



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



Corona-Norco Family YMCA

August 2021

A Moment With Audrie

To the families and friends of Rylee Goodrich and Anthony Barajas~

The Corona-Norco Family YMCA stands shoulder to shoulder with the families and friends of Rylee and Anthony as they grieve during this extremely difficult time.



We want the families to know that as a Y, we care and we are praying for all of you; praying for strength, peace and love.

It is during such difficult times when our community and families need to come together stronger than ever; to reach out, support, offer compassion and warmth. This is when the community is called to respond as one. The City of Corona, neighbors, friends, churches, and schools, are all united in sadness and mourn along with you. We will continue to pray, listen and love in honor of Rylee and Anthony and will support

you however we can.

Our children are our world and we are holding you closely at this time.

In Community Spirit,

Audrie~

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Back to School Bundle

the **YMCA**

For every bundle purchased we will donate **\$5 to the YMCA!**

FREE

PURCHASE THIS BUNDLE AND RECEIVE **FREE SHIPPING** ON ENTIRE ORDER

Package Includes:

- 8 CT. Carnitas Burritos
- 20.3 oz. Chicken with Red Sauce and Cheese Tamalitos
- 24 oz. Cheese and Green Chili Tamales
- 15 oz. Shredded Chicken

Promotion Ends August 15 @11:59 PM PST.

The graphic features a black background with a pink crayon drawing a line through the title. Below the title are images of the food items: a box of Carnitas Burritos, a box of Chicken with Red Sauce and Cheese Tamalitos, a bag of Cheese and Green Chili Tamales, a box of Shredded Chicken, and a blue water bottle. The YMCA logo is on the left, and a list of items is on the right.

Del Real Foods has chosen the Corona-Norco Family YMCA to receive funds from their Back to School Bundle fund raiser this year! YEY! We're so excited!

Education is food for the brain, while Del Real Foods' Back to School bundle is food for your family. This bundle has the perfect combination of on-the-go lunch options and after-school snacks.

Click below to find out how you can get your Bundle TODAY.

Mention the Corona-Norco Family YMCA in the Comments Section of your order to receive an extra item!

Place your order today because this promotion ends August 15th!

Order Your Bundle HERE

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Blood Pressure Self-Monitoring Program Grant

The Corona-Norco Family YMCA is so excited to announce that our Y has been awarded a **Blood Pressure Self-Monitoring Program Grant**, through a national alliance with the [Centers for Disease Control and Prevention \(CDC\)](#) and the [YMCA of the USA](#).

Approximately one third of the U.S. adult population (33%) have high blood pressure, or hypertension. High blood pressure rates are even higher in African American and Mexican American populations. High blood pressure increases the risk for heart attack, stroke, heart failure, and kidney disease, but only half of those with high blood pressure have their condition under control. Studies have shown that routine self-monitoring of blood pressure leads to better blood pressure management. If you are experiencing High Blood Pressure, this program might be for you. Please contact Lori Drengson at ldrengson@ymcacornor.org for more information.

The Corona-Norco Family YMCA is dedicated to providing transformational programs for the communities we serve.

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**dd's®
DISCOUNTS**



**July 31 through
August 22, 2021**

our local **dd's DISCOUNTS** store
located at

**714 N. Main St.
Corona, CA 92880**

will be collecting in-store donations for
our local Corona-Norco Family YMCA
youth. Visit the store today to see how
dedicated the staff at **dd's DISCOUNTS**
is to our children's literacy!



dd's DISCOUNTS works to
improve communities where their
customers and Associates live and
work through the annual
Youth Literacy Fundraiser,
a back-to-school donation drive
that collects in-store donations to
support local schools and
programs. Their impact is
astounding — in 12 years of
partnership with First Book, [dd's
stores](#) have raised upwards of \$4.3
million and provided over 1.7
million brand new books to kids in
local communities. Thanks to the
dedication of dd's customers and
store Associates, children have
increased access to the high-
quality books they need to become
strong readers, learners, and
leaders.

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[Albertsons Companies Foundation](#) donates to provide meals to children during summer months. [Corona-Norco Family YMCA](#) is pleased to be the recipient of a generous grant from Albertsons Companies Foundation that will help provide much needed assistance to the children in our community impacted by food insecurity.

Many hunger relief organizations continue to be overloaded by increased hunger issues caused by the pandemic. Children can be especially susceptible to hunger during the summer months when school is out. Through the Nourishing Neighbors initiative, the Foundation continues to focus on addressing hunger issues in the communities they serve. The Summer Meals program is part of their latest efforts. We're grateful to Albertsons Companies Foundation and their generous customers, our neighbors, for helping fight hunger in our community. These funds will help the children of our community with the most basic human need of being nourished.

We are grateful to be part of the Nourishing Neighbors Family and working together to make a difference!

**Please ask your cashier at our local
Vons and Albertsons stores to "round
up for The Y!"**

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**Soccer League play is
starting this week.
Come out and join a**

**GO AFTER
YOUR
GOALS!**

**2021
YOUTH SUMMER
SOCCER LEAGUE**
CORONA-NORCO FAMILY YMCA



team!

