



A place for all moves us.

Mary Lou Matthews is 93 and is the oldest member of the Collingwood YMCA. She said the organization helped her get back on her feet after a health scare nearly four years ago. She is one of more than 4,000 members at the Collingwood YMCA, which recently celebrated its 132nd year in Collingwood and its 33rd anniversary at its location on Hume Street. Matthews and her husband have been members of the Y in Collingwood since they retired to the community 25 years ago and her admiration and love for the Y goes far beyond exercise.

"As far as we're concerned, it's the way they help people who are unable to afford the membership," she said. "I think it can set a pattern for children. I see young teenagers coming in here instead of being around on the street."

Fiona Lintern is the youngest Y member in Collingwood at just three months. Her mom Katie said the family has been members since they moved to town in 2015. She has found it to be a great way for her to meet other moms and get acclimated to the community. The YMCA operates a child-minding program, which sees staff look after youngsters while parents are participating in programs. The availability of child-minding has been a big thing for their family; being able to pass the kids off to somebody for a little bit to have a bit of alone time and a bit of exercise.

In addition to its gym, a host of programs are included with the YMCA membership including activities for youth, teens and seniors as well as summer camps and a daycare facility at Jean Vanier High School.

- Excerpts from John Edwards, Collingwood Connection



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