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Happy Holidays

- page 2

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Jackson Area Collaborative Knowledge Source. This community resource guide is designed to improve the lives of children and strengthen families in the Jackson community by providing fun and useful information.

Learn more at
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If your business or organization would like to submit an article for FREE for publication please do so by the 3rd Friday of each month.

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What the Holidays Mean to Me: Keeping Up with Traditions & Making Memories with Those You Love

By Savannah Riggs

To me, the Christmas season is about spending time with family, friends, and loved ones. Whether it's a cozy night watching movies or a fun day in town, the holiday season is the perfect time to keep up traditions or find something new to enjoy.

One of the things I love doing most around the holidays is going to the small downtown shops and picking out gifts for family and friends. If you missed Shop Small Saturday in November, the month of December is another chance for you to check out the phenomenal stores our town has to offer. Another tradition I enjoy is waking up every morning to a different surprise in the advent calendar to help countdown the days until Christmas. I also love choosing and decorating a tree every year. As it gets closer to Christmas,

I love sitting by the fire, wrapping gifts, and watching the presents accumulate under the tree. When it snows, I love heading to Cascades Park and sledding down the looming snow-covered hill. It's even more fun when the whole family joins in! Another holiday tradition I look forward to every year is ice skating at Optimist Ice Arena and walking across the street to Sweet Scoops for ice cream even when it's freezing. I also love making holiday treats to give to friends and family and then coming home at night to a nicely lit-up and decorated house. And lastly, I love it most of all when my relatives come over on Christmas Day. Watching everyone's joyful smiles as they open the gifts picked out for them is something you cannot put a price tag on. No matter what traditions you have for the holiday season, spending time with those you love is the most important part of it all. From our family to yours, happy holidays!



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Staying Healthy During the Holiday Season

By Theresa Horne, CPT



We are in the thick of the holiday season. Thanksgiving is under our belt, or maybe peeking over it, and many celebrations are yet to come: Hanukkah, Christmas, Kwanzaa. In the past, that may have meant we had some serious eating plans ahead.

Let's rethink the month. As we sail through this season, let's enjoy ourselves without taking any steps backward in our health and fitness journey.

First, we will not think about depriving ourselves or punishing ourselves: no guilt, no shame, no thoughts of that variety. You have been making progress in your health and fitness journey, and we're going to continue to make progress. One of the most challenging things about improving your lifestyle is building habits and setting goals because they are new.

If you struggle with perfectionism, you may be trying to make the new things perfect. If you fail to achieve this level of perfection, you may find it challenging to begin, or you might give up too quickly. Don't let the fallacy of perfection stop you from taking a step forward.

There will never be a perfect time. The perfect time is now! If you have not started yet, make today your start date. And if you've already begun your journey, well done; you've gotten over that hump of getting started. Now keep going! Do not undo all of our progress because you have not been perfect. Getting started and staying consistent can be hard, but you can do it!

Let's use momentum. Be strategic and follow these helpful steps. Continuing to build a healthy lifestyle is not synonymous with giving up the joys of the holiday season.

Eat a potato but don't be a potato. You might eat mashed potatoes, baked potatoes, sweet potatoes, all kinds of potatoes on Christmas. If you want to eat something that falls outside the lines of your typical nutrition goals, remember your movement goals. Don't abandon all of your habits at the same time! You might

have potatoes, but don't be a potato. If you're going to consume food you usually do not eat, consider expending some energy through a walk. The objective is not to press pause or even stop on your healthy lifestyle just because of food during the holiday season.

Start a new tradition. Many of our traditions around the holidays are based on eating. The second suggestion I have to help you stay healthy during the holiday is starting a new tradition that has nothing to do with food. Perhaps you can create a Christmas tradition of gratitude. Let's not limit being grateful to Thanksgiving. Gratitude has value 365 days of the year. An example of implementing a tradition of gratitude is having everyone around the table take turns saying something for which they are thankful. Another idea is starting a Christmas jar and inviting everyone to write down something they are grateful for on a piece of paper and placing them in the jar. If you're the only person in your family that is even feeling this whole Christmas thing, start a new tradition for you! You can make your own personal jar, or you could start a Christmas journal.

