

SUPPORTING OUR COMMUNITY #StayWithUs



Y Members and Friends:

We hope that as you receive this message you and your family continue to be well during this challenging time in our community and nation. As you know, your Y program centers are closed, and our staff has been significantly reduced. Our focus now is on remaining connected to our members and donors and providing services to the community in any way we are able. In this update, you will see our engagement in community meals programming and regular blood drive efforts. As you look to continue a healthy lifestyle, we are providing a variety of online fitness classes for you to enjoy at no cost.

We are deeply appreciative of our many members who have continued their memberships and donors who have sent gifts our way. While we do not know when our Y will be allowed to reopen, we do know that we will be back and that the Y will continue to be an important and life-changing part of the lives of thousands of our children, adults, seniors and families. Please know your support during this unprecedented time is very much appreciated.

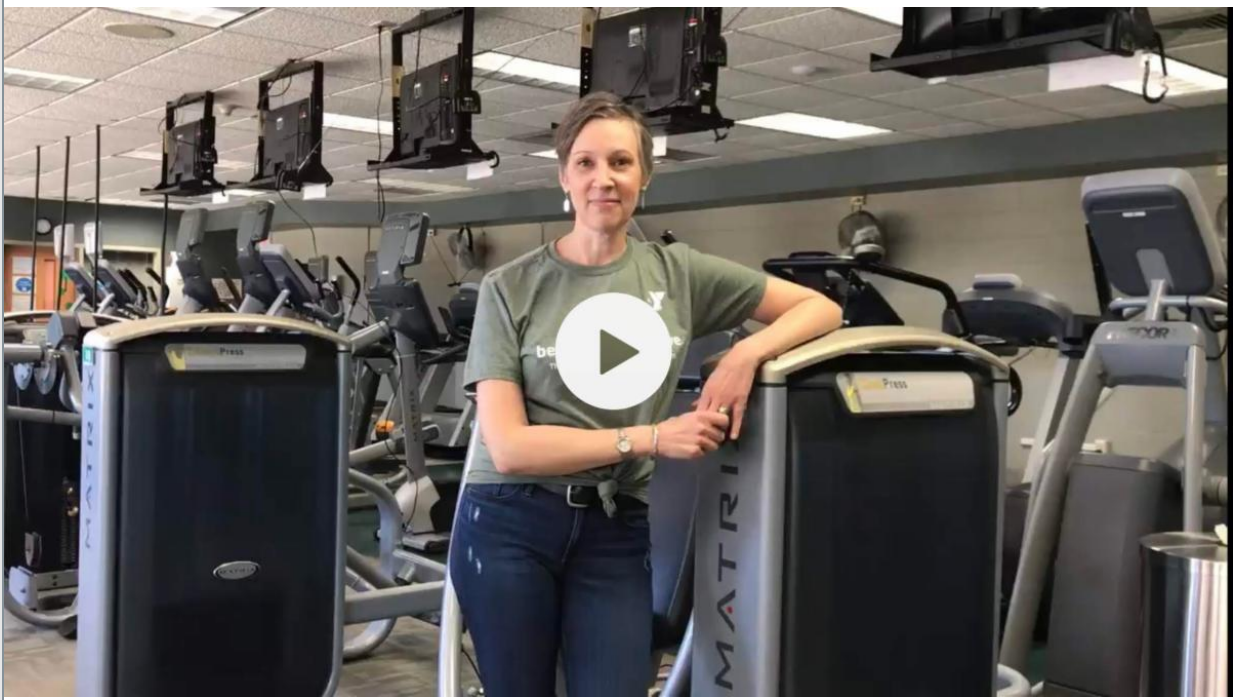
On behalf of our Board of Directors and staff, we wish you and your family good health and hope you are safe.

Sincerely,

Tom Beerntsen, CEO
Door County YMCA



#StayWithUs - the YMCA would be nothing without you. Your support, encouragement, and membership are critical in keeping our doors open and our mission work moving forward. Please continue to believe in us and stay invested during this uncertain time. What we are certain of is that we love and miss you all and cannot wait for our doors to reopen.



