



ANNUAL CAMPAIGN



On September 22, YMCA Silver Spring kicked off our Annual Campaign to fuel programs that help people of all ages grow in spirit, mind, and body. Every dollar raised stays right here in our community, supporting youth development, preschool, senior wellness, and more. This October, we're inviting you to join in. Together we can remove barriers, nurture potential, and strengthen an inclusive community built on caring, honesty, respect, and responsibility. Your support makes it possible. **Give today and be the reason your community thrives.**

MARK YOUR CALENDAR!

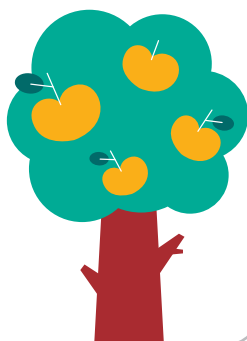


FLU IMMUNIZATION/ SHOT CLINIC:

Wednesday, Oct 8
9am-11am / 5pm-7pm

OUTDOOR ADVANTAGE

October's crisp air and colorful scenery make it one of the best times to get outside. A brisk walk, hike, or bike ride not only counts as great cardio, it also lifts your mood, reduces stress, and gives you a dose of vitamin D before the darker winter months. Layer up, grab a friend, and make the most of the season.



PROGRAM SPOTLIGHT

TAI CHI

Tai Chi is an ancient practice that combines gentle movement and focused breathing to support physical health and cultivate inner energy. It strengthens muscles, improves balance, and can help reduce the risk of falls.

Starting in October, our Monday and Wednesday 9:15am Tai Chi classes will cover the **Yang Style 24 Movements**. This form is ideal for beginners while also reinforcing tai chi fundamentals. Instruction is step-by-step, with supplemental videos available for practice at home. Students are encouraged to relax and enjoy the slow, flowing movements.

At the YMCA, we offer a variety of tai chi styles throughout the year. Last summer, students explored **Sun Style 24**, known for its smaller stances and quick stepping. This spring, we'll move on to **Yang Style 32**, which introduces new movements and a fresh sequence.

Many participants continue from session to session, building friendships and connecting with the larger tai chi community along the way.



TRAINER TIP OF THE MONTH

BUILD YOUR BALANCE

Good balance isn't just for athletes — it helps prevent falls, supports joint health, and makes everyday movements (like climbing stairs or carrying groceries) easier. To practice, try standing on one foot while brushing your teeth or waiting for the microwave. Once that feels steady, challenge yourself by closing your eyes or standing on a softer surface like a folded towel. Just a few minutes a day can make a big difference!

