

Shine On Greater Moncton Newsletter

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Unveiling Stories,
Celebrating
Community, and
Building Wellness
Together!



**Serving the
Greater
Moncton
community
for 154 years!**

For 154 years, the YMCA of Greater Moncton has been a cornerstone of our community since its establishment in 1870. Dedicated to unlocking the potential of individuals across all age groups, promoting healthy lifestyles, and nurturing social responsibility, the YMCA strives to provide everyone with the access to the essentials needed to learn, develop, and flourish. Emphasizing inclusivity and accessibility, we cater to individuals of diverse ages, backgrounds, and abilities, supporting them through every stage of life. Together, we empower our community to SHINE ON.

Peace Medal Award 2023

Each year, YMCAs across Canada celebrate acts of peace and the exceptional work taking place, both locally and globally, to promote peace within communities. In 2023, our Y was proud to honor three local peace makers and their great work in making Greater Moncton a more inclusive and supportive place.

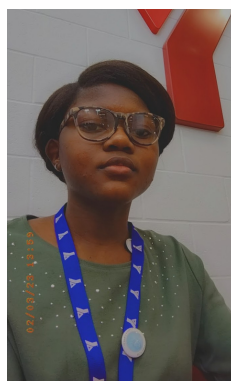
The 2023 YMCA of Greater Moncton Peace Medals were presented to:

- Julie Doucette and Denys LeBlanc
- Barbara Elias
- Café Inclusio



In this photo: the Peace Medal recipients of 2023, along with YMCA of Greater Moncton's CEO Zane Korytko and Board of Directors member Lauren Trueman.

Follow this link to learn more about our Peace Medal recipients and their awesome contributions: [Peace Medal – YMCA of Greater Moncton](#)



Volunteer Spotlight!

Meet Precious, a devoted YMCA volunteer, sharing her experience of choosing to volunteer during her vacation in Canada in late 2021. Starting her service in January 2022, she has made significant contributions to the fitness center and other valued programs such as YCAN and YMCA Alternative Suspension. Precious highlights the YMCA's vital role as a community hub, extending beyond mere fitness facilities. She cherishes the welcoming atmosphere and regards the YMCA as a second home. Catch her full Y Story on our social media page for more insights into her enriching journey.

Revamped and Ready: Exciting Upgrades at Vaughan Harvey!

Exciting News! Our Vaughan Harvey location is stepping up its game for you. Last December, we revamped our gymnasium floors to provide an even better experience.

Following the repaving of our parking lots and the introduction of new fitness equipment in Summer 2023, we're continuing to enhance your wellness journey. Get ready for the latest addition – a new sauna generator for the women's steam room. We're committed to creating a top-notch facility for your fitness needs. Stay tuned for more improvements as we strive to make your YMCA experience the best it can be!

Member Highlights!



We always take pride in sharing the stories of our members and their love for the Y. Here's a lovely story of Sydney and Maxton, highlighting the Y's role in creating cherished memories for them:

"My son Maxton (2) and I have been coming to the YMCA for just over a year. We have explored as much as we can. I have used the work out facilities, tried out fitness classes. We have enjoyed the toddler swims. Our FAVORITE program offered is play pals in the gym. We try to come every Saturday morning. I call it our mom and son date day. We come and Maxton gets to play with kids his age and older. He is non-stop the whole time, kicking soccer balls, chasing other kids, riding the red scooters. His favorite days are when the parachute comes out. All of the parents grab it and shake while kids race around underneath. Saturdays with my little boy is our Y"



21st YMCA Battle of the Brains!

Join us Saturday, March 16, 2024 at 7pm at YMCA Moncton North for the 21st edition of YMCA Battle of the Brains. Proceeds from the event support YMCA ReConnect which plays an important role in supporting our unhoused neighbours with the aim of reducing chronic homelessness in our community. Special thanks to our sponsors:

Q103 and New County 96.9
Bell Aliant
D.R. Docusafe

Back to defend their championship title are 'The Trivia Newton Johns' from New Country 96.9.

Do you have what it takes to claim the top spot?

To learn more about how you can register a team, sponsor, donate or volunteer, contact Jaime MacLellan at jaime.maclellan@ymcamoncton.ca

City Collaboration: YMCA of Greater Moncton Joins Forces for Inclusive Fitness Opportunities!

The YMCA of Greater Moncton is proud to partner with the City of Moncton to offer opportunities for people of all ages to get active! These city sponsored opportunities are open to all, regardless of if you are a Y member or not. There is a little something for everyone:

\$3 Public swims:
Fridays: 7:00pm-8:00pm
Sundays: 1:30pm-3:00pm

\$3 Primetime Aquafit:
Wednesdays – 9:00am-10:00am

\$5 Youth basketball at YMCA Vaughan Harvey*:
Mondays – 6:45pm-9:50pm
Fridays – 8:15pm-9:50pm

\$5 Youth Badminton at YMCA Moncton North*:
Sundays – 1:00-2:45pm

*The days/times listed above for basketball and badminton are open to anyone 12 and up, however the city sponsored \$5 drop in fee applies only to those between the ages of 12-18. Anyone over the age of 19 of must provide valid government issued photo ID in order to participate in YMCA activities.

Don't miss out – grab your gear and join in on the fun!



Discover YMCA ReConnect & Ambassadors' New Hub on St. George Street

The YMCA ReConnect, SUN Moncton, and Downtown Ambassador programs recently relocated to an offsite location at the end of November: a community hub on St. George Street. The team has settled well into their new space and collaborates closely with the John Howard Society to offer accessible spaces and services for individuals experiencing homelessness, along with the opportunity to undergo intensive case management as needed.

Catch them now at their new space at 473 St. George Street. For inquiries or assistance, you can also reach them at 506-856-4362. The Hub is available to individuals from all walks of life and serves as a vital tool in the community. The programs look forward to continuing to meet individuals where they are and growing their team with individuals who are passionate about providing safe spaces or simply a listening ear.

