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NEIGHBORS



The Bediako Family

**CHERISHES CHRISTMAS
WITH FRIENDS**

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I hope all is well! It's just amazing to me that another year is coming to an end. We are thrilled about all the content we got out there this year from featured families, business profiles, charity spotlights, educational articles from local experts, and seasonally relevant information. I've heard from more residents than ever before about how they appreciate our upbeat, feel-good monthly magazine and how it helps them connect with the community. Those emails and interactions fuel my passion to make *Springfield Neighbors* the best it can be and an integral part of our community. With the help of so many people including residents, business partners and sponsors, our Content Coordinator, Heather, our designer, Deborah, I know the future is bright. I hope you continue to have a great holiday season. I wouldn't be a dad if I didn't say, "be safe out there but have fun, friends."

I would like to take a second to recognize some new sponsors that help make this magazine possible.

Let's welcome Dave Winter, owner of **Fleet Feet Springfield**. Located in the Springfield Shopping Center off of State and Sproul Rd., they use their proprietary fit ID technology

to help customers find their perfect running, walking, or hiking shoe. In addition to finding the perfect shoe for your foot, you can find active wear and workout apparel and accessories. As an expert I look forward to reading his expert content in future issues.

Welcome Patrick Pacaud from **Home Front Loans** as a new sponsor. He became a mortgage consultant so he could help people make the best financial decisions when it comes to their mortgage. Whether it's buying your first home, thinking about refinancing, or exploring investment options, he will put in the work and guide you through the process. Give him a call if you have any questions.

I would love to hear from more people about what articles you liked, what we could do better, and how this publication makes you feel. We are always looking for stories, families, sponsors, and content, so feel free to share or get in touch if you have questions. I look forward to hearing from soon.

Always my best,

Brian G. Kenyon

As we approach the winter season, a time filled with a multitude of holidays and celebrations, I wanted to take a moment to extend my warmest wishes to each of you. Whether you celebrate Christmas, Hanukkah, Kwanzaa, or simply enjoy the beauty of the winter season, this time of year can bring a special kind of joy.

Throughout the year, it has been a pleasure to share the stories of our community through our magazine. A highlight for me was putting together the spread of your photos from the eclipse back in April. I often find myself reflecting on how rare it is to come together for an event that invites us all to participate with wonder and curiosity. Your engagement and support have been truly overwhelming.

I would also like to extend a heartfelt thank you to our sponsors. Without their contributions, our magazine would not be able to thrive and grow. In this month's issue, we're thrilled to share valuable insights from our friends at Oliver, who provide expert tips for preparing for winter. Lou Farese of WPS Properties takes us through the emotional ups and downs of bathroom remodels. Our senior care experts at Home Instead offer important information about the impact of sugar on brain health, and our business spotlight shines on

Balloon Tycoon—your go-to destination for stress-free holiday party planning.

This month, we're excited to feature the Bediako family. It was a pleasure getting to know Sherine, Rob, Grayson, and Arianna as I put together their story. Their work, travels, and extracurriculars have them deeply involved in a variety of local communities. I'm especially inspired by their Christmas tradition of cozying up with friends for games and family activities—a tradition that serves as a beautiful reminder to slow down and prioritize connection.

As we look forward to the new year, we remain committed to sharing the stories that matter to you and celebrating the vibrant and diverse community we are all a part of. Thank you for reading along with us and for being such an integral part of our neighborhood.

Wishing you all a joyous holiday season and a happy, healthy new year.



Heather Schumacher
Content Coordinator

Expert Contributors Needed!

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SWEET REVENGE



By Amy Holler, Home Instead Senior Care

For many of us, the month of December is spent planning, preparing, and procuring for the impending holidays. Along with decorations, gifts, and elaborate meals, many celebrations will include a plethora of cakes, cookies, pies, desserts, and candies. What do all these delectable treats have in common? Sugar.

