



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

A Moment With Audrie

Hello, Y Family!

I am reading an interesting book called Midnight Library by Matt Haig. It is about a young woman who is unhappy with her life. She feels she brings no value to anyone, including her cat. Throughout the story, she ends up in this “in between” life where she finds herself at a library surrounded by books of each of the lives she could have had, and still can if she wants them. She reflects on her choices over her lifetime and asks, “What if I had chosen this instead?” Then the book falls off the shelf and she enters into that life, learning what it could have or would be like.

Do you ever ask yourself those questions? What if I had gone to this school, or chosen this career? Who would I be? Where would I live? How would I feel? It’s very normal to be curious and to wonder about all the possibilities both behind and in front of us.

Although I have not completed the book, it is obvious each life she chooses, is not better than the one she has. Each life has parts that she doesn’t like, so much that she chooses to return to the library for another life option.

The thing is, we get one; One life. Irony is, we DO choose it. Each and every day. We choose it in how we spend our time, who we surround ourselves with, what we choose to talk about and how we choose to behave.

It is not an easy time right now, but we are here, we are surrounded by people we love and who love us. Don’t miss it. Don’t spend all your time wishing for another life, while you have a precious and special life right with you, right now. Embrace it, find the joy, and share it with others. Peace friends.

Warmly,

Audrie



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Are you a fan? Stay up-to-the-minute with The Y by following us on social media!



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For Supporting The Y



Youth & Government

In early September we had our first information night for the 2021-22 Youth & Government year. We are excited to begin this year's program offering 9th-12th grade students opportunities to discuss some of the most pressing issues they face in our community and in the nation.

About the Program

The Corona-Norco Family YMCA Youth and Government program offers youth the opportunity to discuss some of the most pressing issues we face within our nation and community.

Participants will learn to improve their public speaking, research and writing skills and will have the opportunity to be mentored by local officials within assigned program areas. Participants will be trained on roles such as Bill Author, Prosecutor and Defense Attorney. Additionally, delegates will present their bills and court cases in a professional setting.

Program Areas:

- Bench Trial
- Legislative Houses
 - Assembly
 - Senate



Register Today!

Scholarships Available



For more information, contact:

Lori Drengson

951-736-1415

ldrengson@ymcacornor.org





YOUTH & GOVERNMENT OFFERS:

- Leadership Development
- Public Speaking Skills
- Research & Writing Development
- Constructive Debate
- Values of Democracy
- Community Volunteer Hours
- College Application Benefits
- Networking Opportunities

If you have a passion for making a difference in your community and want to learn more about how to be civically engaged, while making lasting friendships -
This program is for you!



Open to all 9th-12th graders.

CORONA-NORCO FAMILY YMCA

1331 River Road, Corona CA 92880

951.736.1415

ymcaCorNor.org

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TAKE ACTION TO IMPROVE YOUR HEART HEALTH

YMCA'S BLOOD PRESSURE SELF-MONITORING PROGRAM

High Blood Pressure, "The Silent Killer" is preventable. 80 Million



adults have it, yet less than half have it under control. Heart disease and stroke are two of the leading causes of death in the United States.

Differences in High Blood Pressure*:

By Age – Older adults are more likely to have high blood pressure; about 65% of Americans age 60 or older have high blood pressure

By Gender – Women are about as likely as men to develop high blood pressure in their lifetime; however, high blood pressure affects more men than women for people younger than 45 and women more than men for people over age 65.

By Race/Ethnicity – African Americans have the highest rates among all racial/ethnic groups in the U.S. at 42% - among the highest in the world. They are followed by Whites, Hispanics, and Asians. **Hispanics** are generally the least aware they have blood pressure and least likely to be in treatment or have it under control.

*"High Blood Pressure Facts," [Centers for Disease Control and Prevention](http://www.cdc.gov), 19 Feb.2015. Web. 24 Mar. 2016.

