

9-Oh Let's Go: Cobourg Y Celebrates Longevity and Community

COBOURG, ON – The Cobourg YMCA is proud to host **9-Oh Let's Go**, a week-long tribute to longevity, and community, beginning on Monday, April 7. The fundraising event honours members who continue to defy expectations regarding aging, even as they reach the vibrant age of 90-years-old and beyond, sparked by long-time member, Royce McCracken's 90th Birthday.

"Royce McCracken's remarkable story embodies the spirit that we champion at the YMCA. We believe that longevity is not about adding years to life but adding life to years," says Eunice Kirkpatrick, President and Chief Executive Officer of YMCA Northumberland. "By providing opportunities for older adults like Royce, the YMCA not only enhances and embraces physical health but also fosters a sense of community and purpose, which are essential for mental well-being and overall quality of life."

Royce credits his fitness journey, that started in 2005, for his ability to sustain his active lifestyle. "Staying active scares away depression. I refuse to live and act my age," says Royce McCracken. "I really appreciate the kindness and patience of the Y staff and members."

Royce has developed a series of challenges to mark his birthday and now, we are inviting all community members to join him. As part of *9-Oh Let's Go*, members of all ages can participate in celebrating those who defy stereotypes by joining in the fun. Add a new physical challenge to your exercise routine by spinning the "Royce's Choice" challenge wheel, join a special Group Fitness challenge class, learn to play squash, no matter your age or join an extra cycle fit class. There's lots to do!

In addition to celebrating Royce's milestone, both himself and other private donors want to raise funds for the YMCA Strong Communities Campaign to help give back to the community he so values. The Strong Communities Campaign is a vital initiative that helps provide essential programs and services to all ages and stages in our local community, regardless of means. To help achieve this challenge, we already have a pledge of \$2,500 towards the group's \$9,000 goal. YMCA Northumberland is currently looking for a match sponsor and seeking donations to help make their goal a reality all week long. Starting April 7, all **9-Oh Let's Go** activities are open to the community with a suggested \$20 donation per activity or \$10 if preferred.

Join the celebration and remarkable journey of our members over 90 who continue to defy age with the *9-Oh Let's Go* campaign. Together, we can inspire others to embrace active lifestyles and purpose because it's never too late to prioritize physical and mental health for everyone. Learn more at <https://ymcanrt.org/90-tribute/>

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For more information, please contact:

Kathryn Harrison, Manager, Marketing Communications & Media Relations,
YMCA Northumberland, 905.376.0293 / kathryn.harrison@nrt.ymca.ca

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 ignite the potential of 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.