



May 30, 2026

Dear Woodbury Y Community Members,

The first half of the year has seemed to fly by! While I appreciate the coziness of winter, I've been especially grateful for the chance to spend more time outdoors now that warmer weather is upon us — soaking up the sun, gardening, and enjoying nature.

One of the greatest joys here at the Woodbury YMCA has been seeing our community grow stronger every day. Every new person I meet and every act of kindness I witness reminds me why this place is so special — it truly warms my heart. We remain committed to making our Y a place where everyone feels they belong. Whether you're a child or teen, part of a family, an adult, or a senior...this is your space.

As I reflect on 2026 so far, I continue to be inspired by the kindness and support that shine through here. It gives me great hope for the future, and I'm excited to share a few updates made possible through your ongoing partnership.

- We've continued **expanding our ForeverWell programming for seniors**, creating opportunities to stay active and connected. From educational talks and social groups to fitness classes and new friendships, it's been wonderful to hear the laughter and stories that come from this growing group.
- As we've gotten busier, we've **increased our class offerings** to meet demand. Whether it's group exercise or Pilates reformer classes, we prioritize listening to our members and adapting to evolving needs.
- Our **swim lessons program continues to thrive** and make a meaningful impact on more children and families. Hearing stories of kids gaining confidence, learning new skills, and understanding water safety has been incredibly rewarding.
- We've also been **strengthening our family programming** through special gym times, Healthy Kids Day, and other creative projects to engage families in fun, new ways.

It is no understatement to say our Woodbury Y team cares deeply about this work. For us, it's more than a job; it's about supporting our community and responding to its needs, whatever they may be.

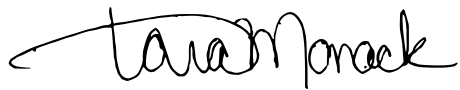
We know that people come to the Y for many different reasons — health, connection, or a sense of community. At the same time, we recognize that rising costs are creating financial challenges for many. Thanks to the generosity of donors like you, we are able to keep our programs and offerings accessible to all, ensuring cost is never a barrier to pursuing wellbeing opportunities.

The gratitude we hear from members who rely on financial assistance is truly inspiring, and their success is made possible through your ongoing support and commitment to helping us carry out our mission.

As we head into summer, my team and I are excited to keep building on this momentum — creating more opportunities, deepening connections, and continuing to show up for our Woodbury Y community in the ways that matter most.

Thank you for being an important part of all we do. We're truly grateful to have you alongside us as a friend and partner, and we can't wait to see what we'll make possible together in the months and years ahead!

Wishing you a bright and memorable summer,

A handwritten signature in black ink that reads "Tara Monack". The signature is written in a cursive style with a long, sweeping underline that extends to the left.

Tara Monack
Executive Director, Woodbury YMCA