

Welcoming Week Schedule of Events

Welcoming Week is full of special events, internationally-themed group exercise classes and culturally relevant crafts for the kids. *(All events are free and open to the public. Reservations are recommended for Group Ex Classes. Schedule subject to change.)*

FRIDAY, SEPT. 13

FunZone craft: Greek Vases

6-7pm

Bollywood Dancing presentation with ZIND Performing Academy **NAT**

ZIND Performing Academy is a Bollywood dance studio within the DMV. Bollywood dance is an amalgamation of styles predominately rooted in various Indian classical and folk dances mixed with western styles such as Hip-Hop and Funk.

SUNDAY, SEPT. 15

FunZone craft: Henna

MONDAY, SEPT. 16

FunZone craft: Asian Fans

8:45-9:40am

Fitness4All "Be Kind" with Dessie Vandre **NAT**

3-5pm

Friendship Bracelets with the Asian American Center of Frederick **DTY**

4:30-5:30pm

UNESCO Story telling for small children **NAT**

Parent/Child program with one hour of story telling. Reconnect with the past, embrace memories, and inspire future generations.

6-7pm

UNESCO Rewind **NAT**

All ages. One hour of meditation session designed to provide you with a range of meditative practices to help you relax, reduce stress, and enhance your overall well-being.

TUESDAY, SEPT. 17

FunZone craft: Egyptian Hieroglyphics

9:15-10:10am

Healthy For Life "Be Kind" with Dessie Vandre **DTY**

10:15-11am

Group Cycle internationally themed with Brandi Kupchella **DTY**

10:15-11:15am

Fitness4All "Be Kind" with Dessie Vandre **DTY**

11:15am-12:15pm

Yoga internationally themed with Brandi Kupchella **DTY**

4-6pm

Centro Hispano de Frederick **DTY**

WEDNESDAY, SEPT. 18

FunZone craft: GingerBread Hearts

10:15-11:15am

Rhythm & Reps "Be Kind" with Dessie Vandre **DTY**

11:45am-12:45pm

Healthy For Life "Be Kind" with Dessie Vandre **NAT**

4:30-5:30pm

UNESCO Story telling for small children **DTY**

Parent/Child program with one hour of story telling. Reconnect with the past, embrace memories, and inspire future generations.

6-7pm **UNESCO Rewind** **DTY**

All ages. One hour of meditation session designed to provide you with a range of meditative practices to help you relax, reduce stress, and enhance your overall well-being.

THURSDAY, SEPT. 19

FunZone craft: Ukranian Easter Eggs

9:15-10:10am

Healthy For Life "Be Kind" with Dessie Vandre **DTY**

10:15-11am

Group Cycle internationally themed with Brandi Kupchella **DTY**

10:15-11:15am **Fitness4All "Be Kind" with Dessie Vandre** **DTY**

11:15am-12:15pm

Yoga internationally themed with Brandi Kupchella **DTY**

FRIDAY, SEPT. 20

FunZone craft: I Love You hands

9:15-10:15am

Les Mills BODYCOMBAT "Be Kind" with Dessie Vandre **DTY**

11am-Noon - **Healthy For Life "Be Kind" with Dessie Vandre** **NAT**

4:30-5:30pm

UNESCO Story telling for small children **YAC**

Parent/Child program with one hour of story telling. Reconnect with the past, embrace memories, and inspire future generations.

6-7pm

UNESCO Rewind **YAC**

All ages. One hour of meditation session designed to provide you with a range of meditative practices to help you relax, reduce stress, and enhance your overall well-being.

SATURDAY, SEPT. 21

FunZone craft: God's Eye/Ojo de Dios

3-7pm

Urbana Latino Festival **NAT**

3-4pm

The Fastest Plane: Around the World in 45 mins. with Story Tapestries **NAT**

Travel the world with storyteller and dancer Arianna Ross. Dance through the streets of Indonesia, Brazil, Mexico, India or the United States. This multilingual program is an entertaining, international, dynamic program that weaves the power of dance, theatre, music and storytelling together.



WELCOMING WEEK

SEPTEMBER 13-22



Welcoming Week is a chance for neighbors—both immigrants and U.S.-born residents—to get to know one another and celebrate what unites us as a community.

#WelcomingWeek #YForAll

ACTIVITIES INCLUDE:

- Crafts
- Resources
- Special Presentations
- and More!

View full schedule online:
frederickymca.org/welcoming-week



» BELONGING BEGINS WITH US

YMCA of Frederick County

- Downtown Y
- Natelli Family Y
- Y Arts Center
- Y Sports Warehouse

For a better us.®



Welcoming Week is an initiative of WELCOMING AMERICA and a proud expression of the BELONGING BEGINS WITH US campaign.
BelongingBeginsWithUs.org