



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA of the Capital Area Newsletter - Y Connection  
September 2020



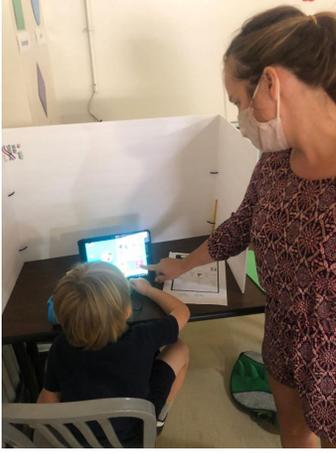
## OUR COMMUNITY GARDEN

Children at the Dow Westside YMCA are excited to begin planting their own community garden. The garden will consist of three raised beds and all supplies, seeds, dirt and materials are provided thanks to a grant we received from LSU Ag and the Dept. of Agriculture and Forestry. Children in our childcare programs will help us plant and care for our garden while we record our growing data. We started planting our seeds and we are already seeing things begin to grow. As we continue to maintain our garden, we are asking for community volunteers who would like to help us...at the Y we do an amazing job of nurturing kids, families and communities but we need a little help when it comes to nurturing our garden. If you have experience with gardens or would like to volunteer, please contact Kelli Templett at [ktemplet@ymcabr.org](mailto:ktemplet@ymcabr.org) so you can help us with this amazing project.



## CARE AND EDUCATIONAL SUPPORT

We continue to provide support by responding to community needs. We are providing needed care and educational support for children while they are attending school virtually. Working



parents can continue to provide for their families while their children learn and grow in a loving environment. By supporting the Y, you are supporting our mission and your community.

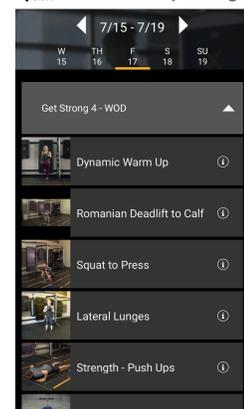
To support the Y, [click here](#) and make a contribution today.

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## VIRTUAL YMCA

If you need motivation or extra support during your workouts, don't forget to download our app for the "workout of the day". Complete your workout and challenge yourself to something new! You can also connect the app to your wearables, sign up for Y alerts, track your workouts, participate in challenges and more!

Download our app for free from the app store by searching for "YMCA of the Capital Area".



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## NEW YMCA STAFF



We are excited to announce the new Wellness and Membership Coordinator at the A. C. Lewis YMCA, Stephanie Granger. She was born and raised in Baton Rouge and lives here with her husband of 21 years and her daughter who is a senior at SJA. She, like many others, has fond memories of the Y, specifically the A. C. Lewis YMCA where she learned to swim and attended summer camp. With a background in elementary education and a passion for helping others, we are excited to have Stephanie join our team.

Lexi Falcon has joined the Y team as the new Healthy Lifestyles Program Manager at the A. C. Lewis YMCA and Paula G. Manship YMCA. Lexi is a native of Baton Rouge. She is an instructor at the A. C. Lewis YMCA where she teaches core and barre classes. Lexi will be working on new programs to help our members

reach their wellness goals. We are excited to have Lexi join our team!



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## GETTING BACK ON TRACK

Even the most dedicated exerciser can fall off the fitness bandwagon because well, life happens and this year has been more challenging than most.

If you haven't been as dedicated to your workouts or maybe haven't worked out at all, now is your chance to get back on track. The longer you wait, the harder it is to come back.

Here are some ways you can get back on track:

**Force yourself.** At first, you may just have to make yourself exercise. Consider writing down why you are exercising as well as the alternatives if you don't. After a while, your workout will become habit and you will see the benefits and start to enjoy it again.

**Start small.** A twenty minute workout is better than no workout at all. Gradually increase your time as you continue to work on a schedule that works for you.

**Have a plan.** Make a plan and make it a part of your daily schedule. Your plan should include the day and time of your workout and what you hope to accomplish.

Change can be hard but we are here to help! Follow our facebook page, @ymcabr, for tips all month long on how you can get back on track with your workout.

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## LABOR DAY HOURS

The Y will be open until 1pm at the following locations:

A. C. Lewis YMCA  
Americana YMCA  
C. B. Pennington Jr. YMCA  
Dow Westside YMCA  
Paula G. Manship YMCA

All other locations will be closed.

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## UPCOMING EVENTS

**September 7:** Labor Day - Limited Hours

**September 25:** Member Appreciation Day & Friend Friday

**October 2:** Save the date! Beyond The Green Golf Tournament



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