

# FALL 2 PROGRAMS

## Mattapoissett YMCA



Fall 2 Session • October 29 - December 23, 2018

### YOGA

Relaxation through a series of movement, poses and breathing that can be accommodating to all fitness levels.

**Monday & Wednesdays:** 6:30 pm - 7:30 pm

**Members:** FREE | **Program Participants:** \$10/class

**Seniors:** \$7/class



### WEDDINGS

From our sandy beach and stunning Mattapoissett Harbor view to the classic Cape Cod vibe of our weathered-silver shingles and huge covered porch, the Mattapoissett YMCA is the perfect setting for beach wedding. We have worked with the finest in the wedding industry and have served many happy couples. Consider the Mattapoissett Y for your wedding and anniversary parties. Email [weddings@ymcasouthcoast.org](mailto:weddings@ymcasouthcoast.org) or visit [shiningtidesweddings.com](http://shiningtidesweddings.com) for more information.



*Shining Tides*

WEDDINGS BY THE SEA



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## BAG HUNGER NOW

### Nutrition On Weekends



### Wish List

- Cereal bars or granola bars—low sugar
- Tuna or Chicken pouches
- Peanut butter or cheese crackers
- Single servings of natural apple sauce
- Pop-top soups with meat (Progresso, Chunky, etc.)
- Fruit cups or pop-top canned fruit—in 100% fruit juice or water
- Pop-top canned meals in 15-oz size (Chef Boyardee Ravioli, Beefaroni, etc.)
- Single serving size boxes of cereal or oatmeal—whole grain
- Prepackaged single-serve bags of healthy or whole grain snacks (raisins, pretzels, Teddy Grahams, Annie's, etc.)
- Shelf-stable single-serve boxed milk (Hersey's, Horizon, etc)

Please place purchased items in a shopping bag and drop in the collection bins lobby of the **New Bedford YMCA, Mattapoissett YMCA or Dartmouth YMCA**. the libraries in **Mattapoissett, Marion, Fairhaven and Rochester** or the **Mattapoissett Congregational Church**.

For more information, to make a cash donation, or volunteer to stuff and organize bags, visit [ymcasouthcoast.org](http://ymcasouthcoast.org).

**Mattapoissett YMCA** A Division of YMCA Southcoast  
38 Reservation Road Mattapoissett MA 508.758.4203 [ymcasouthcoast.org](http://ymcasouthcoast.org)

### Mattapoissett YMCA

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