Many people look for different foods for Christmas, expecting comfort. The comfort of familiarity feeds us as we've had these foods over and over again for many years. While food can be comforting, sometimes it is not genuinely comfort we are experiencing, but rather familiarity. Creating healthy habits that become familiar can help us to change our practices and improve our health.

How do we build new habits? When you are choosing the things you eat, take your time and experience the food. Slow down, chew each bite, and think about and enjoy your meal. Consider the following questions: is this what I really want to eat? Is this enjoyable? Does it really taste good or is it a habit? Sometimes when we take our time, sit down and focus on what we're doing, we realize that a part of what we thought was a wonderful thing is actually just a habit.

This not only applies to the holiday season but also to our everyday life. So many of the things we eat

are not what we truly desire, but they are comfortable habits. Once you break the pattern, you can see the behavior for what it is. Upon this discovery, you might find that there are eating behaviors you can eliminate without losing the joy you associate with them.

Lastly, Christmas is one day. Let's keep it to one day, experience it, enjoy it, and move on. No guilt, no shame.

This might be your first healthy holiday or your 20th, but you have started, and if you haven't, you can start now. You don't have to change everything at once, but you can do better than before. We can all do better. Try these tips, and let me know how you are doing during this season. Drop me a line at info@sisterhoodofstrong.com

Theresa Horne is the Founder and lead coach of

Sisterhood of Strong. As a Certified Personal Trainer -National Academy of Sports Medicine (NASM), Fitness Nutrition Specialist (NASM), and soul care practitioner, Theresa coaches people to live strong: body, mind, and soul to fulfill their purpose.

To schedule a targeted strong session or find out more about Sisterhood of Strong visit www.sisterhoodofstrong.com

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Learn to Love Your Hometown

End of Year Reflections for the End of 2021

By Val Herr



I do not know where 2021 went, and I cannot believe I am writing my last article for the year! For many of us, 2021 seemed like an extension of 2020.

Life isn't fully back to pre-Covid times, and many miss our regular lives. However, I am a glass half full, make lemonade out of lemons kind of lady. I appreciate time with friends and family more than I used to because I missed it so much when we couldn't gather. I am thankful for my ability to go to events and activities and just be

out and about more than I used to. I have learned the art of slowing down. I always felt I had to go to everything, be everywhere, and say yes to every invitation. All that did was burn me out. 2021 had its ups and downs for me personally and for our community. Some of our lows were really low, but our highs more than made up for it.

A few of my favorite things from 2021 that keep me writing and promoting my amazing hometown are:

1. The Kilted Farmer. If you haven't met Justin, you are missing out. He is doing incredible work, is a great person to be around, and has an unmatched spirit. Please check out The Kilted Farmer!

2. Jackson School of the Arts

and their new building. I had the opportunity to tour the facility while under construction. WOW. I'm so excited for them and for our community. JSA is taking on the world and changing the lives of kids.

3. Grow Jackson. I wrote about them earlier this year. If you still haven't looked into this organization, do so now. They saw a need and jumped in to fix it.

4. The work people are doing to ensure Jackson becomes an inclusive community and all are represented. We aren't there yet, but we are working on it, and we will get there.

5. Save Our Youth. A shoutout to Thomas Burke and the work he does. I loved seeing all the posts

and pictures from taking the kids to camp this summer. When I worked for Boy Scouts, I was amazed how many kids from Jackson had never been out of the city limits. They had never been to a camp, sat on the grass, or even listened to nature. It's so imperative our youth get connected to nature. They are the stewards of tomorrow.

I also want to thank all of you for allowing me to share my thoughts each month on why Jackson is so special. Take time during the holidays to reflect on why you stay in Jackson, what makes it unique, and how you can make a difference to ensure Jackson becomes an even more excellent place to live, work and play.

