



YMCA Northumberland

MEDIA RELEASE

For Immediate Release – January 12, 2024

## YMCA Northumberland Hosting Y Break Bread Supper Series for Seniors

**COBOURG, ON** – On Saturday, January 20, 2024 from 4:30pm until 7pm, YMCA Northumberland is holding its first Y Break Bread event as part of a five event Supper Series for Seniors, designed to nourish both body and mind in an engaging and unique manner.

“We’d like to invite seniors from the community to join us for this unique dining experience,” says YMCA Northumberland CEO, Eunice Kirkpatrick. “Enjoy a memorable evening that includes a hearty meal, a chance to connect with others, as well as a thought-provoking speaker or entertainer to compliment the meal.”

YMCA Northumberland would like to extend their appreciation to [RTOERO](#) for generously supporting these important community events.



The first of this ongoing supper series on Saturday, January 20, is titled **Taste, Gather & Grow** with Celia McBride. Through stories gained from her work providing spiritual care for seniors, Celia will share the ingredients of how aging can be a healing process.

Five unique evenings are planned as part of this series to gather, dine and connect;

- **Saturday, January 20th** – Taste, Gather & Grow – Celia McBride
- **Saturday, February 10th** – Savvy Senior Supper – Port Hope Police
- **Saturday, March 2nd** – Melodies and a Meal – Ladybird (Fiona Milner & Katia Legakis)
- **Saturday, March 23rd** – Cuisine & Community Chatter – Pete Fisher & Pete Dounoukos
- **Saturday, April 13th** – Culinary Comforts – Signe Langford

All evenings run from 4:30pm to 7:00pm at the Cobourg YMCA, 339 Elgin St. West.

Each Event is Free for Seniors. Spaces are limited! Please RSVP in-person through Membership Services or call (905) 372-0161 to reserve your spot.

For further information, please visit : <https://ymcanrt.org/y-break-bread/>

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### For more information, please contact:

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### ABOUT YMCA Northumberland

As a charity, YMCA Northumberland provides vital community services that have a positive impact on pressing social issues—from chronic disease to unemployment, social isolation, poverty, inequality and more. The Strong Community Campaign helps countless children, teens, adults, and seniors in the community.

YMCA Canada is one of the longest standing and largest charities nationally, with a presence in Canada since 1851 and now serving more than 2.1 million people annually across 1,700 program locations.