- The YMCA's Blood Pressure Self-Monitoring (BPSM) Program is:
 - A four month commitment to communicate with a Healthy Heart Ambassador once a week
 - Participants attend monthly nutrition education seminars
 - Participants "self-monitor", or measure and track their own blood pressure at home
- The YMCA's BPSM Program is designed to help participants:
 - Reduce blood pressure
 - Better blood pressure management
 - Increase awareness of triggers that elevate blood pressure
 - Enhance knowledge to develop healthier eating habits

If you are interested in participating in our BPSM Program at the Corona-Norco Family YMCA, please contact Lori Drengson at ldrengson@ymcacornor.org or 951-736-1415

2021 Y Youth Soccer League's inaugural return has been a success!

We celebrated the Summer Soccer Season with awards and recognition celebrating players, coaches, and parents in September.

Everyone worked very hard to develop new soccer skills, learn teamwork and sportsmanship while having a blast!



Health Benefits of Playing Soccer:

Soccer can be a great workout and lots of fun. The health benefits include that it:

- increases aerobic capacity and cardiovascular health
- lowers body fat and improves muscle tone
- builds strength, flexibility and endurance
- increases muscle and bone strength
- improves health due to shifts between walking, running and sprinting.

There are many other benefits from playing a team sport like soccer. For example it:

- is generally a non-contact sport
- teaches coordination
- promotes teamwork and sharing
- teaches you to 'think on the run'
- helps to increase skills in concentration, persistence and self-discipline
- is a great way to meet people and exercise with friends

- can provide an opportunity to increase your confidence and self-esteem, and help to reduce anxiety
- requires very little equipment so it can be played in the backyard or park
- is relatively easy to learn, so beginners can easily join in the fun and play basic soccer for recreation
- is an international sport.

Fall 2021 Soccer Registration is NOW OPEN!



**GO AFTER
YOUR
GOALS!**

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

the  **YMCA**

REGISTRATION

- Begins: Wednesday, September 15th
- Ends: Tuesday, November 9th

RATES

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

DIVISIONS

- Itty-Bitty: Ages 3-4 years old
- Rookies: Ages 5-7 years old
- Champions: Ages 8-10 years old
- All-Stars: Ages 11-13 years old

PRACTICE & GAME INFORMATION

- Practices begin the week of October 11th
- 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 92878
- Games will be held on Thursdays or Fridays or depending on the division. Times are TBD and schedules will be released at the first practice.

**FINANCIAL ASSISTANCE IS AVAILABLE
FOR THOSE WHO QUALIFY!**

**QUESTIONS? PLEASE CONTACT THE YMCA
AT 951.736.1415 OR GO TO
WWW.YMCACORNOR.ORG FOR MORE
INFORMATION**

PLAYER ASSESSMENTS:

- Assessments are mandatory for all players to ensure fairness and fun.
- Players who do not attend an assessment will not be placed on a team.

VOLUNTEER COACHES NEEDED

- All volunteer coaches receive a coach's shirt and an award at the end of the season. To receive discount, a volunteer packet must be completed and turned in upon registration.
- All volunteer coaches must complete a volunteer packet prior to the first team meeting/practice and attend the coaches meeting.

IMPORTANT DATES

- Parent Meeting:
Tuesday, November 9th at 6:00pm
- Coaches Meeting:
Tuesday, November 9th at 6:30pm
- Assessment Date:
Tuesday, November 9th at 7:00pm
- Practices Begin: Week of November 16th
- First Game: Thursday, December 2nd
- Final Game: Friday, February 4th



KARATE RESPECT DISCIPLINE CONFIDENCE

SIGN UP NOW!

