFlow class.

CURRENT/FUTURE PROGRAMS

- **Aerial Gymnastics team:** Our gymnastics team will be hosting its annual Aerial Invitational meet, Saturday and Sunday, Oct. 28 and 29 at our Annex on 308 N. Pennsylvania Ave. Ten teams will compete. Times are TBD. Come cheer on our hard-working and talented gymnasts.

- **Personal Training/ Wellness Coaching:** One-on-one sessions and group fitness programs are launching by mid-October. More information to be announced.
- **Get Moving Initiative!:** Jump start your motivation with our Y's planned 8-week wellness and

personal training program. The program is set to begin mid-October. For more information, visit our website or contact Brenda Willett, sports and wellness director at b.willett@gbgymca.org.

- **Competitive play Basketball:** Grades 3-5. Twelve-week programs launching January 2024.

Membership/Welcome Center...

News and Notes From the Welcome Center
ANNUAL FALL FEST SET

- Our annual Fall Fest, a free night of family fun, crafts and activities to kickoff our themed-Family Fun night series, will be held Oct. 13 from 5:30-7:30 pm. This **FREE** event promotes healthy fun for all families in our community. This year's activities will include carnival-style games, pumpkin decorating, healthy snacks and a treat bag for each child and more. The pool will be open with a pumpkin patch for "picking" pumpkins. Please join us and enjoy some seasonal fun!

JOIN FEE PROMOTION

- **Pay the Day is back!** New members will get a joining fee discount when they join the our Y in October. The joining fee will be the same as the date, for example, October 1 will be \$1, October 2 will be \$2, and so on. The sooner you join, the more you will save. Tell your friends – it is fun to be at the YMCA!

FAMILY FUN NIGHTS RETURN

Family Fun Nights begin in November and continue through March. The fun takes place in our gym on the third Friday of the month and are FREE to our members and nominal fee for

WALK ACROSS AMERICA

- Our Walk Across America program held last month was a huge success. The month-long program was designed to be a fun way to get exercise, develop relationships and further your wellness goals. Participants logged their exercise time. Every 30-minute slot counted as 100 miles. The winner will be announced in early October and after the publication date for this issue.

WEEKLY DRAWING WINNERS

Week 1—Barbara Doherty

Week 2—Constance Gazze

Week 3—Robin Mongelluzzo

Week 4 and Overall Winner— (See Next Issue)

the community. We will have themed crafts, snacks and heart-pumping activities. The dates for this quarter are:

- November 17 – We are Thankful @ the
- December 15 – Jolly Holiday Fun @ the Y

Child Care Development...

Early Childhood
Learning Center (ECLC)

- Parents can now take advantage of our new reduced rates in the ECLC. We currently have full-time/full-day enrollment openings for our Pre-K classrooms (ages 2-5). Please visit our website at www.greensburgymca.org under Childcare to complete the enrollment forms, or email Dusty Harris at d.harris@gbgymca.org.

- Our ECLC is proud to announce three new staff members::

Shelby Cooper - Head Teacher

Alexis Piper - Assistant Teacher

Elizabeth Smith, Head Teacher/Toddlers

- ECLC will host a Halloween dress-up party and parade on Oct. 31, its first party since its re-opening. Parents are invited to judge costumes, and staff and parents are encouraged to send in treats (We do have a peanut allergy). Staff will also have the option to dress up as well. We are



Photos: (top) Our ECLC students perform a song for PA Auditor General Tim DeFoor during his August visit. (above) AG DeFoor greets and thanks our students for a great performance.

HOLIDAY HOURS

Thanksgiving Day (Nov. 23)—Closed
Christmas Eve (Dec. 24)—Closed
Christmas Day (Dec. 25)—Closed
New Year's Eve (Dec. 31)—6 am-Noon

TURN BACK YOUR CLOCKS

Daylight Savings Time ends Nov. 5. Remember to "fall back" and turn back your clocks one hour.

Before & After
School Enrichment (BASE)

- Our BASE program opened last month.
- We have full- and part-time students enrolled in our program at three sites: West Hempfield and Fort Allen in the Hempfield Area School District, and Hutchinson (afternoon only) in the Greensburg Salem School District.
- There are current openings at all the three current sites, Monday, Wednesday, Friday mornings (Fort Allen students only) —AND— Monday-Friday afternoons (available for students from all Hempfield Elementary schools).
- To enroll, visit our website at www.greensburgymca.org.



Students at our West Hempfield site started a book last week titled, "Skeleton Creek."

We Need Help!...if you know someone who may be interested in employment.

Scan Here to Apply



From the CEO...(cont. from pg. 1)

- If you care and have time to spare, please contact us so we can find a good fit for you. Email us at info@gbgymca.org and we will reach out.
- If you're the praying type, pray for our Y and for the community we serve.

Now more than ever, we need you, and this world we're living in needs the mission work of the YMCA: to put Christian principles into practice through programs that build a healthy mind, body and spirit for all.

Onward,

Suzanne

SAVE THE DATES!

OCTOBER

- 13 Fall Fest, 5:30 –7:30 pm
- 17 Member Appreciation
- 18 Greensburg Y Swim Team Home Meet
- 28-29 Greensburg Y Gymnastics Invite

NOVEMBER

- 14 Member Appreciation
- 17 Family Fun Night, 5:30-7:30 pm
- 23 Thanksgiving (Closed)
- 23 32nd Annual Turkey Trot (9 am start)

DECEMBER

- 11 Member Appreciation
- 15 Family Fun Night, 5:30-7:30 pm
- 24 Christmas Eve (Closed)
- 25 Christmas Day (Closed)
- 31 New Year's Eve (Hours: 6 am-Noon)

FALL ADULT PICK-UP SPORTS
SCHEDULE

PICKLEBALL

Mondays and Wednesdays 1-3 pm
Thursdays 7-8:30 pm
Sundays* 8:10-10:10 am
*Sundays intermediate/advanced players only.

VOLLEYBALL

Mondays 7-8:30 pm
Wednesdays 7-8:30 pm

BASKETBALL

Tuesdays (morning) 6–7:30 am
Tuesdays (evening) 7-8:30 pm
Thursdays 6-7:30 am

SHARE YOUR Y STORY

Help us spread the good news and impact we have in our community. Please tell us your Y impact story by visiting our website at www.greensburgymca.org/about-us/this-is-my-y-story/. Submit your story and receive a free day pass.

STORIES, IDEAS AND MORE

If you have a great story, comments or ideas you would like to share for the newsletter, please do not hesitate to email Ron Wahl at r.wahl@gbgymca.org.