Supporting Our Community



Door County Meals Cooperative

In partnering with the Door County Meals Cooperative, the **Sturgeon Bay Program Center** will be a food distribution site Mondays through Fridays from **3:00 pm to 5:30 pm.**

Northern Door Center will also be a distribution site from **3:00 pm to 5:00 pm.**



DOOR COUNTY MEALS COOPERATIVE

PROVIDING MEALS AND SUPPORT TO ALL

A COLLECTION OF COMMUNITY ORGANIZATIONS DEDICATED TOWARDS PROVIDING MEALS FOR THOSE IN NEED

MEAL SITE PICKUP LOCATIONS

ALGOMA COMMUNITY WELLNESS CENTER
SOUTHERN DOOR HIGH SCHOOL - DOOR #9
CORPUS CHRISTI PARISH - W. MAPLE DOOR #2
STURGEON BAY YMCA
SEVASTOPOL HIGH SCHOOL
FISH CREEK YMCA
LAKESHORE ADVENTURES BAILEYS HARBOR

PLEASE REMAIN IN YOUR VEHICLE UPON ARRIVAL
Monday - Friday, 3:00 - 5:30 - FREE

Meals are FREE to Children 18 & Under
Offered through the USDA's Summer Food Program

Adult Meals are Provided through
the Generosity of Community Donations

Donations can be sent to the Door County Community Foundation
and directed towards door county meals cooperative
www.DoorCountyMeals.org

In Cooperation With:



Virtual Classes & Wellness Opportunities

Stay fit and healthy while at home!

We know that staying fit and active is our best way to build a strong immune system and stay healthy. Below are several options to help keep you active and working out at home during our COVID-19 closing.

New classes are continually added.



Fitness On Demand

Land Arthritis with Christine

Pilates with Tonya

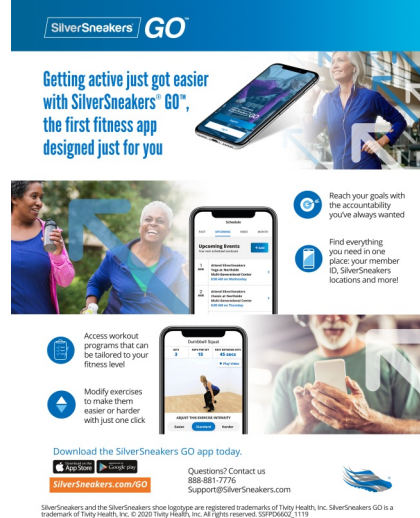
Silver Sneakers Members

Silver Sneakers with Christine

****IMPORTANT****

If you are a Silver Sneaker member, email us at tfelhofer@doorcountyyymca.org or call 920.743.4949 after you've completed a virtual workout, and we

will scan you in for credit. Each scan will help to enable us to continue offering these types of programs.



SilverSneakers GO

Getting active just got easier with SilverSneakers® GO™, the first fitness app designed just for you

Reach your goals with the accountability you've always wanted

Find everything you need in one place: your member ID, SilverSneakers locations and more!

Access workout programs that can be tailored to your fitness level

Modify exercises to make them easier or harder with just one click

Download the SilverSneakers GO app today.

Download on the App Store | Get it on Google Play

Questions? Contact us 888-581-7776 | Support@SilverSneakers.com

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Membership Continuation & Program Credits

As we share additional news and updates with you, you will continue to see that your Y is committed to being there for those who need us the most and we ask you again to join us in this effort. We invite you to continue to invest in your membership so that we can maintain vital life-changing and live-saving programs in our community by continuing your monthly membership draft during our closure. #staywithus

The following are the most frequently asked questions that have come up.

I understand the Y will continue to draft my membership during the closure. Please tell me, how are those funds being used?

Supporting the Y through your membership will allow us to continue to:

- Ensure that we have sufficient funding to make certain we can honor our promise to serve all without regard to financial ability once programming resumes.
- Support our staff with creative work options while normal operations are suspended, for example touching base with our senior members.
- Maintain and clean our buildings in preparation of reopening.

Can I place my membership on hold?

We can place your membership on "Hold" at no charge by calling the Sturgeon Bay Program Center at 920.743.4949, Monday through Friday from 8:00 am to 5:00 pm or emailing tfelhofer@doorcountyyymca.org. You can also contact the Northern Door Program Center at 920.868.3660 or email jlardinois@doorcountyyymca.org. Please call by the end of the current month in order to make changes for the next month's draft.

Can I receive a program credit for Winter 2 session classes?

Program credits will be given upon request. Again, if you would like to invest your dollars in the Y, it will be appreciated and invested wisely in our important work. Please email tfelhofer@doorcountyyymca.org or jlardinois@doorcountyyymca.org.

STAY CONNECTED



www.DoorCountyYMCA.org