Jackson County Animal Shelter's Adoptable Pets: Sammy & Toph

Contributed by the
Jackson County Animal Shelter

Sammy


This sweet girl is Sammy, she was surrendered after her owner past away. She is a 9 year old American Staffordshire mix who is a pretty brown brindle. Sammy is a spunky 9 year old who likes to be near her human. Additionally, Sammy is potty trained, knows some basic commands and her adoptive fee is partially sponsored. Dog adoptions require an application, online link <https://www.co.jackson.mi.us/DocumentCenter/View/8193/Dog-Adoption-Application-PDF>. Availability date is when the dog becomes JCAS property; any necessary medical procedures may delay an adoption. A meet & greet with your dog is mandatory. A cat room walk-through is available to test reaction. Dogs will go to approved applicants; the adoption fee is \$150 medium/large dogs, \$250 puppies/small dogs which includes vaccinations, microchip, and sterilization. Come visit her today at 3370 Spring Arbor Rd, Jackson, MI.

Toph

Toph is 4 year old brown tiger who is a little on the chubby side. She was owner-surrendered and is looking for an indoor home due to the fact she is visually impaired. This loveable puff is super affectionate and happy. Won't you come meet her today at the Jackson County Animal Shelter, 3370 Spring Arbor Rd., Jackson, Michigan.

Cat Adoption Fees are \$60 for one cat, \$80 for two, which will include applicable tests, vaccines and spay/neutering. Any necessary medical procedures may slightly postpone an adoption. Visiting the shelter is always best, but other resources include: Online cat application: <https://www.co.jackson.mi.us/DocumentCenter/View/8194/Cat-Adoption-Application-PDF>, fax to: 517-780-4750 or email to: animalshelter@mijackson.org.


See our website for more information at: mijackson.org/579/Animal-Shelter. Come find us on Facebook or view all pets on Petango.com-Shelter Details. Current Shelter Hours: M, Tu, W, F, 10:00-4:30, Thu 10-7, Sat 10-4.

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4 Ways to Give Back While You Shop

(BPT) - The holiday season has arrived, and with it the hunt to find the perfect gift for everyone on your list. The holidays are also a great time to give back to local communities and to those in need. From supporting small businesses and charitable organizations to shopping sustainably, here are four convenient ways to give back while you shop on Amazon this season.

Support charitable organizations. Help deliver smiles and holiday cheer to those in need by shopping at smile.amazon.com. AmazonSmile offers the same products and the same low prices, with the added bonus that AmazonSmile will donate a portion of the purchase price of eligible products to a charity of your choice. You can also donate directly to charities by purchasing requested items from the thousands of AmazonSmile Charity Lists available, which are managed directly by the charities themselves.

Support small businesses. Support small businesses this holiday by shopping Amazon's Small Business Gift Guide, which includes woman-owned, military family-owned, and Black-owned businesses, and top gift picks from celebrities Gabrielle Union, Drew Barrymore, and Billy Porter. You can also discover one-of-a-kind handcrafted goods and unique gifts by local Makers on Amazon Handmade.

Gift (RED). For the fifth consecutive year, (RED) and Amazon are teaming up to provide customers a destination to shop gifts that give back. Every purchase on the Amazon (RED) storefront supports the fight against global health emergencies like COVID and AIDS and funds life-saving programs in communities most in need. In addition to customer favorites like the (PRODUCT)RED Theragun mini and Apple Watch Series 7 (PRODUCT)RED, this year's selection includes a new collection of (ANOVA) RED Precision Cookers, LARQ Bottles (PRODUCT) RED, (VAHDAM)RED teas, and more.

Shop sustainable. Reduce environmental impact this season by recycling old items, composting holiday food waste, and shopping sustainably on Amazon by searching for Climate Pledge Friendly products. The Climate Pledge Friendly label recognizes products with improvements in at least one aspect of sustainability. Eligible products are certified by sustainability certifications, including Amazon's Compact by Design certification, as part of Amazon's commitment to reduce its carbon footprint and become net zero carbon by 2040.

To find more ways to shop and give back this holiday season, visit amazon.com.



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The City of Jackson Welcomes New Mayor & City Councilmember

By Aaron Dimick,
City of Jackson Public
Information Officer

The City of Jackson is starting 2022 with a new Mayor and City Councilmember following the outcome of the Nov. Election.



