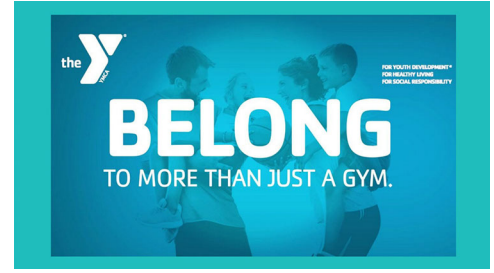




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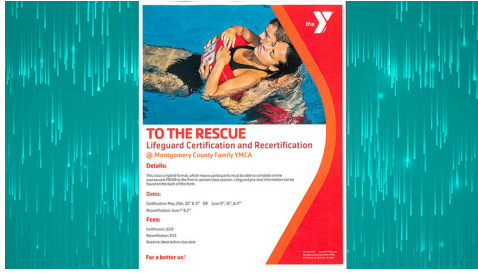
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ANNUAL LOCKER RENTALS

Rent a locker and keep your things here year-round!



FIVE LOCKER ROOMS TO CHOOSE FROM:
 Women's Locker Room, Men's Locker Room, Private Locker Room, • Men's & Women's Tennis Locker Rooms

6FT LOCKER - \$90 ANNUAL • 3FT LOCKER - \$60 ANNUAL • MINI LOCKER - \$40 ANNUAL

19.jpg

CFORCE PLUMBING

911 Lowell Avenue, Emerson, IA

Specializing in Residential, Commercial & Emergency Service Plumbing

With a focus on customer service and quality workmanship!

(712) 890-9214




20.jpg




START YOUR MORNING OFF RIGHT

AQUACISE: Mon, Wed, Fri @ 9am

21.jpg



WHERE THE COMMUNITY COMES TOGETHER

New Paint in the Front Lobby

We-R-the Y

22.jpg

Sellergren • Lindell • DeMarce

Funeral Home

Celebrating Life & Cherishing Memories

509 N. 6th Street
 Red Oak, Iowa 51566
 712.623.2796 • 800.320.2796
 www.sldfuneralhome.com



Ron, Sara & Rudee DeMarce

23.jpg



STARS AND STRIPES SCRAMBLE

Saturday, June 6th @ Red Oak Country Club

Annual Campaign Fundraiser
 WYCA 18 Hole Four Person Best Ball Golf Tournament

REGISTRATION: \$75 per golfer. Golf Cart Rentals are \$25 (BANK \$800 \$55, Register by 6:00 PM)

TIME: 10:00 AM Registration and BBQ Lunch, 12:00 PM playing starts, 5:00 PM Award!

PRIZES: Costume prizes, Flag prizes, Betting holes, Door prizes, \$100 Hole-in-One, and PRIZE MONEY for top team!

Register or to become a sponsor: www.yca.com or contact Adam at the YWCA: ayca@yca.com

Proceeds Benefit The YWCA's Annual Campaign. All proceeds will benefit services and programs in the community, with an emphasis on supporting financial education by offering WYCA programs and/or membership opportunities. Funds will also help subsidize the cost of many youth programs to make more affordable for all!

24.jpg




MOVE YOURSELF BODY & MIND

Balance & Flex Together

The Class You Pick, The Experience You Remember!

9:00 AM - Thursdays & 8:30 AM Saturdays

25.jpg



Davis-Taylor Insurance

(712)-623-4813
 www.davistaylor.com



BUSINESS

204 E. Reed St. ~ Red Oak, Iowa

26.jpg



ADULT WEDNESDAY NIGHT BASKETBALL

EVERY WEEK WILSON GYMNASIUM
 BREAKFAST PROVIDED BY REGISTRATION

6:30 PM START

MEMBERS FREE
 NON-MEMBERS \$12 DAY PASS

NO REGISTRATION NECESSARY



27.jpg



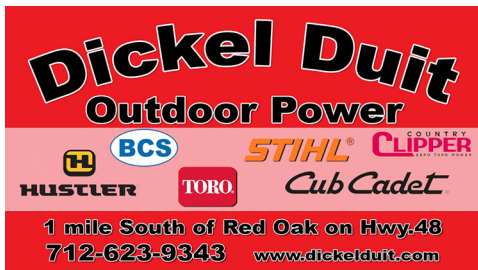
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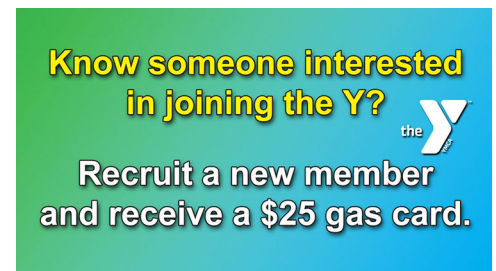
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Stanton, IA
712.629.2595

