

STRONGER TOGETHER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COOK COUNTY COMMUNITY YMCA

105 W 5th Street, Grand Marais, MN

June 2019

www.cookcountyyymca.org

PROGRAM HIGHLIGHTS, MEMBER UPDATES, UPCOMING EVENTS & MORE!

JUNE IS PRIDE MONTH

At the Y, we are celebrating
Pride Month with our LGBTQ
community,
and we are
committed to
being a safe,
welcoming
place for all!



CELEBRATE LGBTQ DIVERSITY & INCLUSION WITH THE YMCA

June is national Pride month! At the Y, we use this time to celebrate our LGBTQ+ community, members, and staff. We honor those who have done the hard work for equity and have dedicated the Y to be among them. We remember the brutality and inhumanity that has been and is perpetrated against our LGBTQ+ family. And most of all we honor all those who are living life as their authentic selves and those who are on the path to that discovery.



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BUILDING HOURS:

Mon-Fri: 6am-8pm
Sat: 9am-7pm
Sun: 11am-5pm

KID'S CLUB HOURS:

Monday-Thursday:
5:15pm-7:15pm

Saturday:
9am-12pm



PRIDE POTLUCK IN THE PARK

HARBOR PARK

JUNE 30 5:30-7:00

Bring a blanket to sit on and
a food dish to share.

Lawn Games | Music | Prizes

COOK COUNTY YOUTH AGENCY COALITION



FOOD THAT'S IN WHEN SCHOOL'S OUT

Free meals will be provided this summer at the Cook County School cafeteria. The institution is an equal opportunity provider and kids from any economic background are welcome to attend. There is no eligibility criteria other than age! Breakfast will be served from 8:30-9:15am and lunch will be provided from 11:15am-12:15pm. The meal service is provided from June 10th-August 22 and meals will be available Monday-Thursday (except for on July 4).

CAMP FIELD TRIP SCHEDULE

- North House Pizza Bake and Putt and Pets (June 12th) Only Wednesday Field Trip
- Adventure Zone in Duluth (June 20th)
- Stone Harbor Guided Rock Climbing (June 27)
- Camp Menogyn – Boating, Swimming, Fire Making/Cooking (July 11th)
- Stone Harbor Guided Stand Up Paddle Boarding at Mink Lake (July 18th)
- Great Lakes Aquarium in Duluth (July 25th)
- Fisherman's Picnic Rides, History Museum, and Artist point hike (August 1st)
- Chikwauk – Berry Picking (August 8th)
- Caribou Falls – hike and swim (August 15th)
- The Adventure Park in Silver Bay – rock climbing, high ropes and zip line (August 22)
- Campground – hike to Sweetheart Bluff, tent set up, hammocks, cooking over fire, compass hunt - geocaching (August 29th)



CHARITY CELEBRITY GOLF SCRAMBLE

Where: Gunflint Hills Golf Course

When: July 28, 1:00pm

Cost: \$350/team

Four-person scramble teams compete in the inaugural Chip in For Youth golf scramble. Play with a celebrity, participate in a \$1,000,000 shoot out, \$10,000 hole-in-one contest and \$5,000 putting contest and many more games. Raffle prizes, silent and live auctions, dinner, live music, and more!

Register your team online at www.cookcountymca.org or by phone at 218-387-3386.

PROGRAMS & MEMBERSHIP

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

 **"Every day may not be good, but there is something good in every day"** ~ Alice Morse Earle

3 Re-frame a worry and try to find a positive way to respond	4 Thank someone for the joy they have brought into your life	5 Do something today which you know will make you feel good	6 Ask someone what brings them joy and listen to their answer	7 Make a plan with friends to do something fun together	8 Find the joy in music today; sing, play, dance or listen	9 Get out into green space and feel the joy that nature offers
10 Write a gratitude letter to thank someone for what they did	11 Try to say something positive every time you walk into a room	12 Spread joy. Give flowers or help to brighten someone's day	13 See the upside in a difficult situation you learnt from	14 Cook your favourite food and enjoy it (with others if possible)	15 Go outside and find the joy in doing something active	16 Rediscover a fun childhood activity that you can enjoy today
17 Think of 3 things you're grateful for and write them down	18 Make time to do something playful today, just for the fun of it	19 Look for something to be thankful for where you least expect it	20 Make a list of favourite memories you feel grateful for	21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Share a happy memory with someone who means a lot to you
24 Create a playlist of favourite songs and enjoy them	25 Eat food that makes you feel good and really savour it	26 Take a light-hearted approach. Choose to see the funny side	27 Be kind to you. Treat yourself the way you would treat a friend	28 Notice how positive emotions are contagious between people	29 Make a list of the joys in your life (and keep adding to them)	30 Remember: joy is portable - so you can always take it with you!

ACTION FOR HAPPINESS  www.actionforhappiness.org



PARENT-CHILD SWIM LESSONS

PUNCH CARDS

5 pass card
\$45

10 pass card
\$80

PICKLEBALL CLINIC

Saturday, June 15
9am-11am

\$5 per person
Pre registration is encouraged but drop-ins are welcome

Learn how to play pickleball!
For beginners ages 18 and older

the **Y** FOR YOUTH DEVELOPMENT™
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CONGRATULATIONS TO OUR FABULOUS YOGA TEAM FOR GOING THROUGH THEIR 200 HOUR YOGA CERTIFICATION COURSES!



EMPLOYMENT & VOLUNTEER OPPORTUNITIES

Job Openings

Child Care Provider | Lifeguards

Cook County will be hiring a fulltime custodian for the YMCA location.

Please visit <https://www.co.cook.mn.us/index.php/eservicesmenu/es1/>

Volunteer Opportunities

Daytime Custodian | Youth Soccer Aid | Kid's Club Aid

Childcare Aid | Camp Field Trip Chaperone

Fisherman's Picnic (August 1-4) is a great way to volunteer. Organizations can volunteer and earn funds for their group. Sign up for a volunteer opportunity here:

<https://www.signupgenius.com/qo/5080E4FA9AB22A2F58-carnival>



Staff Highlights

Did you see a staff member making the Y great? We love to hear about it! Write a few words down on a Bright Spot card in the lobby.

BRIGHT SPOT AWARD: ANGIE FERNLUND

Angie originally joined our team as a Kids Club Attendant and then worked as part of our childcare team. Now you will find her cheery face behind the front desk. She is welcoming, friendly, and great at helping members connect to programs and services. Thanks Angie!

