



MEMBER SPOTLIGHT

Boonslick Heartland YMCA

MAY 2021

MEET GARDELL & KAREN POWELL

HERE IS THEIR Y STORY:

We started coming to the Y realizing that exercising was important for us as an older couple in order to maintain our health. The swimming that we do predominately, is easier on my (Gardell's) aging knees. We swim laps together which helps us encourage one another and maintain good cardiovascular health.

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CHECK OUT THE REST OF THEIR
INTERVIEW ON THE NEXT PAGE!

HOW LONG HAVE YOU BEEN PART OF THE Y FAMILY?

We have been swimming together for around 7 years at least once a week.

WHAT'S YOUR FAVORITE THING ABOUT THE Y?

The swimming pool is our favorite exercise, but the people who are always so polite, courteous and kind are really our most favorite thing. The "C" in YMCA is important as we get to fellowship with our brothers and sisters in Christ!

WHAT'S YOUR FAVORITE Y MEMORY?

We were able to share with a new couple who had recently moved into the area looking for a church home. We gave them our church cards with times of the services and invited them to our church. They seemed very appreciative. Sharing Christ is one of our most important responsibilities as Christians.

HOW HAS THE Y HELPED YOU REACH YOUR GOALS?

We would say definitely in many ways it has helped us reach and maintain our health goals. We probably would not have kept up with our exercise this many years, without the friendly and helpful people. The availability of the nice pool was one of the main attractions that, has turned into a fun and healthy habit for us.

DO YOU HAVE ANY ADVICE FOR ANYONE INTERESTED IN BECOMING INVOLVED AT THE Y?

Yes, it is a very friendly place and they work hard at offering fun programs and activities that help us all stay physically, mentally and spiritually healthy. Come and enjoy the people and the Boonslick YMCA.

WOULD YOU LIKE TO SHARE YOUR Y STORY?

We'd love to hear it! Reach out to our Member Engagement Director, Tammy Huntsperger at tammyh@bhymca.org