

PROGRESS 2008

YMCA: Healthy lifestyles for a healthy community

If you need to get in shape after a long, cold winter or need a daycare facility for your children, the Mahaska County YMCA in Oskaloosa is your answer.

"We're really boosting up our group exercise classes," YMCA Executive Director Aaron Phillips said.

Besides traditional step aerobics classes, the YMCA in 2008 is offering new classes such as group cycling; speed, strength and agility classes for seventh- through 12th-graders; Brazilian jujitsu; "Body Pump" classes for strength and cardio; water exercise; and Ab Lab.

"We have a lot to offer," Phillips said.

If you want to exercise on your own and need some help and encouragement, the YMCA offers personal trainers.

"The personal training is going really well," Phillips said.

The YMCA is currently in the middle of its second Oskaloosa's Biggest Loser fitness challenge where YMCA Sports and Fitness Director Derek Melville is guiding a group of people through their quest to improve their health and their lives.

Also, the YMCA has an exercise program for seniors — Silver Sneakers — that features muscular strength and range-of-motion training. The program is offered from 10 to 10:45 a.m. on Mondays and Wednesdays in the gym.

The YMCA also offers some new exercise equipment, thanks to a monetary donation from YMCA Board members Tim and Kim Blackwell. Their donation allowed the YMCA to purchase two new elliptical machines, two treadmills and one recumbent exercise bike.

Also, the YMCA has a new membership database thanks to a 2007 United Way grant, Phillips said. Also, YMCA members can soon register online and get information on YMCA programs from the Internet, he added.

The YMCA also has a slate of activities planned for members this spring and summer.

On April 12, the YMCA will hold a Healthy Kids Day, as part of a nationwide

YMCA program. Also, YMCA officials will announce the winner of the Biggest Loser fitness challenge.

The YMCA will hold sand volleyball games at the Mahaska County Conservation Board's volleyball facility at Eveland Access. Also, the YMCA will start Hoover Ball games.

Coed softball and men's leagues will step up to the plate when the weather warms up.

Also, during the first or second weekend in June, just in time for school to dismiss, the YMCA will hold 3-3 basketball tournaments for youth and adults.

This summer, the YMCA will hold a 5K Run/Walk.

The YMCA also offers many childcare and educational programs for area residents.

Currently, the YMCA is working toward accreditation from the National Association for the Education of Young Children. This is a long-term commitment to have the best practices for child care.

The YMCA holds its traditional before- and after-school programs during the school year and has ongoing child care and preschool programs.

During the summer, the YMCA will have Day Camp for school-age children. In the program, children will take several field trips to places like Lake Keomah and the Russell Wildlife Center to continue their learning during the summer. The Day Camp attendees have access to the YMCA's gym and pool.

The YMCA also has the Educare Program, which is a six-week collaborative effort with organizations such as the Oskaloosa school district and Head Start for 5-year-olds.

Also, the YMCA has the Gym and Swim program for swimming lessons and gymnastics.

The YMCA also has two new staff members who know sign language and they will be in all classes of children.

The YMCA also features pull out activities for science and math as well as multi-cultural activities.

First Christian Reformed Church has been serving Oskaloosa's spiritual needs for more than 160 years

The First Christian Church (Disciples of Christ) has continued to serve Oskaloosa for more than 160 years.

In 1846 the church began with a series of cottage meetings in a log cabin home. In 1853, the congregation began building a church on High Avenue West, but by 1878 the Rev. Aaron Chatterton knew more room was needed.

Then, in 1893, the First Christian Church was completed at its present location, 119 A Ave. E.

A new education wing was completed in February of 1929. The Great Depression would have led to the building's foreclosure had it not been for the Philadora Club, who paid the interest on the building's loan for three years.

The congregation decided in 1997 to take down and rebuild the sanctuary and the decision has worked out well. The goal was to carry over the traditional feel of the sanctuary while switching to a more modern semi-circle layout for the pulpit. Now the sanctuary is able to hold 425 people and all parts of the sanctuary are accessible by those who have difficulty walking.

