

Dear Residents,

Goodbye summer- Hello Fall! We are excited to offer you new programs and exciting events for the entire family! There is something for everyone this season.

Our mission is to build stronger families and strengthen communities. Please contact us and let us know how we can better meet the needs of your family at our facility and within your neighborhood through supporting your efforts, and helping to facilitate community functions where you live! Visit us today for information about our exciting membership opportunities.

We are conveniently located within the Ponderosa Forest Subdivision, just off of FM 1960 and Ella Blvd, serving Spring ISD and the 1960 Corridor for 25 years.

**Check out what's new at the Y today:**

**\*SEPTEMBER 21 - Active Older Adults Open House! 9:00a-1:00p.** Come see all the program offerings that the YMCA has to offer! Introduction to Pickle-ball 9:00a-1030a

\*Pickle-ball Tournament at the Coppinger Family YMCA 9/28-9/30

**\*Welcome back Fall Group Exercise!!!** Join us in celebrating Hispanic Heritage Month! And Don't miss Zumbafest on September 30th at 6:00p. Community is welcome to attend

**\*FAMILY NIGHTS AT THE YMCA!** We welcome all ages and families. Join us for a great night of family activities. Play games, a light dinner provided will be available for purchase. We are calling September a "Double Hitter For All" because this month we are hosting two family nights!

**\*SEPTEMBER 23 – FAMILY FIELD DAY! 6:00p-8:00p.** Come play assorted outdoor sports and activities as a family... Kickball, volleyball, indoor soccer and other traditional games with some new "modified" rules so the entire family is involved.

**\*SEPTEMBER 30 – MESSY MADNESS! 6:00p-8:00p.** Join us in our lab as we explore the complex world of Obbleck! A messy green goop that is sure to leave you guessing, "What is it?"

**\*Coming Soon:** October will be the YMCA Breast Cancer Awareness Month. Come workout for Pink!

**\*October 1<sup>st</sup> - Ponderosa Sub! 9:00a-6:00p.** It's Open House for the neighborhood. Come by the Y on October 1<sup>st</sup> and someone from Ponderosa will win a 3 month Family Membership!

**\*Winter Youth Sports Registration** - Basketball, NFL Flag, and Cheerleading.

**\*Did you know** that we serve Afterschool Childcare on site at 15 local elementary schools? Please contact the YMCA to see if we offer childcare at your local school.

**\*November 18 - Family Feast!**

**\*January 20 - Minute to Win It Family Contest!**

Contact us today! Visit our website: <http://www.ymcahouston.org/n-harris-county>. Or give us a call at 281-444-3550.

Sincerely,

Whitney Grunder  
Community Liaison, North Harris County YMCA