



An Innovative Partnership with



2019 ANNUAL SUPPORT CAMPAIGN Pledge Form

BUILDING A MOUNTAIN OF POSSIBILITIES FOR A BETTER US

I PLEDGE

\$1,000 \$500 \$250 \$100 Other \$ _____

Full Name _____

How would you like to be recognized? _____

Gifts of \$100 or more will be listed in our annual report.

- I wish to remain anonymous.
- I wish to utilize the Colorado Child Care Tax Credit (minimum gift of \$250)

Campaigner Name

Address _____

City _____

State _____ Zip _____

Preferred Phone _____

Email Address _____

Does your company match your charitable gifts? Yes No Unsure please check for me

Company Name _____

PAYMENT OPTIONS

Please check only one of the following:

- My gift is **enclosed** in full amount of \$ _____ Cash Check
- Please charge my **credit card** \$ _____ Monthly Quarterly* Once in the month of _____

Please check only one of the following: MasterCard Visa Discover AMEX

Name on Card _____

Account Number _____

Expiration Date _____ V-code _____

My address for this card is the same as above. If not, please list below.

Card Address _____

Signature _____ Date _____

- Please send me an **invoice** Monthly Quarterly*
- Once in the month of _____

*Quarterly: March, June, September and December

Please make checks payable to
YMCA of the Pikes Peak Region.

Please mail pledges to:
Colorado Spring Senior Center
1514 North Hancock Avenue
Colorado Springs, CO 80903

IT IS MY INTENT TO PAY THIS GIFT BY ONE OF THE FOLLOWING OPTIONS

**It is requested that gifts be paid in full by December 31, 2019*

Signature _____ **Date** _____



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Imagine spending every day lonely and isolated in your home. Ponder waking up in the morning not having a purpose or a reason to live. Feeling trap and not having an outlet to meet others and find community. For many seniors, that is a reality they may be forced to face. Thankfully, the Colorado Springs Senior Center provides critical services to ensure all seniors can live fulfilled happy lives.

The Senior Center is a community educational and recreational facility where all seniors have the opportunity to increase their social connectedness while staying mentally and physically active with little to no cost to them.

Your support and donations help create safe space for seniors:



TO CONNECT AND FEEL KNOWN

The moment seniors walk in the doors, they are warmly welcomed and connect with others. From the caring staff, expert instructors, and friends both new and old, the Senior Center provides a community for seniors to socialize, make friends, discover commonalities, and find a sense of belonging.

Social isolation amongst seniors is a serious issue. Studies have shown that isolation increases the risk of mental and physical illnesses. In fact, the health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day. According to AARP-Connect2Affect 17 percent of American adults 65 and older are isolated. Research shows a 26 percent increased risk of death due to subjective feeling of loneliness. At the Senior Center, a friendly, supportive environment ensure no senior in our region ever feels alone.

TO BE ACTIVE AND HEALTHY

Staying active is critical to ensure long-term health. At the Senior Center, our low-cost classes improve balance, prevent falls, and promote overall health. Line dancing, yoga, tai chi and strength training classes not only provide seniors a chance to move, but also connect with one another and well-trained passionate instructors.

This summer, the Senior Center launched its weekly Club Five-O Run/Walk/Stir Summer Neighborhood Club, where members and the community at large came together for a 5K run/walk and social hour. Runners and walkers of all ages took meaningful steps together to build community and connect.

TO LEARN AND THRIVE

With classes ranging from lifelong learning, health, technology, special events, art, day trips and groups/ clubs the Senior Center provides wide-ranging classes designed to meet the needs and interests of seniors from all walks of life. These classes are designed to be fun, encourage them to meet others, and expand their knowledge.

We Senior Center is a hub for vital information on resources in the community who provide seniors with services. Around 40 percent of the phone calls the center receives are answering questions about how seniors can get help with different circumstances. The senior center is the connection of the Colorado Springs community and our seniors.

Thank you for supporting the Colorado Springs Senior Center where senior's lives are touched changed and impacted for the better every day.

ppymca.org/donate

2018-2019
Annual Support Campaign
YMCA OF THE PIKES PEAK REGION

