

Our Mission: "To put Christian principles into practice, through programs that build healthy spirit, mind, and body for all."

Jingle and Mingle

Help us celebrate this month with Jingle & Mingle at the Cary family YMCA and on site at Adams AFS.

December 3rd:

Join the Cary Family YMCA staff for the fourth annual all-day Christmas celebration. YMCA directors will be locking their offices, donning Santa hats and devoting the day to hosting a variety of festive activities. There will be:



- Caroling
- Arts and Crafts for the kids
- Angel tree
- Refreshment
- Pictures with Santa
- Letters to soldiers and Santa
- A performance from the Super Skippers at 6:30pm

To learn more about this event please check out the event schedule online at www.ymcatriangle.org

December 10th:

Join us on site at Adams AFS for a family holiday celebration. Starting at 4:30pm we will be kicking off our holiday celebration with:

- Hot cocoa and cookies
- A holiday arts and craft project for the whole family
- A holiday basketball challenge
- The YMCA theater will also be showing "The Grinch".

Please note there will be no rides out on December 10th in an effort to truly take part in this family event. We will be keeping all YMCA staff inside so they can have the opportunity to hang out and get to know your family. Therefore, at 5pm you will simply need to park and come into the YMCA office to pick up your child.

2009 Adams AFS Team

The 2009 Adams After School (AFS) leadership staff includes **Nichole Hampton**, Youth Director, Johnna Hinton, Site Director and **Chelsea Loomis**, Office Managers.

Grade	Huddle	Counselor
K	Georgia Bulldogs	Courtney
1 st	ECU Pirates	Chris
2 nd	UNC Tar heels	Griffy
3 rd /4 th	NC State Wolfpack	Stephen
5 th	Florida Gators	Jose
Study Hall: Sammie		

Wacky Wednesdays!

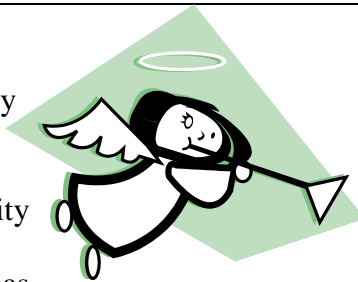
Date	Wacky Themes
Dec. 2	Character Trait Day: Red for Caring
Dec. 9	Huddle Choice Challenge
Dec. 16	Holiday Wear(Red and Green Day)

CONTACT INFORMATION

Nichole Hampton Youth Director	469-9622 ext. 158 919-815-7397 = cell Nichole.Hampton@ymcatriangle.org
Adams YMCA AFS Program	919-815-2985

Angel Tree

The Angel Tree at the Cary Family YMCA is an annual program designed to reach into our community and help many families enjoy the spirit of Christmas.



This month our children will be learning about the spirit of giving. Here at Adams AFS we have received our Angel from the Angel Tree. We will be collecting gifts for a 7 year old girl. If you are interested in helping us make this child's Christmas wishes come true, you can help us collect items that she might need this year.

- Paint size: 10/12 girls
- Shirt size: 10/12 girls
- Wish List: Doll House, Barbie, Scoter

If your family is interested in sponsoring an angel from our tree please contact Katie Southard at 469-9622 ext. 146. Your decision to participate will help make the wishes of a child come true.

Character Trait of the Month

At the YMCA our Youth Programs focus on a different character trait each month. The traits are each represented by a color to help children remember. Each week we will focus our activities, devotions, and "Thoughts for the Day" on the character trait. Everything we do throughout the month reinforces learning character traits. In addition we encourage families to discuss each trait and practice it at home. Every month we will focus on learning words that best explain the character trait.

This month we will be working on: **Caring...** "a strong feeling of concern for someone or something." Caring is represented by the color red because it is one of the YMCA's core character traits.