Daniel Mahoney, who previously represented

Jackson's District 7 on the Jackson County Board of Commissioners, won the Mayoral election. He is Jackson's first African-American mayor.

Another new face to the council is Angelita Gunn, who won the election for Ward 3 (northeast side) City Council. This is Gunn's first elected office. Ward 1 (south side) City Councilmember Arlene

Robinson and Ward 5 (Downtown Area) City Councilmember Karen Bunnell both won re-election in the Nov. election.

Oaths of office were administered by City Clerk Andrea Muray at the first council meeting in Dec.

Councilmembers serve four-year terms and the Mayor serves for two years. Wards 2 (east side), 4 (northwest side) and 6 (southwest side) will have elections in 2023.

In-person City Council meetings resumed in 2021 and are generally held the second and fourth Tuesdays of each month at Jackson City Hall. The meetings are also broadcasted live on Comcast Cable Channel 21, the City Facebook page, and the City website. Meeting videos and summaries are also available on the City website the following day.



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Strategies to Help You Make Clean-Up Time a Smooth & Painless Process

By Trista Rink,
Community Action Agency

Children learn many things through play. Social-emotional, art, literacy, language, and math are just some of the skills children learn while playing. While playtime has countless benefits, have you ever tried to convince your child it's time to clean up before they were ready? This can be a time of elevated frustration for children and their caregivers.

Let's talk about a few transition support strategies that can help with the chaos that may arise at clean up time. Fun transitions such as playing music and creating the challenge to have it all cleaned up before the song ends can be a great way to get some dancing and giggles from both the child and caregiver. Playing a game of Stop and Go, where the child cleans on "Go" and freezes on "Stop" is another example of a transition. Additionally, setting a timer can help in multiple ways: You

can give five more minutes of playing time or a timer to implement a beat-the-clock clean-up game.

It is also crucial to talk with your child, letting them know that clean-up time is coming, when the time arrives, and what may be occurring after things are put away. Children are often so engaged in what they are learning/playing that it can be challenging to understand why they must finish the activity. Also, have a clear expectation of where things are to go. Label bins, drawers, and boxes with pictures for young children to be able to see and match the items with the correct location. Each of these transitioning techniques are also moments of learning!

If clean-up time is proving to be a huge struggle and you are unable to think of ideas in the moment, sit down and play with the child for a few extra moments. Chances are, you need to take a break yourself!

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NASA to Launch the James Webb Telescope

Contributed by
Imagine Planet

Later this month, on December 22nd, NASA will launch the James Webb Space Telescope into space. This is the largest and most powerful space telescope ever and will allow us to peer back in time to the earliest galaxies in our universe.

The James Webb Space Telescope, or JWST, was developed through a partnership between NASA and the European and Canadian space agencies. It will build upon and extend the discoveries made by the Hubble Space Telescope to help unravel mysteries of the universe.

To see ancient, distant galaxies, the Webb telescope was built with instruments sensitive to light in the near- and mid-infrared wavelengths. We often call things that see infrared radiation heat-sensing instruments, like night vision goggles. In order to work, these instruments have to be kept cold to not interfere with the view. The Webb telescope's orbit around the Sun – sitting about 1 million miles (1.5 million kilometers) from Earth at Lagrange point 2 – keeps the spacecraft pretty far from our planet's heat. The Webb telescope also has a heat shield to keep radiation from the Sun, Earth, and Moon from heating the instruments.

A telescope's sensitivity, or its ability to detect faint signals, is related to the size of the mirror it uses to gather light. On the Webb telescope, 18 hexagonal gold-covered mirrors combine to form a massive primary mirror that is 21 feet (6.5 meters) across.

Compared with the Hubble Space Telescope's eight-foot (2.4 meter) diameter mirror, this gives the Webb telescope more than six times the surface area to collect those distant particles of light known as photons. The Webb telescope is designed to fold to fit in the rocket which will take it to its destination. After it gets there, the telescope will unfold.