Shenandoah, IA
712.246.4020

Hilltop
AUTO BODY

STANTON, IA 712.629.2595 / SHENANDOAH, IA 712.246.4020

Take It To The Hill!

OPEN:
Monday - Friday
8am - 12pm / 1pm - 5pm

46.jpg

**PEACE, LOVE,
PICKLEBALL**

MCYMCA Pickleball Clinic

Clinic Details:
We invite you to join our Pickleball Clinic. This clinic is for members and non-members alike. Pickleball is a fun, fast-paced sport that is easy to learn and play. It is a great way to stay active and meet new people. The clinic will be held at the YMCYMCA Center in Stanton, IA. We welcome you to join us for an afternoon of fun and fitness. The clinic will be held on Wednesdays from 1:00 pm to 3:00 pm. The fee for the clinic is \$10.00. For more information, please contact the Front Desk at 712.629.2595.

Times:
Wednesdays 1:00 pm - 3:00 pm
Register: 3:00 pm

About Address:
Address: 2000 24th St, Stanton, IA 50241. The address is located at the YMCYMCA Center. The clinic will be held in the gymnasium. For more information, please contact the Front Desk at 712.629.2595.

Clinic Fees:
Members: \$5
Non-members: \$10
Reserve in advance: Thursday, June 4th

YMCYMCA Center
2000 24th St
Stanton, IA 50241
712.629.2595
www.mcyymca.com

47.jpg

the Y
READY, SET, MATCH!

Attention Members!!
Racquet sports at the Y's Carder Tennis Center now FREE to members!

Ask the Front Desk for details!

Montgomery County Family YMCA | 101 Cherry St., Ash Grove, IL | 712.623.2161 | www.mcyymca.com

48.jpg

**Southwest Iowa
Tire & Service, LLC**

Family Owned & Operated
by the Bob Wingert Family

Hwy 34 & 48
623-5444

49.jpg

6-7 SPLASH BASH
End Of School Pool Party
@Montgomery County Family YMCA

Details:
Bring the kids to the "6-7 SPLASH BASH" at the end of our pool season at the YMCYMCA Center. There will be music, games, and prizes. Seating is not set and is first come first served. There is a \$5.00 fee for the party. The party will be held on Wednesday, June 4th from 6:00 pm to 7:00 pm.

Fees: 67 67 67
Members: \$5
Non-members: \$10
Reservations: \$5 per person
Registration: Opened: May 15th

For a better us!

50.jpg

Heritage Club

Want to help make sure the YMCA is here for the next generation?

Learn more about becoming a member of the YMCA's Heritage Club, Please CONTACT us at 712-623-2161



51.jpg

All YMCA Land & Aquatics classes are now FREE to members!

the Y

52.jpg

Fuel Your Financial Fitness

With
Houghton State Bank

Strengthen Your Savings, Build Your Future

53.jpg

Want to be up-to-date on the latest happenings at the YMCA? the Y

Sign up for the YMCA's Electronic Newsletter.

Leave your email address at customer service or email astewart@mcymca.com to get added to the list.

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Check out YMCA Fitness Classes



55.jpg

Shamrock Shuffle

2026 Winners



56.jpg

Check the front desk brochure rack for upcoming program information.



57.jpg

THE WILSON
SPRING PIANO & VOCAL RECITAL
 Thursday
 May 28, 2026
 7 pm
 Tickets:
 www.WilsonArtsCenter.org
 or call 712-623-3183
 300 Commerce Dr., Red Oak, IA 52086

58.jpg

Tri-Valley Bank 712-379-2201 523 Iowa Ave. Essex, IA FDIC

OUR FEATURED SERVICES:

- Online Loan Applications
- Various Deposit Accounts
- Loans - Personal, Commercial, Ag, Medicare and 401(k)
- Certificates of Deposit (CD)
- Safe Deposit Boxes

BIG ENOUGH TO SERVE YOU, SMALL ENOUGH TO KNOW YOU!

