

# For the Young and Young at Heart

by Rachel McDonald & Emily Fink

As it develops programming within its new facilities, the Daniel J. Detwiler Phoenixville YMCA is committed to creating unique activities for its active older adult members.

The second floor, which formerly housed the Wellness Center, is being transformed into the new Sugiura Intergenerational Center. These facilities will serve as a meeting point for youth, teens, adults, and seniors, expanding upon a core aspect of the YMCA's purpose, which is to bring together individuals of all ages, genders and backgrounds in



Helen Manney and Rita Leccese were given the Freedom Valley YMCA's Humanitarian Award in 2006. Helen has been involved in the Phoenixville YMCA for over 40 years (She was a Volunteer of the Year in 1972) and Rita has been very involved in the Y's yoga program.





Faithful Phoenixville YMCA Volunteer Coach, Charlie Shaffer (far right) and his youth basketball team pose with Y leaders and members of the Thompson family at the Phoenixville YMCA expansion ground-breaking.

one welcoming place. The Sugiura Intergenerational Center will house a computer lab and activity space for the young and young at heart, including everything from playing cards to Nintendo Wiis. The Preschool Child Care Director, Sue Ellen Masters, would also like to develop an interactive program for preschoolers and seniors

The Phoenixville YMCA also has a wide range of activities specifically for seniors. Monthly senior social group meetings, bingo nights and country line dancing are already popular and plans for the new space include a book club in conjunction with the Phoenixville Library, a card club and movie nights. The seniors' social group also plans outings throughout the year. During the upcoming months, YMCA members will take trips to see "The Pajama Game" at the DuPont Theatre and the Christmas Show at the American Music Theatre in Lancaster.

The new Sugiura Intergenerational Center will bring about much-needed change in providing the Y's active older adult community with facilities designated for their use. And with planned intergenerational programming and technological improvements, all ages will benefit from the facility.