So how do we see back through time? Light travels at a speed that is not instantaneous. The light from our sun takes over 8 minutes to reach Earth, so when we look at the sun (never directly!), we are seeing the sun as it was 8 minutes ago. Light leaving early galaxies can take billions of years to reach Earth, so when we see these objects, we're actually seeing what they looked like in the past. The farther something is from Earth, the farther back in time it is when we observe it. So when we look at light that left objects 13.5 billion years ago, we're seeing what happened in the early universe.

In our own solar system, the Webb telescope will study planets and other objects to help us learn more about our solar neighborhood. It will be able to complement studies of Mars being carried out by orbiters, landers, and rovers by searching for molecules that may be signs of past or present life. It is powerful enough to identify and characterize icy comets in the far reaches of our solar system. And it can be used to study places like Saturn, Uranus, and Neptune while there are no active missions to those planets.

Imagine Planet has activities related to the Webb telescope which will be available close to the launch. A great source for

more information is NASA's website about the James Webb telescope. We will be closed on December 24th and 25th and on December

31st and January 1st for the holidays, but otherwise will be open our regular hours. Have a safe and happy holiday season!



Happy Holidays

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MIT THINK Scholars Program

Eligibility:

• Applicants must be full-time high school students attending a public, private, or home school at the time of application.

• Must be a U.S. resident during the 2021-2022 school year.

• One submission per applicant

• One or two students per project

Description: The THINK Scholars Program is an educational outreach initiative that promotes science, technology, engineering, and mathematics by supporting and funding projects developed by high school students. The program is run by undergraduate students at the Massachusetts Institute of Technology (MIT) and sponsored by technology companies and educational organizations. THINK project proposals are science and engineering ideas that span many fields from green technologies and practical devices to software applications. Almost anything is fair game as long as it can be completed by an individual or team of 2 in the spring semester with a \$2,000 budget. Winners also receive a \$500- \$1,000 scholarship and an all-expenses paid trip to MIT to meet and network with MIT professors and students. For more information, please visit the MIT THINK website.

Applying for the THINK Scholars Program is a simple process:

• Register: create an account using your email address and some basic information.

• Find a team: You can work alone, or work with a partner.

• Submit your proposal: upload a document describing your idea, goals, and implementation procedure

Award: : \$1,000

Deadline: January 1, 2022

Application: <http://think.mit.edu/overview/>

Guy M. Wilson Scholarship 2022

Eligibility:

• Applicant must be a resident of Michigan and: the son, daughter, grandchild, or great grandchild of a veteran, living or deceased. Military service in any armed service branch is required.

• Applicant must be a current

high school student; planning to attend a university or 2 to 4-year college.

• A minimum 2.5 GPA is required.

• Applicant must be planning to attend any Michigan accredited college, university, or trade school in the Fall of 2022.

Description: In 1898, Guy M. Wilson enlisted for service in the Spanish American War. At the close of the conflict, he joined the Michigan National Guard where he quickly ascended to the rank of General. The Guy M. Wilson Scholarship was created in 1938 to honor and preserve the memory of a great soldier and gentleman who served as the Michigan American Legion's second State Commander in 1920-21.

Award: \$500

Deadline: January 3, 2022 at 5:00 pm

Application: : <https://michiganlegion.org/wp-content/uploads/2021/09/2022BrewerWilsonAppFillable.V.9.21.21.pdf>

William D. & Jewell Brewer Scholarship 2021

Eligibility:

• Applicant must be a resident of Michigan and: the son, daughter, grandchild, or great grandchild of a veteran, living or deceased. Military service in any armed service branch is required.

• Applicant must be planning to attend any nationally accredited college, university, or trade school.

• A minimum 2.5 GPA is required.

• Applicant must demonstrate financial need.

Description: In 1984 Jewell Brewer established a trust fund and scholarship for Michigan's most deserving students in memory of William D. Brewer, a member of the Harold Todd American Legion Post located in Detroit, Michigan. Each year the Michigan American Legion awards five students with the William D. and Jewell Scholarship to help continue their education and reach their professional goals.