Monday, Tuesday, Thursday, Friday Schedule

Time	Activity	
Grade	K-2	3 rd -5 th
2:45 -3:00	Track Out Hang Out	
3:00-3:10	Roll Call	
3:10-3:20	Devotion	
3:20-3:45	Assembly	
3:45-4:00	Snack	
4:00- 5:00	Homework/Activity	
5-5:10	Transition	
5:10-6:00	Rides Out/ Gym Games	

Wednesday Schedule

Every Wednesday your child will be released from school at 2p.m. The children will report to the gym where a YMCA counselor will be waiting for them.

Time	Activity
2:00	Roll Call
2:15 – 2:45	YMCA recess
2:45 – 3:00	Devotion
3:00 – 3:15	Assembly
3:15 – 3:30	Snack
3:30 – 5:00	Homework/Activity
5:00 - 6:00	Rides Out/Gym Games

Weekly Schedule

Monday – Huddle Day

Tuesday- Sports Day for younger huddles

- Game Day for older huddles

Wednesday- Clinics

Thursday - Game Day for younger huddles

- Super Store for older

Friday – Sports Day for older huddles

- Super Store for younger

Holiday Special PNO



Come Away With The Polar Express!

Parents drop off your children to enjoy an evening of theme based games, crafts and more.

Chick-Fil-a will be served

When: Saturday December 12th

Time: 4 – 10 p.m.

Cost: Members \$20 per child

PP \$28 per child

Participants must register by noon on Friday, December 11th

at the front desk.

If you have questions please contact Dawn White at 469-9622 x 133

Volunteer Opportunities

We would like to invite you to become a larger part of our program. Your family can do this by volunteering. There are many volunteer opportunities within our programs. These include but are not limited to:

- Donating supplies
- Helping with events
- Story Tellers for Devotion time
- Guest Speakers
- Staff Appreciation
- Family Night

Non-perishable Food Drive

In our community there is a strong need for food. The children who participate in our Outreach Programs are faced with hunger issues. Please help us keep our children and their families fed over the holidays by collecting non perishable foods or donations.

Items that are needed:

- Peanut Butter
- Cereal
- Canned Meat
- Canned Fish
- Macaroni and Cheese
- Soups
- Canned Fruit
- Canned Vegetables
- Pasta Sauce
- Pasta
- Crackers
- Jelly (Plastic Container)
- Rice
- Instant Potatoes
- Dried Beans
- Canned Milk
- Cheese (Velveeta)
- Toilet Paper
- Diapers
- Wipes
- Detergent



Community Health Partners

Wake Med Moment

Get the Facts! Stop Germs in their Tracks

Germs are lurking everywhere, from the water fountain handle to the corner table in your favorite fast food restaurant. “The key is keeping them from migrating onto your child’s hands, then mouth and nose, where they can get busy making your child sick,” said Karen Todd, MD, a pediatrician with Cornerstone Pediatrics.

“We can’t control how well other people clean ahead of us or whether or not they keep their sick child at home, but we can control what we touch and how well we take care of ourselves,” she continued.

Tips for keeping you and your family well:

- Wash your hands! Hand washing is the first line of defense against the spread of infectious diseases according to the Centers for Disease Control & Prevention.
- Use a paper towel to open bathroom doors. You’ve just washed, so why dirty those hands again so fast? You never know if the last person to touch the handle had lots of germs on their hands.
- Use your elbows and feet. Use them to hold open doors when possible. You cannot touch your face with your elbow, so it’s much better than using your hand.
- Use cleaning products with alcohol or bleach. Antibacterial products sound great, but they aren’t nearly as effective as alcohol and bleach. As a matter of fact, some experts think that antibacterial products kill good bacteria and contribute to bacterial resistance.
- Carry hand sanitizer. It’s mostly alcohol, so it’s quite effective. Combined with hand washing, it can really cut down on illnesses.



Remember what Twinkle from WakeMed says:

Wash your hands with warm, soapy water all throughout the day to help wash those cold viruses away.

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One big community for fun, for health, for family, for life.