Call 951-736-9622 for more
information and register at
1331 River Road
Corona, 92878

**GET IN THE
GAME!**

**2021
YOUTH
BASKETBALL
LEAGUE**
CORONA-NORCO FAMILY YMCA



**2021 Fall Youth
Basketball League
Registration is
NOW OPEN!!**

REGISTRATION

- Begins: July 31, 2021
- Ends: September 21, 2021 or when divisions are full

RATES

- \$130 for 8 game season (with uniform)
- \$150 for 8 game season (without uniform)

DIVISIONS

- Rookies: Ages 5-7 years old
- Champions: Ages 8-10 years old
- All-Stars: Ages 11-13 years old

PLAYER ASSESSMENTS:

- Assessments are mandatory for all players to ensure fairness and fun. Please sign up to attend an assessment upon registration. Two options are available.
- Players who do not attend an assessment will not be placed on a team.

PRACTICE & GAME INFORMATION

- Practices will run for one hour, one day a week between 6:00pm and 8:00pm at the Main Y, 1331 River Road, Corona, CA 92880
- Games will be held on Saturdays for all divisions. Times are TBD and schedules will be released at the first practice.



VOLUNTEER COACHES NEEDED

- The Y is always looking for volunteer coaches to teach the children in our community the fundamentals of the game, sportsmanship, and the Y's four core character values: honesty, respect, responsibility and caring.
- All volunteer coaches must complete a volunteer packet prior to the first team meeting/practice and attend the coaches meeting.

IMPORTANT DATES

- Coaches Meeting: October 21st at 6:00pm
- Parent Meeting: September 21st at 6:30pm
- Assessment Dates: September 21st at 7:00pm
- Practices Begin: Week of September 27th
- First Game: Saturday, October 2nd



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Employee Spotlight - Mari Ulrich



Mari Ulrich is the Site Supervisor at the Youth Center at Merrill in Corona. She has been working for the Y for over 10 years. At the Merrill Site, Mari and her team of teachers provide care for families with children ages 3-5 years old. Mari feels the children at this age are like little sponges absorbing all the information they learn in their busy day. They are so willing to learn new things. When Mari walks through the door of the school, she loves to see their smiling faces. Teaching is rewarding in so many ways but mostly because we get to watch the children grow socially, emotional and academically throughout the school year.

Mari was born in a little farming community in Nebraska. She has two grown sons and a toddler granddaughter. Mari enjoys spending time with her family. Thanksgiving is her favorite holiday because her family always finds time to be together and share their holiday meal. Mari's other family members are her dog, Freeway and her horse, Tucker. Mari likes to work in her garden, read books, ride her bicycle and her motorcycle. Mari is also a big football fan. Go Broncos!!

We're so grateful to have such dedicated staff like Mari helping our kids grow and prosper!

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Summer Day Camp





Summer Day Camp has been great fun with many adventures so far. The children enjoy outdoor games like baseball. They had a picnic outside, cooled off at the splash pad, and have explored a little bit of nature.

It's not too late to register for Camp!
Call 951-736-9622 today.



Our staff members have been working hard to make Summer Camp
FUN FUN FUN!!! Thank you!!

Main Y Site Update

The playground at the Main Y installed new playground mats! They're so beautiful and are helping to keep the children safe from injuries while playing exuberantly!



Jurupa Site Update

Our school age program has been having so much fun with all the activities they have been doing this summer.

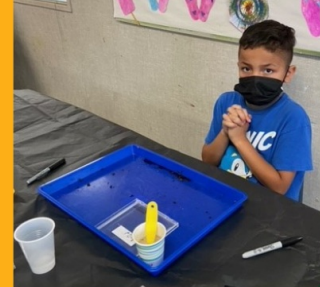
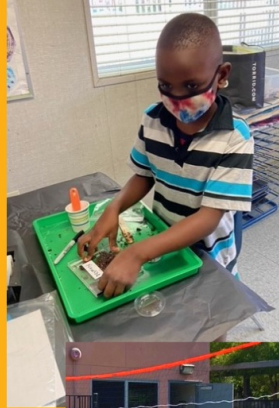
On Tuesdays, they enjoy water play. It feels so good because it's been so hot. They had a

picnic outside and got to write positive quotes on each other's T-shirt.

One day the Ms. Maria and the teachers made the children a down-home breakfast with pancakes, bacon, sausage, eggs, and orange juice.

On July 2, the children played volleyball and then cooled down with snow cones.

The Glen Avon public Library has been bringing us arts and crafts that go with the books they are using in the summer reading program.



On Friday, July 23, they had a luau. They decorated the classroom and the children performed a dance and song for the other classes.

Home Gardens Site Update



**Carlie and Adrienne
donated their hair
to "Locks of Love"**



Camila is showing how to
get those cotton balls in
the bowl without looking.

We had some water races and played games with water to help beat some of this summer heat! The kids showed great amounts of patience and skill balancing cups of water on their heads while racing across the playground.



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Come join the CORONA Chamber and the City of CORONA as we meet for a great event on Tuesday Night, August 31st, in Anaheim at the Angels Stadium. They'll take on the New York Yankees for what is sure to be a great matchup. Arrive early and enjoy meeting with many neighbors and friends. Game starts at 6:38 pm.

Tickets purchased are NON-Refundable. Also, the first 14,000 fans in attendance to the game will receive an amazing Ohtani pillow upon entry!

A portion of the proceeds will be donated to the Corona-Norco Family YMCA too!

[Get Your Tickets HERE](#)

Child Development Programs: From Infant through Teen

The Corona-Norco Family YMCA offers nurturing and developmentally appropriate programs for children from infants through teens. Want to know more?

[Visit our website](#)