



# YMCA BUZZ

February 2015

## This Month's Top Stories

### Youth 4 Timmins

The YMCA of Timmins is happy to announce the upcoming forum, Youth 4 Timmins, taking place February 20<sup>th</sup>-21<sup>st</sup>. Youth are an important part of our future and we need to understand what their needs are in the community as well as show them the importance of civic engagement. Youth will gain the tools and the confidence to use their voice to speak up and present their thoughts to issues in our city to see the change they want to see in the community.

Youth 4 Timmins is a day and a half long youth led discussion about the gaps and issues for youth in Timmins. Youth will participate in activities that will allow them voice their opinion and come up with solutions to bridge these gaps.

The registration form for Youth 4 Timmins can be found on our website [timminsymca.org](http://timminsymca.org).

### Kidproof Courses

The YMCA will be offering **Babysitter Training** and an **At Home Alone Course**. Both courses are available to youth ages 10-14, and will be taking place on Wednesday March 18<sup>th</sup>, and Thursday March 19<sup>th</sup>, 2015.

For more information, or to register for the course, please contact our Main Office at 705-360-4381

### Free Winter Programs

#### **Youth Fun Nights**

YMCA of Timmins Main Location  
Friday nights from 6-8 pm starting  
Friday, January 16, 2015  
For youth in grades 6, 7, or 8

#### **Preschool Family Gym**

YMCA of Timmins Main Location  
Ages 18 months-4 years  
Mondays and Wednesdays from  
10:00am – 11:00am starting  
Monday, February 2, 2015

#### **Family Gym Night**

Bertha Shaw Public School Gym (enter  
by gymnasium door through school yard)  
Ages 4-8  
Thursday evenings from 6:00-7:30pm  
starting Thursday, February 5, 2015

## Upcoming Events

February						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

**February 14<sup>th</sup>**- Valentine's Day. Please ask your child's teachers for a class list for Valentines (Due to allergies, please do not bring in any food items)

**February 16<sup>th</sup>**- Family Day. The YMCA will be closed.

**February 17<sup>th</sup>**- Registration for March Break Camp opens.

**Teiya C**  
February 2<sup>nd</sup>

## Birthdays

**Avaleigh R**  
February 4<sup>th</sup>

**Kyle B**  
February 5<sup>th</sup>

**Joseph C**  
February 14<sup>th</sup>

**Dawson E**  
February 14<sup>th</sup>

**Myla S**  
February 14<sup>th</sup>

**Taylor A**  
February 15<sup>th</sup>

**Jackson D**  
February 16<sup>th</sup>

**Kai C**  
February 22<sup>nd</sup>

**Mackenzie S**  
February 24<sup>th</sup>

**Damien B**  
February 25<sup>th</sup>

**Myles S**  
February 26<sup>th</sup>

**Adam L**  
February 27<sup>th</sup>

### Did You Know?

- It is believed that the X symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed an X in front of a witness. They then kissed the X to show their sincerity.
- The expression "to wear your heart on your sleeve" originated in the middle ages. Young men and women drew names to see who would be their Valentine. They would wear this name pinned onto their sleeves for one week for everyone to see.
- In 1537, King Henry VII officially declared February 14<sup>th</sup> the holiday of Saint Valentine.
- The Italian city of Verona (where Shakespeare's Romeo and Juliet lived) receives about 1,000 letters addressed to Juliet every Valentine's Day.

### Craft of the Month: "Out of This World" Valentine's Day Cards

- Black cardstock
- Bouncy balls
- X-Acto knife
- Metallic markers/ gel pens



#### Instructions:

- Cut out a heart about 5-6 inches in width out of black cardstock
- Using a separate piece of paper, cut a hole slightly smaller than the diameter of your ball. Make sure the ball will fit snugly in the hole. Use this paper as a template to draw a circle on your heart. Cut the circle with an X-Acto knife.
- Draw various size planets and stars on your heart with the metallic markers or gel pens, and write your card message.
- Place the ball into the hole on the heart