The German Society of Neurology and the German Brain Foundation pointed out on World Brain Day (July 22, 2024) that too much sugar can harm the brain. "Of course, the dose makes the poison as the brain, being the body's powerhouse, needs glucose to function," said Dr. Frank Erbguth, president of the German Brain Foundation. "However, with a permanent increase in blood sugar levels due to too many, too lavish meals and constant snacking on the side, we overload the system and fuel the development of neurologic diseases, particularly dementia and stroke." In addition, Type 2 diabetes occurs when blood sugar levels rise due to issues with the body's use and production of insulin. Scientists at Wake Forest University School of Medicine have demonstrated that elevated blood sugar (glucose) levels can trigger the accumulation of amyloid plaque in the brain, a crucial risk factor of Alzheimer's disease.



These are just a few examples of new research that has linked high sugar consumption and Alzheimer's risk.

Since Alzheimer's is now being called Type 3 diabetes, how can we cruise through the holidays and into the new year unsugared? The World Health Organization (WHO) recommends getting less than 5% of daily calories from added sugars. An easy way to begin is to swap out sugary drinks for healthier beverages such as sparkling water, herbal tea, or black coffee. Fruit, plain yogurt, and dark chocolate can be a great alternative to sugary desserts. Look for condiments and sauces labeled "no added sugar". Eat an assortment of full-fat foods such as natural peanut butter. And remember to avoid processed foods while incorporating a variety of whole foods in your diet such as legumes, vegetables, whole grains, and meat.

Make an early New Year's resolution and break free of the sugar cycle. Research indicates you will lose weight, improve your memory, reduce inflammation, and balance your mood. Most importantly, you will reduce your risk of developing Alzheimer's, which is a priceless gift, indeed.

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BATHROOM REMODEL UPS AND DOWNS

By Lou Farese, WPS Properties
Captivate Painting & Remodeling



Let's face it - home improvements are an inconvenience. It's no secret that each home remodeling project comes with its own unique set of challenges. Furniture needs to be moved, arrangements for your pets need to be made, you need to figure out how you're going to get ready for work in the morning or cook dinner at night; the list goes on and on. In this article, we are going to focus on how our clients typically feel during their bathroom remodels.

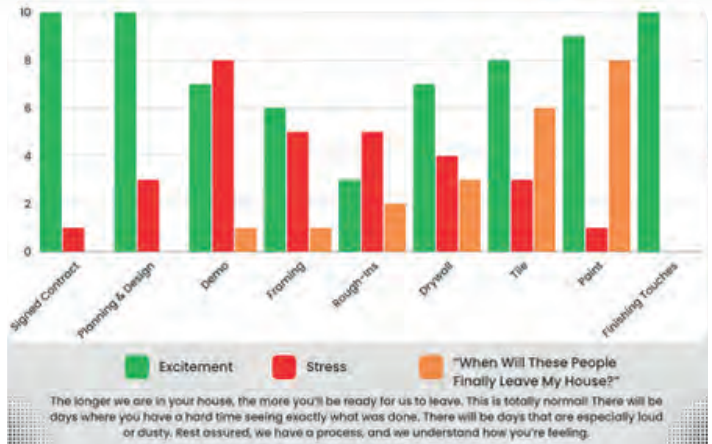
Your bathroom remodel will be a rollercoaster of emotions! You'll be excited, stressed out, and eventually, overjoyed. The chart we've included shows our client's typical feelings during different stages of the process. We'll break this down in more detail below:

Things always start off great! There's a ton of excitement with very little stress involved as you start meeting with different contractors and sign your contract. The planning and design phase is where you'll start to feel a little more stress creep in... There are SO MANY options for your materials and you don't want to make a mistake or miss anything. This is why it's important to choose a contractor who will be by your side for the entire process.

Notice that stress typically peaks during demo - it's loud, there's lots of banging and shaking in your home, and you're thinking "I really hope that there aren't any hidden issues that get uncovered". The good news is that the demo is FAST; your old bathroom is typically completely gone by lunchtime.