Award: \$500

Deadline: January 3, 2022 at 5:00 pm

Application: : <https://michiganlegion.org/wp-content/uploads/2021/09/2022BrewerWilsonAppFillable.V.9.21.21.pdf>

GE-Reagan Foundation Scholarship Program Stop Hunger Scholarship

Eligibility: Applicants must...

• demonstrate at school, at the workplace, and within the community the attributes of leadership, drive, integrity, and citizenship;

• demonstrate strong academic performance (minimum 3.0 GPA/4.0 scale or equivalent);

• be citizens of the United States of America;

• be high school seniors attending high school in the United States. Applicants living on a U.S. Armed Forces base are eligible. Home-schooled students are also eligible.

• plan to enroll in a full-time undergraduate course of study toward a bachelor's degree at an accredited four-year college or university in the United States for the entire upcoming academic year.

Award: approximately 20 awards of \$10,000 each will be granted

Deadline: January 6, 2022

* If the program reaches 25,000 applications before 11:59 PM CST on January 6, 2022, it will automatically close.

Application: <https://www.reaganfoundation.org/education/scholarship-programs/ge-reagan-foundation-scholarship-program/>

BGSU - Academic Investment in Mathematics and Science (AIMS) Program

Eligibility:

• 21 ACT score and 3.0 high school GPA preferred

• Be accepted as a Bowling Green State University student prior to the AIMS application deadline

• Completed AIMS application materials by the deadline

• Selected candidates must complete a telephone interview

• Successful completion of the AIMS Summer Bridge Program

Description: The AIMS Program requires study leading to a bachelor's degree in STEM related fields or teacher education with majors in these areas. Scholars should plan to enroll in AIMS Seminar I (AS1030) in the fall and AIMS Seminar II (AS 1040) in the Spring

Award: Varies

Deadline: <https://www.bgsu.edu/aims>

Independent Hardee's Franchisee Association Scholarship

Eligibility:

• Employees of IHFA mem-

ber restaurants with six months continuous service and who are still employed at award distribution time.

• Employees who plan to enroll or are already enrolled in an accredited institution: two- or four-year college, university, or vocational/technical school.

Description: The Independent Hardee's Franchisee Association (IHFA) has established a scholarship program to assist employees who plan to continue their education in college or vocational school programs. Scholarships are offered each year for full-time study at an accredited institution of the student's choice. The program is administered by Scholarship America, the nation's largest designer and manager of scholarship and tuition reimbursement programs for corporations, foundations, associations and individuals. Awards are granted without regard to race, color, creed, religion, sexual orientation, age, gender, disability or national origin.

Award: \$1,000

Deadline: January 17, 2022 by 3:00 pm Central Time

Application: <https://learn-more.scholarsapply.org/ihfa/>

Barry M. Goldwater Scholarship & Excellence in Education Scholarship Program

Eligibility: The applicant must...

• be a full-time matriculated sophomore or junior pursuing a degree at an accredited 2- or 4-year institution of higher education during the 2021 - 2021 academic year,

• intend to pursue a research career in a natural science, mathematics or engineering,*

• have a college grade point average of at least a 3.00 on a 4.00 scale, and

• be a U.S. citizen from the 50 states or the District of Columbia; a U.S. national for those students nominated by institutions in Puerto Rico, Guam, Virgin Islands, American Samoa, and Commonwealth of the Northern Mariana Islands; or a permanent resident. A permanent resident nominated for the scholarship must include a letter stating his/her intent to become a U.S. citizen. A photocopy of the nominee's Permanent Resident Card, also known as the Alien Registration Card or Green Card, must also be submitted.

Description: The Barry

Goldwater Scholarship and Excellence in Education Foundation was established by Congress in 1986 to serve as a living memorial to honor the lifetime work of Senator Barry Goldwater, who served his country for 56 years as a soldier and statesman, including 30 years in the U.S. Senate. By providing scholarships to college sophomores and juniors who intend to pursue research careers in the natural sciences, mathematics and engineering, the Goldwater Foundation is helping ensure that the U.S. is producing the number of highly-qualified professionals the Nation needs in these critical fields.

