

OCTOBER

ACTIVITIES & NEWS



YMCA OF SUMTER
510 Miller Road, Sumter
September 2024
ymcasumter.org

CONNECTING PEOPLE TO LIFE-CHANGING OPPORTUNITIES

MORE THAN FOUR DECADES OF TRADITION

The 43rd Annual Turkey Trot 5K promises to be a festive celebration of community and fitness, drawing participants of all ages to lace up their running shoes and hit the scenic course. Set against a backdrop of autumn foliage, this beloved event not only encourages healthy living but also embodies the spirit of Thanksgiving, with many runners sporting fun costumes and holiday-themed gear. Participants can look forward to a lively atmosphere filled with music, cheers from enthusiastic spectators, and the chance to earn prizes for top finishers. Whether you're a seasoned runner or a casual walker, the Turkey Trot is a wonderful way to kick off the holiday season while giving back. Join in the fun and make this year's trot a memorable one!

Thanksgiving Day - November 28, 2024 @ 9:00 am

Register at the YMCA member service desk or [on-line](#)
Packet pick up will be held on Wednesday, November 27 12:00 pm - 7:00 pm
T-Shirts are available first come, first serve.

Race Day Registration and Check-in begins at 8:00 am
Turkey Trot - Certified course, finish line & timing services by Strictly Running
Gobbler Dash - City trail for kids ages 6-9, supervised by staff



YMCA Turkey Trot

Awards start one hour after the race begins for Turkey Trot top three finishers per age group per gender, and overall top male and overall female are awarded. We also recognize the top over all for Gobbler Dash.

HERE FOR OUR COMMUNITY

The YMCA is the leading nonprofit committed to strengthening individuals and communities across the country. At the Y, we're here to help you find your "why" – your greater sense of purpose – by connecting you with opportunities to improve your health, support young people, make new friends and contribute to a stronger, more cohesive community for all.

YMCAs in the USA are all 501c3 non profit organizations. This means that any profit goes back into the organization, not into the hands of owners. Non-profits have no owners, just a voluntary board and depend on donations and grants to sustain programs, offerings and financial assistance to those that desire to be part of the amazing, life-changing opportunities the Y provides. Every day, we work side-by side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive at the Y!

To learn more about how you can help, contact Derek Burress at dburress@ymcasumter.org

2024 CAPITAL CAMPAIGN

The YMCA of Sumter has a proud legacy of making our community better by improving the quality of life for ALL. With a focus on youth development, healthy living and social responsibility, the Y nurtures the potential of every child and teen, improves the nation’s health and well-being, and provides opportunities to give back and support neighbors.

Our recent facilities assessment conducted in March 2024 revealed that the upper and lower gyms as well as the indoor track, built in 1971, requires substantial maintenance. While we are able to complete the upper gymnasium renovations, we need your support in order to complete this project.

Together, we can leave a legacy for future generations, just as community members of the past made our current facilities possible. Consider donating in honor or memory of someone special. We are growing stronger together, by giving today, for tomorrow.

By making a donation to the Sumter Family YMCA Capital Campaign, you’re not just contributing to a building; you’re investing in the well-being of families, the growth of young minds, and the strength of our community. Every dollar brings us one step closer to our goals, ensuring that we can provide essential resources and life-enriching programs to all.

Visit our website to learn more or donate www.ymcasumter.org/giving/



Y ACTIVE ADULT ACTIVITIES

Pickleball - It’s fun, simple and easy to learn. There are no skill levels required to play, no registration and no fees. We provide the equipment and court area in the upper gym.

Volunteer - Join us for a fun-filled volunteering event as we stuff Halloween treat bags for Christ Community Church’s Fall Festival!

Bingo - This engages the brain to hand-eye coordination and it comes with lots of laughter which we all know is truly the best medicine.

Coloring Bookmarks - Let’s share time together while transforming bookmarks into captivating artwork. These will be provided to our book club to help keep their place while reading.

Register: at member services or online

Contact: Cathy Mason cmason@ymcasumter.org 803-774-2507

20	21 PickleBall 1-3pm (Subject to change) Game of Choice 1-3pm	22 Bingo 12-2pm PickleBall 1-3pm	23 Bible study 10-11am PickleBall 1-3pm Game of Choice 1-3pm	24 Adult Coloring 12-2pm PickleBall 1-3pm	25	26
27	28 PickleBall 1-3pm (Subject to change) Game of Choice 1-3pm	29 Book Club 12-2pm PickleBall 1-3pm	30 Bible study 10-11am PickleBall 1-3pm Game of Choice 1-3pm	31 Movie 12-2pm (The Grace Card) PickleBall 1-3pm		

WELCOME

Welcome our newest team members to the Y:

Dawn Bullard
Tatiana Halley
Cheryl Huggins
Jennifer Londergan
Gabriel Stewart
Mary Tention

ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may enjoy it.

CONNECT WITH US

[Facebook.com/ymcasumter](https://www.facebook.com/ymcasumter)
www.ymcasumter.org

WORKOUT ON YOUR OWN

Download the YMCA360 app

Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.