



Fall Newsletter | October, 2024

**We Have a New Website!**

We are excited to announce the launch of our brand-new website! Designed with you in mind, our new site offers a fresh, modern look, user-friendly navigation, and a range of new features to enhance your online experience. Visit us at [fultonymca.org](http://fultonymca.org) and explore our membership opportunities, programming, classes & events, and more!

[VISIT FULTONYMCA.ORG](http://fultonymca.org)



**Members In The Spotlight**



**Don Diak**

Don is a dedicated member who visits our YMCA almost every day. A retired SUNY Oswego staff member, Don was an avid runner in high school and now stays active by walking instead of running. You'll often spot him walking on the treadmills or riding the bikes in our fitness center, as well as walking around the streets of our Fulton community. In addition to his YMCA visits, Don is deeply involved in his church, volunteering much of his time. We recently learned he also loves to dance, especially to that "good old time" rock and roll. A strong supporter of our YMCA, Don participates in all of our raffles and even won the big lottery board during our Family Feud event series. Thank you, Don, for your unwavering support of the Fulton Y!



**Porscha Brown**

Porscha is an enthusiastic and supportive member of our Fulton Y. Her positivity shines through in every interaction, as she's always offering kind words to both staff and fellow members. A talented digital creator and co-owner of EPB Media LLC with her husband, Porscha joined our Y in March 2023 with a goal to "become a healthier version of me." She's been a regular in our Group Fitness classes, where she has formed new friendships and achieved a greater sense of well-being, both physically and mentally. Thank you, Porscha, for being such a valued part of our Y family!

## Upcoming Fall Events

- **Halloween At The Y**

Friday, October 18 | 6pm-8pm

- **Out Of This World Dance Fitness Party**

Friday, October 25 | 9:15am-10:45am

- **A Million Thanks**

Wednesday, November 6 | 6pm-7pm

- **Family Week**

November 25-27 | During Facility Hours

- **Thanksgiving With The Peanuts Crew**

Wednesday, November 27 | 6pm-7pm

To learn more about our programming and events, visit [fultonymca.org](http://fultonymca.org) or browse our Fall Program Guide today!



## Fitness Center Refresh



EXCITING NEWS— Our Fitness Center is getting a fresh new look! Get ready for upgraded equipment and a revitalized space, designed to enhance your workout experience. Follow our social media pages for updates along the way, including a grand unveiling date. Your journey to a healthier you is about to get even better!

### • STAY CONNECTED •

Join our online community today and never miss out on what's happening at the Y!



FULTON FAMILY YMCA | 315.598.9622  
FULTONYMCA.ORG

Fulton Family YMCA | 715 West Broadway | Fulton, NY 13069 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!