



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March 15, 2020

6:00 pm

Due to the Governor's order, the Malden YMCA's facility at 99 Dartmouth St. will be closed until further notice.

Group Exercise online

Thanks to our friends at the YMCA of Greater Houston, a new service is now available at no charge for our active members during this COVID-19 outbreak. Regular exercise is one component of a healthy lifestyle that can help reduce stress and prevent illness. While we would love to see you at the Y, we are committed to social distancing at this time and will not be offering group exercise classes on land or in the water. We have a variety of **at-home exercise options for members to try called Y360!**

https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A

You can take group exercise classes right in your own home at no charge until we are able to see you at the Y! Find some of your favorite classes by clicking on the button below. We are working hard to provide options and additional benefits for our members and trust that you will find a class that you love!

We will also be helping our instructors who want to record their own Malden Y classes so they will be available to you.

Your Membership

We hope that if you are able to continue to pay your membership fee you will. This will allow us to continue to employ our some of our staff and use this revenue to "do good" during this time of uncertainty. Naturally, if you request, we will put your membership on hold and credit your account for dues taken out on March 15th or put your membership on hold beginning April 1st, **but we need you now more than ever!**

Your membership will help us to:

1. Keep our staff employed and reallocated as long as possible during this time of uncertainty to deliver the critical mission of providing food and childcare to those most in need and emergency workers.

2. Expanding our food service to help our community. We will be offering grab and go meals to youth under the age of 18 at the following locations:

Malden Y, 125 Mountain Ave. Malden entrance - from 11-12:30

Willis Ave Community Center, 148 Exchange Ave, Medford MA- from 11:30-1:00,
McGlynn School, 3002 Mystic Valley Parkway, Medford- from 11:30-1:00
Medford Youth Center/Medford Recreation Center, 30 Forest St. Medford from 11:30-1:00
LaPrise Playground, off of Rockwell Ave. Medford beginning on Tuesday, March 17 from 11:30-1:00.
We will add the Linden Community Center and Newland Ave Community Center in Malden by Monday, March 23.

3. We are keeping our 3 pantries open-

291 Mystic Ave., Medford- will be open 10-2 Monday, Tuesday, Wednesday and Friday, 4:30-7:30 Tuesday and Wednesday and Saturday from 9-1.

99 Dartmouth St., Malden - reduced hours 10-2 Monday-Friday and Saturday 9-1

Starting Tuesday, March 17th - 548 Broadway, Everett from Monday through Friday 10-1.

At all locations, we will have a sheet of what is available for you to select and then we will bring food out to those in need.

Child Care

Due to the large numbers of school closings and the essential services we provide to families, all early learning and SACC program will operate for those families who **must** have care for their children. **We encourage families to keep their children at home but realize that is not an option for some families.** We will make a decision regarding transportation tomorrow but anticipate that we will not be providing transportation after Monday, March 16, 2020 until further notice.

Your child will not be allowed to enter the building prior to having their temperature taken. We will exclude children with temperatures of 100.3 or greater, limit group sizes and **if you are not working, you must keep your child at home** in order to help us serve the families who are essential at their place of business. **If you can work from home, we need you to keep your child at home.**

If you are an emergency worker (hospital staff or first responders) and your child care arrangements are closed, please email Beth Cameron at bcameron@ymcamalden.org and we can try to make child care available for you.

Thank all of you for your understanding and patience at this trying time.

Debbie Amaral

CEO