YMCA Youth Department November 2026 Newsletter Bridgewater



Thank you to our funders:

Shine On Southwest Nova Scotia

November

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SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Board Game Night - DND Is avaiable to play this night also 5:00–8:00 PM	3 Taco Tuesday's Food & Fun 3:30–7:00 PM	4 Youth Food Leader Program 6:00 - 8:00 PM	5 **GYM is Closed**	6 Food & Fun 5:30 -8:00	DND Game 7 Afternoon & Video Games 1:00PM - 4:00PM Youth Zone 5:30 -7:30PM
8	9 Board Game Night - DND Is avaiable to play this night also 5:00–8:00 PM	10 Food & Fun 3:30–7:00 PM	11 **No Program due Veterans Day**	12 **GYM is Closed**	13 Food & Fun 5:30 -8:00	Theatre 14 Afternoon 1:00PM - 4:00PM Youth Zone 5:30 -7:30PM
Nourish Regional Gathering 12:00PM -4:00PM 15	Board Game 16 Night - DND Is avaiable to play this night also 5:00–8:00 PM	17 Food & Fun 3:30–7:00 PM	18 Youth Food Leader Program 6:00 - 8:00 PM	19 Youth Conditioning 6:00 -7:00PM Multi-sport 7:00- 9:00PM	20 Food & Fun 5:30 -8:00	21 Theatre Afternoon 1:00PM - 4:00PM Youth Zone 5:30 -7:30PM
22	23 Board Game Night - DND Is avaiable to play this night also 5:00–8:00 PM	24 Food & Fun 3:30–7:00 PM	25 Youth Food Leader Program 6:00 - 8:00 PM	26 Youth Conditioning 6:00 -7:00PM Multi-sport 7:00- 9:00PM	27 Food & Fun 5:30 8:00	DND Game 28 Afternoon & Video Games 1:00PM - 4:00PM Youth Zone 5:30 -7:30PM
29	Board Game 30 Night - DND Is avaiable to play this night also 5:00–8:00 PM					

Updates, Youth Leader Events, and Monthly Highlights

Youth Leader Volunteer Event

Nourish Program Youth Food Leader will be Starting November 4th by registerion only.

Nourish Regional Gathering will be happening November 15 more details will come for the youth Registered

Monthly Highlights You Shouldn't Miss

We will be closed November 11th for Vetreans Day .

On Monday night and Two Sataurday an month Dungeons and dragons will be offered.

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Youth Centre Program Descriptions

For information on Youth Centre programs, please contact Serena Meaney, Assistant Youth Director, serena.meaney@ns.ymca.ca or call 902-298-5512.

Program	Description	Ages	Time	Location
Board Game Night	Enjoy a variety of card and board games while socializing with new friends.	12 – 26 years	Mondays 5:00-8:00 PM	Anchor Youth Space Bridgewater 197 Dufferin Street, Suite# LL01
Street Sports	Be active and have fun outdoors in an all-ages setting. Equipment is provided for street hockey and basketball.	All ages	Mondays 6:00-9:00 PM *Seasonal, May-Sept	LCLC, 135 N Park St.
Food & Fun	Enjoy a hot meal, hang out with friends, and relax in a welcoming space.	12 – 26 years	Tuesdays 3:30-7:00 PM	Anchor Youth Space Bridgewater 197 Dufferin Street, Suite# LL01
Youth Leader Program	Participate in leadership training through skill development sessions, teamwork activities, and volunteering in the local community.	12 – 18 years	Wednesdays 6:00-8:00 PM	Anchor Youth Space Bridgewater 197 Dufferin Street, Suite# LL01
Theatra Afternoon	Chill and enjoy watching an Show along with popcorn	12– 18 years	Saturdays 14 & 21 1:00-4:00 PM	Anchor Youth Space Bridgewater 197 Dufferin Street, Suite# LL01
DND Game Afternoon & Video Games	Enjoy a variety Video games or playing DND while socializing with new friends.	12– 18 years	Saturdays 7 & 28 1:00-4:00 PM	Anchor Youth Space Bridgewater 197 Dufferin Street, Suite# LL01

Program	Description	Ages	Time	Location
Youth Conditioning	Work towards your health & fitness goals with support from our coaches.	12 – 18 years	Thursdays 6:00-7:00 PM	Lunenburg County YMCA, 75 High St.
Multi-sport	Be active, have fun, and improve your skills in a supportive setting. All equipment is provided.	12 – 18 years	Thursdays 7:00-9:00 PM	Lunenburg County YMCA, 75 High St.
Food & Fun	Enjoy a hot meal, hang out with friends, and relax in a welcoming space.	12 – 18 years	Fridays 5:30-9:00 PM	Anchor Youth Space Bridgewater 197 Dufferin Street,
Dungeons and dragons	Dungeons & Dragons (D&D) is **a cooperative, tabletop role-playing game where friends tell a shared fantasy story using imagination, character sheets, and polyhedral dice**	12 - 26 years	Mondays 5:00-8:00 PM Saturday 7 &28 1:00-4:00 PM	Anchor Youth Space Bridgewater 197 Dufferin Street, Suite# LL01
Youth Zone	A chance for children and younger youth to be active and have fun in a safe, healthy, supervised environment.	5 – 11 years	Starting Sept 12 Saturdays 5:30-7:30 PM	75 High St. (Lunenburg County YMCA)

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Youth Educational Support Program

Description: This program aims to provide equity-deserving students with wrap-around support to help them navigate learning barriers and improve their educational success. Our staff can offer regular one-on-one check-ins, mentorship, life skills workshops, resources for emotional wellbeing, and support with accessing community-based services.

Eligibility	Students in Grades 11, 12, or first year of post-secondary, in Lunenburg or Queens County
How to refer	Youth can self-refer or be referred by a service provider.
Referral	Emily Irvine – emily.irvine@ns.ymca.ca / 902-298-2738 James Buteau – james.buteau@ns.ymca.ca / 902-298-3925

Youth Outreach Program

Description: This program offers community-based support for vulnerable youth, with a focus on helping young people meet their social, economic, health, and educational goals. Our staff can travel to meet youth where they are and offer one-on-one support that is tailored to each youth's needs.

Eligibility	Youth ages 12 to 26 in Lunenburg or Queens County
How to refer	Youth 16+ can self-refer. Youth under 16 must be referred by a Child and Family Wellbeing social worker.
Referral	Kim Whitman-Mansfield – kim.whitman-mansfield@ns.ymca.ca / 902-530-3392