59.jpg

Your Ad HERE!

Display your business or organization Year-Round here at your community YMCA with a "Vinyl Banner"

Please call 712-623-2161

60.jpg

GET FIT, STAY STRONG
 JR High Weight Room Orientation
 @Montgomery County Family YMCA

Program Details:
 Introduce the youth to the facility and properly use the equipment in the weight room at MCFYCA.

Program Fees:
 Members \$5
 Nonmembers \$10

Contact: YCenterInfo, YCenterInfo@ymca.com, with any questions.

For a better us!

61.jpg

The Y is America's Swim Instructor

And the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming. In fact, the Y introduced group swim lessons more than 100 years ago, (1909) and each year teaches more than a million children invaluable water safety and swimming skills. Learn more at www.ymca.org #YSwimLessons

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VISIT OUR WEBSITE

Welcome to **MCMH Pharmacy**
 712.623.1900 www.mcmh.org 600 Senate Ave

GET OUR APP! **RefillPro**

Download on the App Store
 GET IT ON Google Play

Get your prescription delivered & never have to leave your home

SERVICES
 Immunizations / Vaccinations
 Med Packing | Delivery Service
 Meds to Beds Program | Shipping Available
 Over the Counter & Retail Products

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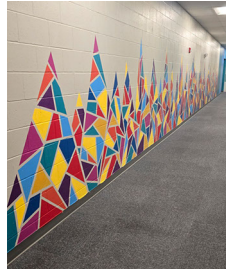
MCMH Orthopedic Center Welcomes Specialists From
MD WEST ONE
 ORTHO • NEUROSURGERY • SPINE

Shane Schutt, MD
 Orthopedic Surgeon:
 Foot & Ankle Specialist

Kimberly A. Turman, MD
 Orthopedic Surgeon:
 Sports Medicine

Todd Sekundiak, MD
 Orthopedic Surgeon:
 Total Joint Replacement
 & Revision Specialist

64.jpg



Mountain Climbing

COMING SOON!



65.jpg

Happy Anniversary
 to all our members
 celebrating in May!

66.jpg

STRENGTH TRAIN TOGETHER
 MONDAY & WEDNESDAY @ 5:30 PM

the Y logo in the top right corner.

67.jpg

the Y logo in the top left corner.

FOR YOUTH DEVELOPMENT • FOR HEALTHY LIVING • FOR SOCIAL RESPONSIBILITY

My Workout Challenge
 Check at the Front Desk for the latest challenge!

For a better us®

Facebook, Instagram, and YouTube icons in the bottom right corner.

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LOW IMPACT Options

Tues. & Thurs. @ 5pm
 Sat. @ 8am

JAZZERCISE®
 Red Oak • YMCA

69.jpg

For a better us®

FIND YOUR SUMMER, FIND YOUR Y
 MCMCA SUMMER DAY CAMP

Program Details:
 You learn to live and swim safely in the water with fun of life. Camp will include Personalized CPR and AED training, water safety, and life jackets. Completion will be for all games, projects, and swimming in our indoor pool and outdoor pool.

Program Fees:
 Monday - \$100
 Tuesday - \$100
 Wednesday - \$100
 Thursday - \$100
 Friday - \$100
 Saturday - \$100
 Sunday - \$100

70.jpg

Your REAL ESTATE Choice ✓

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 www.yourealestatechoice.com

RESIDENTIAL

71.jpg

PLANT. BINGO. WIN.
 Plant BINGO and Seed Swap
 @Montgomery County Family YMCA

Details:
 Join us for Plant BINGO and Seed Swap! This event will be on Friday, May 11th at 6:00 PM. This event is FREE! Bring your own plant and seeds to share! There will be snacks and beverages provided.

Fees:
 Entrance - FREE
 Registration - \$5 per person
 No pre-registration required!

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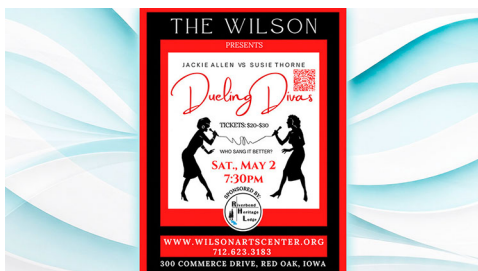
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