



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## October Newsletter

### Desert Foothills Family YMCA

#### Events

### Family Carving Nights (10-26/10-27)

### Mommy and me Yoga (Fridays)



LIVESTRONG®  
AT THE YMCA



LIVESTRONG  
FOUNDATION

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### Dear Desert Foothills members:

It's going to be an exciting fall at the Desert Foothills Family YMCA, and we're glad you're a part of it! It's hard to believe October marks our 7th year serving the communities of North Scottsdale, Cave Creek, Phoenix and Carefree in youth development, healthy living and social responsibility.

With your help, we keep going stronger every year. As you may or may not know more than 170 years ago, the Y was founded by a group of volunteers who wanted to improve their communities. Today, Y volunteers and our supporters remain at the heart of our organization. It is only through the support of many volunteers and public and private donors that we are able to serve more people and deliver on our cause to strengthen community.



I wanted to personally thank you for being part of our Y at such a wonderful time. I also wanted to update you about some new things we have going on, in addition to some exciting events this month.

I am pleased to call your attention to our newest program funded through our annual campaign - LIVESTRONG® at the YMCA. This nationwide program launched at Desert Foothills in September and is designed to help meet the physical needs of local cancer survivors through conditioning and strength training. Participants are given access to certified trainers for a 12-week small group program free of charge. It's an inspiring group and we look forward to seeing their progress.

October is an exciting month for us as it's PUMPKIN TIME! Join us October 26 & 27 with world renowned pumpkin carver, Ray Villafane for our 2nd Annual Family Carving

Nights during the Town of Carefree's Enchanted Pumpkin Garden exhibit. This unique multi-generational fundraiser is fun for the entire family. Harold's Cave Creek Corral will also provide family friendly food options and the YMCA will host the Witch's Brew beverage tent. Proceeds from the Witch's Brew tent will benefit Desert Foothills Family Y and the Foothills Food Bank!

Also during the weekend hours of the Pumpkin exhibit, Desert Foothills Family Y will also be hosting an ADOPT-A-PUMPKIN PATCH - which is another fundraiser for us. Volunteers are still needed! Join us for as we work together for a cause and help the youth of the community find that one of a kind pumpkin - courtesy of Mortimer Farms. Volunteering can be a family outing or individuals who are looking to give back to the community.

Lastly, by the end of the year Desert Foothills Family Y will receive all new treadmills, cross trainers, upright and recumbent bikes at the branch by Precor! We appreciate continued patience as we know the equipment can't come soon enough.

As you can see, it's an exciting time for Desert Foothills Family Y. We hope to see you at the branch or at one of these exciting events.

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## FAMILY PUMPKIN CARVING NIGHTS

Enjoy two-hour interactive, hands-on carving experience with Ray Villafane will be great fun for you or the entire family. Ray's hobby of pumpkin sculpting was brought to an entirely new level in 2007 when he was contacted by High Noon Entertainment and asked to participate in the Food Network's Challenge Show, Outrageous Pumpkins.

[Read More](#)

### Adopt a Pumpkin

#### Event Sponsor: Mortimer Farms

The Desert Foothills Family Y is hosting a pumpkin patch during carefree's enchanted pumpkin garden. Sell pumpkins for a cause...your YMCA! All proceeds go to Desert Foothills Family Y!

[Volunteers Needed- Click here for more information](#)



[Volunteer](#)

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Make a lasting difference in the lives of those around you with a career at the Y. Opportunities range from part-time to full-time in a variety of areas. Click below to see all Job Opportunities.

[A Career with a Cause](#)

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**[Guide to Winter Family Fun at the Y](#)**

Our guide to your winter family fun is in! Click below to view all the great programs and activities going on at your Y this winter.

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