



Randolph-Asheboro YMCA

# MY Y STORY



**Anise Bertram**  
Member & Volunteer

I came to the Y with a friend for water aerobics and to learn to line dance. My friend asked if I would join her in teaching an art class at the Y on Wednesdays. I was immediately hooked. I like to be able to create something that says 'POW!' Some crafts I personally assist with, but I have also seen members blossom into doing more on their own or assisting others. There are days when I'm down or overwhelmed and when I see their faces as they complete a project and leave proud with a smile on their face always makes me feel so good. I have no one at home, so the Y keeps me active. These ladies keep me going and get me laughing. Wednesdays are blocked off on my calendar so nothing interferes with my days with my ladies! The Y has really touched my heart.

Share your story today! Pick up our My Y Story card at the Front Desk!