Award: Varies

Deadline: January 28, 2022

Application: <https://apply.scholarsapply.org/barry-goldwater/>

Michigan Council of Women in Technology Undergraduate Scholarship Program

Eligibility:

• An applicant must be a female high-school student or currently enrolled college/university level student

• A resident of the state of Michigan

• A student with a 3.0 GPA or better

• Enrolled (or will be enrolled) in a Michigan university

• Enrolled (or will be enrolled) in an Information Technology program

• A United States citizen

Description: The Michigan Council of Women in Technology (MCWT) Foundation is pleased to announce its scholarship and laptop programs for the 2020-2021 academic year. MCWT Foundation is offering one high school senior, one GET IT club high school senior, one undergraduate-level and one graduate-level college scholarship for women who are currently or will be enrolled full time in college-level courses for the 2019-2020 academic year at a university

Award: \$5,000 maximum award

Deadline: January 31, 2022

Application: <https://www.mcwt.org/programs/list/University-Initiatives/Scholarship-Program>

Visit the College & Career Access Center today in the Jackson Crossing! For the complete list of scholarships please visit www.jcisd.org/CCAC.

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Unplug this Winter: Jackson YMCA Camp Features Fun Indoor & Outdoor Activities

By Bonnie Gretzner,
Director of Marketing
and Communications,
Jackson YMCA

What are the kids doing over Christmas break? Sign them up for the Jackson YMCA Winter Break Camp, where they will have a great time with two weeks of swimming, activities, crafts and field trips.

Open to ages 5-14, camp is held Dec. 20-31 (no camp on Christmas Eve) downtown at 127 W. Wesley St. Daily and weekly rates are available, and camp is open to members and the community. While the schedule is still being finalized, activities include field trips to local venues, holiday arts and crafts, nature and urban hikes, swimming and sledding (weather permitting).

"Kids meet new friends and have a great time during camp," said Executive Program Director Megan Hunt, "and parents can be assured that we are adhering to health guidelines." Those protocols include staff wearing face masks, and all Y staff are trained in CPR and First Aid.

