



# Member of the Month Hazel MacDonald



The staff of the YMCA are pleased to announce that our Member of the Month for November is **Hazel MacDonald!**

Hazel has been a member of the YMCA for many years, and attends our morning pool running classes and swims on a regular basis.

She walks every day, and loves getting out in the community to do whatever she can to help others.

She is the perfect example of what healthy aging means, and it seems she never stops. She has a vivacious personality and is always surrounded by many friends.

Congratulations Hazel. You are a great example of what making the most of everyday means!