**Monday & Wednesday
6:15pm & 7:15pm**



Ages: 5 & Up

Member Fee: \$45/month

Non-Member Fee: \$55/month

Sessions begin the 1st of each month

Instructor:

Isbell Briscoe



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Employee Spotlight - Dymonde Cleveland



Hi, my name is Dymonde Cleveland. I am the Sports Team Leader at the Corona-Norco Family YMCA. This is my first time being a part of the YMCA, and I'm excited to be able to serve and help within the community. My hobbies include a host of things such as: working out, reading/journaling, building my relationship with God, spending time with family and watching movies. My favorite place to eat is Chick-fil-a. My greatest joy is to bring encouragement and love to all people while building positive relationships that'll help one's progress in life. I am grateful for God, my family and all the new relationships I'll get to build within the community of Corona-Norco and at the YMCA.

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YMCA Vaccine Education

Thank you to [El Sol Neighborhood Education Center](#) for sharing their
Vaccine education resources.

***For more information on COVID-19 testing and support
services call 1-800-901-5541.***

KNOW THE 5 STEPS TO SLOW THE SPREAD

1.



Wear a Mask

Wear a mask
correctly when you're
in public.

2.



Keep Social Distance

Stay 6 FT apart for
social distancing.

3.



Wash your Hands

Wash your hands
thoroughly for 20
seconds.

4.



Clean and Disinfect

Clean frequently
touched surfaces
daily.

5.



Stay Home if you're Sick

Monitor your health
daily. Staying home
saves lives.



The Power is in Your Hands





WHAT ARE THE SYMPTOMS OF COVID-19

Symptoms may include:



Fever



Cough



**Shortness
of breath**



**Head/Body
Aches**

For more information on COVID-19 testing
and support services call 1-800-901-5541

Symptoms may appear 2-14 days
after exposure to the virus.

Other symptoms include:

- Fatigue
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

WARNING SIGNS

If someone is showing any of
these signs, seek emergency
medical care immediately:

- Trouble breathing
- Persistent pain or
pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list does not include all possible symptoms.
Please call your medical provider for any other
symptoms that are severe or concerning to you.*



The Power is in Your Hands



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The Corona-Norco Family YMCA Fender Music School

***Registration is now open for our next session
starting November 8th.***

We offer Piano, Guitar, Ukulele, Drums, Band, and Voice lessons for
ages 5 to Adults.

MUSIC FROM THE HEART



YMCA Fender Music Program
Corona-Norco Family YMCA



CORONA-NORCO FAMILY YMCA | 815 W. 6th Street | Corona 92879 | 951.736.1415 | ymcaCorNor.org

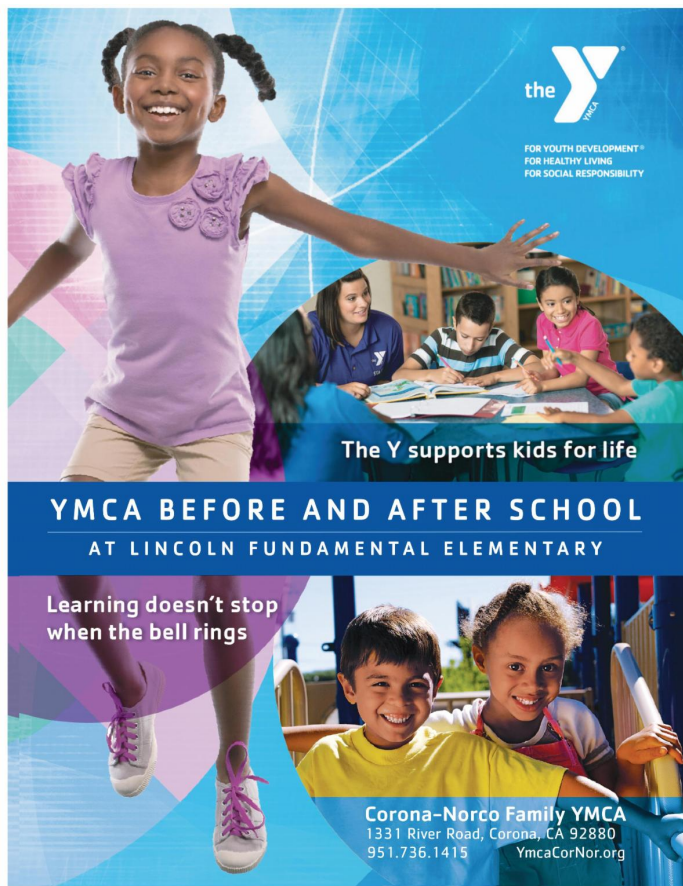
[Learn More Here](#)

We've Opened a New Child Care Site!