Jackson YMCA Winter Break Camp

Week 1: Dec 20-23
Week 2: Dec. 27-31

Cost

Daily Rate: \$39

Members / \$49

Community

Week 1: \$119 /

\$149

Week 2: \$149 /

\$199

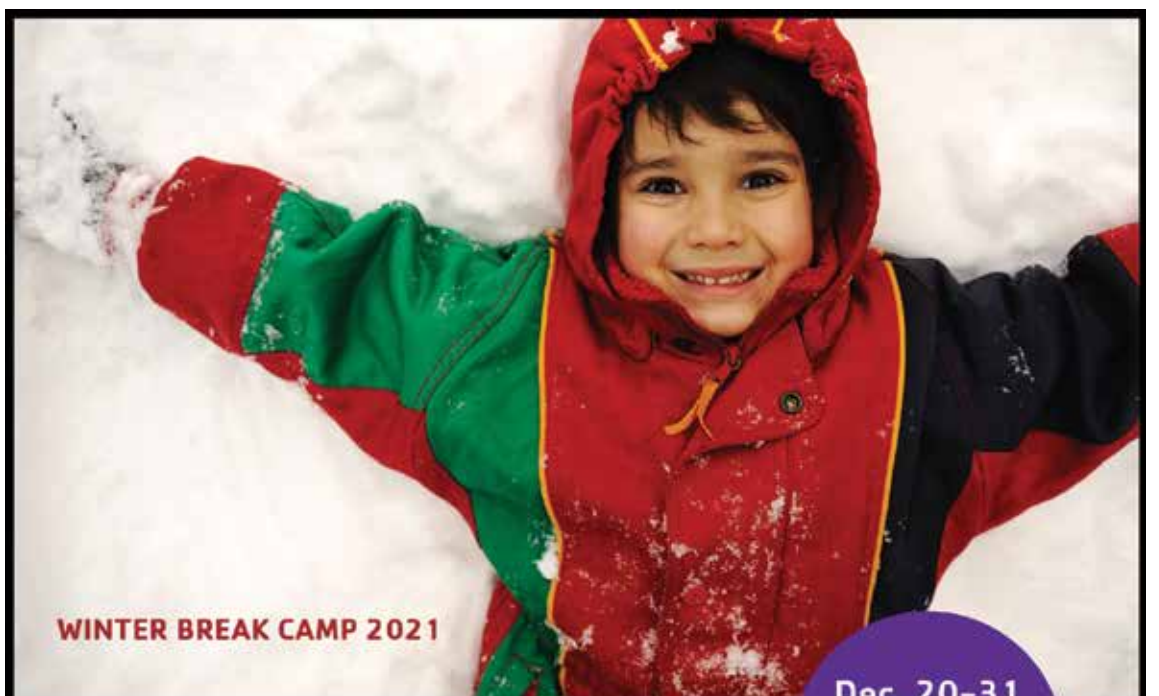
Financial assistance is available

What to Bring

Lunch, water bottle, swimsuit/towel and winter gear for outdoors.

To Register

Visit JacksonYMCA.org or call 517-782-0537.



WINTER BREAK CAMP 2021

LET'S GO OUTSIDE!

Dec. 20-31
Open to Members and the Community

Get unplugged and enrolled in our winter camp today; Ages 5-14

Dates:

Week 1 / Dec. 20-23, 2021

Week 2 / Dec. 27-31, 2021

Time: 7:30 am - 6 pm

Cost: Daily rate: Members \$39, Community \$49

Full Week 1: Members \$119, Community \$149

Full Week 2: Members \$149, Community \$199

Financial Assistance is available

Register: Sign up in person or online at JacksonYMCA.org

Jackson YMCA
127 W. Wesley St.
Jackson, MI 49201
517.782.0537



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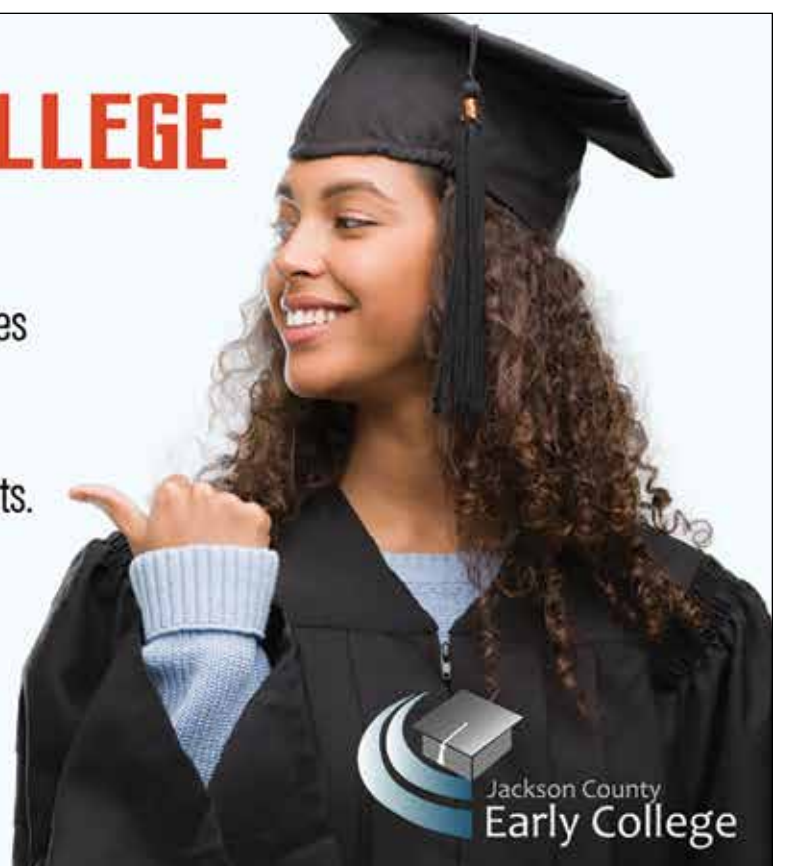
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Jackson County
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