



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# DECEMBER

Calendar of Events  
BORDER VIEW FAMILY YMCA

#### OUR MISSION

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.

## DID YOU KNOW...

### 360° OF SOCIAL RESPONSIBILITY

Our Y is committed to making a lasting impact in our community through both fundraising and community action, which is why we are launching the 360° of Social Responsibility. From Giving Tuesday, November 27 to New Year's Eve, December 31, we are doubling the impact of your gift by matching donations up to \$5,000 and committing to 500 hours of community service.



**DOUBLE YOUR CONTRIBUTION AND SUPPORT COMMUNITY ACTION!**

### WINTER DAY CAMP | BORDER VIEW FAMILY YMCA

DEC. 26-28 | DEC. 31-JAN. 11 | JAN. 14 & JAN. 21

Our Winter Camps run over the break and support youth in making new friends, achieving goals and feeling a special sense of belonging. Camps are also full of fun and adventure. We have a variety of camp opportunities available for children. Prices vary depending on camp selection and scholarships are available. Camp starts after Christmas Day and there will be no camp on January 1. **Visit [YMCA.org](http://YMCA.org) or the Welcome Center for information**

### DONATE WRAPPING PAPER AND TAPE | WELCOME CENTER

DECEMBER 1-14

We are seeking donations of holiday wrapping paper and clear tape to support our annual Toys for Tots Gift of Giving event. Donations are accepted in our branch lobby. Thank you for your support. **FREE and open to the community**

### VOLUNTEERS NEEDED – GIFT WRAPPING | WELCOME CENTER

DECEMBER 10-14 | 8:00AM-12:00PM AND 4:00PM-8:00PM

Give back to our community and help wrap over 1,000 gifts for our Toys for Tots Gift of Giving event. Registration is not required and any amount of time given is appreciated. Ages 12 and under must be accompanied by an adult. Please stop by our Welcome Center to check in before volunteering. **FREE and open to the community**

### KICKSTART PROGRAM

Get motivated and meet your fitness goals by trying our FREE KickStart program. We'll help you build a customized workout plan through three individual sessions with a Wellness Coach.

### DEC 4 MEMBER APPRECIATION EVENT 9:00-10:00am BORDER VIEW Y LOBBY

It's National Cookie Day! Join us for some cookies and coffee in the lobby to celebrate this delicious day! **FREE for members**

### DEC 7 YAA MEET AND GREET 10:00-11:00am BORDER VIEW Y LOBBY

Get together with other Y Active Adults to enjoy conversation and share healthy snacks. **FREE for members**

### DEC 8 360° OF SOCIAL RESPONSIBILITY 10:00-11:00am PARK CLEAN UP DAY J STREET MARINA – CHULA VISTA

Join us at J Street Marina in Chula Vista as we clean up the park in partnership with I Love A Clean San Diego. Help us reach our goal of contributing 500 hours of community service in South County San Diego by joining us for one hour of giving back. All gloves, bags and supplies will be provided and the Y will supply coffee and bagels. **FREE and open to the community**

### DEC 11 YAA HOLIDAY POTLUCK 10:30am-12:00pm INSPIRE STUDIO

'Tis the season! Bring your favorite dish and your holiday spirit and join us for our potluck. Don't forget to wear red or green! To register, please contact Maria Acierto [macierto@ymca.org](mailto:macierto@ymca.org) or sign up at the Wellness Kiosk upstairs. **FREE for members**

### DEC 14 MEMORY LOSS 101 10:00-11:30am CONFERENCE ROOM

Join us for this educational workshop on memory loss. The workshop will review the basic education and support needed to help those with Alzheimer's. Friends, family and loved ones are encouraged to attend. **FREE for members**

### DEC 15 GIFT OF GIVING – TOYS FOR TOTS 10:00am-1:00pm BORDER VIEW FAMILY YMCA

Ring in the holidays with our Y as we support families and fun for all! In partnership with Toys for Tots, the YMCA is distributing FREE gifts to children ages 0-12. Join us for photos with Santa, entertainment, games, refreshments, a holiday gift and more. All ages are welcome. Please visit our Welcome Center and register by December 13. **FREE and open to the community**

### DEC 26 MEMBER APPRECIATION EVENT 8:00-9:00am BORDER VIEW Y LOBBY

It's National Candy Cane Day! We will be giving out free candy canes to members so stop by the lobby for a sweet holiday treat! **FREE for members**