We are thrilled to be able to serve more families in Corona! We now offer child care before and after school at Lincoln Fundamental Elementary School in Corona.

[The Y's Child Development Program](#) is more than just care for children; it's an opportunity to learn, create, play, empower and grow. It's designed to meet the needs of working families based on State Department of Education guidelines. We provide full day services in a safe, loving place where children can explore in their own way. P.M. snack is included.

Call 951-734-8026 to register today!



the **Y**
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The Y supports kids for life

YMCA BEFORE AND AFTER SCHOOL
AT LINCOLN FUNDAMENTAL ELEMENTARY

Learning doesn't stop
when the bell rings

Corona-Norco Family YMCA
1331 River Road, Corona, CA 92880
951.736.1415 YmcaCorNor.org



NOW ENROLLING!

The Y's Child Development Program is more than just care for children; it's an opportunity to learn, create, play, empower and grow. It's designed to meet the needs of working families based on the State Department of Education guidelines. We provide full day services in a safe, loving place where children can explore, in their own way. PM snack is included.

STATE FUNDED PROGRAM

- Sliding fee scale based on income, need and family size.

Please bring the following documents:

- Proof of California Residency
- Proof of income (last months pay stub)
- Birth Certificates for all children (under 18) in the home
- Immunization card with current TB test

REGISTER AT:
YMCA Youth Center at Merrill
312 S. Merrill St. Corona, CA 92882
951.734.8026

Sign Up Now!

City Park Site Update

At City Park our children were discussing the culture of different countries and the contributions of Hispanic and Latino Americans. We had a fiesta so children could experience some food and activities from the Hispanic culture.

They made sombreros, ponchos, maracas, banners for Guatemala and Mexico, a piñata, bead bracelets. The children then dressed up in their sombreros and ponchos for our fiesta.

They enjoyed eating delicious food parents had donated: tamales, enchiladas, rice, beans, chicken tacos, fideo soup, and aguas frescas.

The best part of the fiesta was smashing the piñata they made! As you can see, it was a fun learning experience for all.





Jurupa Site Update



Our Jurupa Toddlers have been busy playing this month! They've enjoyed the warm weather outdoors with water play, and come into the cool A/C to play with flour! What messy fun!!



We are so grateful for Miss Monica who comes from Glen Avon Library to read books to us! Last time she did a craft with the children and left books for the children to take home to read.

Community Involvement

In September, we had the opportunity to participate in a few local community events to help support our fellow non-profit organizations and develop our staff.



[Lobsterfest](#) was a wonderful night celebrating our community while supporting the [Corona Rotary Club](#). What a fun way to come together to help Rotary fund local youth programs!



The [Corona Chamber of Commerce's](#) annual Riverside County Women's Leadership Conference was educational and uplifting. We gleaned good information for the staff.

All-Staff Training Day

Our staff team continues to learn, grow and invest in order to meet our promise; to strengthen the foundations of community. Honesty, Caring, Responsibility, Respect; We are here for you!

We learned how important it is to continuously lift each other up to help us better serve our Y children and families. Through one of the activities we discovered what our coworkers truly think of us... what a confidence builder! It was a wonderfully positive day.

Thank you to the [American Legion Post 742](#) for providing space, and to [Corona Fire Department](#) for partnering in education! We appreciate you!



Visit our website