Another source of pride for the church are its original stained-glass windows, which are still intact from when the church was built in 1893.

In September of last year, the church began the next phase of remodeling. The education wing of the church, originally built in 1929, will have new offices, a lounge, adult and children's libraries, a choir room, a children's ministry area and a youth ministry area.

The church's many groups will appreciate the remodeling.

Youth groups meet on Wednesdays. The three groups are: PowerKids, for kids through fifth-grade; PowerZone, for grades sixth through eighth; and PowerHouse, for high school students.

The church has also served as the venue for the venerated Fifth Quarter after home football games for most of the last

10 years. The church is a fun and safe place for high school students to eat pizza and play pool, ping pong, foosball, and listen to music from a DJ.

The Christian Women's Fellowship meets monthly for Bible study and fellowship and also takes part in outreach projects.

The men of First Christian Church hold monthly prayer breakfasts from October through May. On Mondays in January through March, the men play dart ball, a dart game similar to baseball, at the church.

The Traveling Disciples make day trips to different places in the state. If you would like to go to the Country Music Theater in Rathbun, cheer for the Iowa Cubs at Principal Park, or visit the Amana Creamery Theater, then the Traveling Disciples is the group for you. The Traveling Disciples is a popular group among retirees.

For those of a musical mindset, the choir and praise teams meet weekly and the church is also home to a jazz-combo group of middle and high school musicians.

The church also has weekly men's and women's domino groups.

On Sunday mornings, children and adult Sunday school classes begin at 9 a.m., and worship starts at 10 a.m. The church is transitioning between pastors. Interim Pastor Stephen Mathison-Bowie is leading worship services until a new Senior Pastor is called.

The church has elevator access to all three levels and all areas of the church are accessible for those who have difficulty walking.

A nursery is also available during worship service.

The church van is also available for those who have difficulty making it to church.

If you would like to join a club, get a ride to a worship service or ask questions, call 673-4671.



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First Christian Church (Disciples of Christ)



**Mission Statement: Disciples of Christ
in Partnership with God**

Sunday Schedule

Church School 9:00 a.m.
Worship 10:00 a.m.

Church School Classes Available:

- *Nursery
- *Pre K/Kindergarten
- *1st & 2nd Grades
- *3rd, 4th & 5th Grades
- *6th-8th Grades
- *9th-12th Grades
- *Young Adult & Adult Classes

Ministries

Women

All women of the church are welcome to participate as members of Christian Women's Fellowship (CWF), and meet for study, fellowship, prayer and service.

- ❖ **Quilting** – Mondays at 8:30 a.m.
- ❖ **Dominoes** – Thursdays at 1:00 p.m.

Men

- ❖ **Dominoes** – Tuesdays at 1:00 p.m.
- ❖ **Dart Ball** – Mondays at 7:00 p.m. (January-March)
- ❖ **Monthly Prayer Breakfasts** – Saturdays (October thru March)

Other activities include special dinners, picnics, and various forms of service.

Youth

- ❖ **PowerKids** – (2 yrs. through 5th Grade) Meets every Wednesday evening at 5:30 p.m. (September thru March)
- ❖ **PowerZone** – (Grades 6-8) Meets every Wednesday evening at 5:30 p.m. (September thru May)
- ❖ **PowerHouse** – (Grades 9-12) Meets every Wednesday at 7:00 p.m. (September thru May)
- ❖ **Vacation Bible School**
- ❖ **Summer Camp**
- *A nursery is provided for Worship and other groups/activities as needed.
- *Sanctuary is handicapped accessible with wheel chair space available.
- *Church van operates on Sunday morning for those needing transportation. Please call 673-4671 if you are in need of a ride.



powerkids
POWERHOUSE



119 A Avenue East • Oskaloosa, Iowa 52577
(641) 673-4671

Church E-mail - fccosky@mahaska.org