Your stress levels will begin to recede as your contractor starts putting your bathroom back together, however, your "When Will These People Finally Leave My House" meter will begin to rise. Don't worry, contractors get it. We're equally uncomfortable disturbing your daily life as you are uncomfortable having your daily life disturbed.

Excitement for your bathroom remodel is typically at its lowest during the rough-in stage. This is the point where you may not see a lot of progress. Again, we don't blame you for feeling this way, and it's totally normal. Some new pipes, new wires, and waiting around for inspectors really



aren't exciting items, but just like everything else, they are a necessary and important part of the remodel process.

Once we are beyond the rough-in stage is when your excitement starts to shoot back up and stress levels begin to drop. You can now see progress on a daily basis! The drywall gets installed and finished. The tile gets installed on the floor and in the shower and it looks exactly as you dreamt it. Your bathroom is being put together piece by piece and you can finally see the light at the end of the tunnel!

Things start to get super exciting again as your bathroom gets trimmed out and paint goes on the walls, but you're also REALLY ready for your contractor to be done and get out! At this point, there's usually another day or two to be spent on all of the final touches for your bathroom and, no matter how sick of your contractor you may be, you will be completely overjoyed with your brand-new bathroom!

Pro Tip: Open and honest communication is the key to success on any project - If you ever feel like you need a break during your project to recoup some of your sanity, just let your contractor know that you need a long weekend without any work being done!

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VETERAN WINS ELECTRICAL PANEL UPGRADE

By Heather Schumacher

JDV Electric, owned by Joe Voci Jr., recently wrapped up a contest to give back to a deserving veteran in the community. The contest, which invited nominations for a veteran in need of a free electrical panel upgrade, drew an outpouring of support and stories.

Joe and his team are proud to announce that the winner of this contest is William Beard, a U.S. Army veteran who served in the Vietnam War. Along with his wife, Carol, William was selected from a pool of nominations for his dedication to service and his current need for an electrical system upgrade in his home. William and Carol live in Springfield.



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BALLOON TYCOON: STRESS-FREE PARTY PLANNING

By Heather Schumacher

Balloon Tycoon & Party World is a full-service party and catering supply store that has been delighting the Delco community for over 44 years. As a proud four-generation family business, Balloon Tycoon specializes in personalized balloon decor that transforms ordinary events into extraordinary celebrations. Whether it's a birthday, wedding, or corporate event, the team is dedicated to crafting exquisite designs that reflect the unique vision of each client.

At Balloon Tycoon, the core philosophy centers on making significant life moments stress-free and memorable. The team understands that planning an event can be overwhelming, and they aim to alleviate that burden through comprehensive services and personalized attention. The joy and amazement on clients' faces when they see their custom balloon

arrangements are what inspire the team every day.

Deeply rooted in the Delco community, Balloon Tycoon prides itself on its commitment to giving back. The store serves as a drop-off point for local charities, including Delco Dawgs, Delco Food Bank, and Toys for Tots, reinforcing their dedication to making a positive impact. This sense of community is reflected in their work atmosphere; "We are all family here, and most long-term customers become family too," says owner Danielle.

This past year has been particularly challenging for the business. Owner Danielle Frank recently faced the tragic loss of her daughter, the third generation of the family business, in a devastating car accident. Additionally, she has bravely battled cancer twice. Despite these



hardships, the community has rallied around Danielle and her family, providing overwhelming support and condolences. "It's been tough, but we are determined to survive and thrive," she shares, embodying the resilience that defines both her and Balloon Tycoon.

As Balloon Tycoon continues its journey, the family remains committed to their mission of helping people celebrate life's most important days. With a rich legacy, a dedicated team, and a vibrant community behind them, they look forward to creating even more unforgettable experiences for their customers. As they proudly state, "We are privileged to serve the Delco community for over 40 years."

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WINTER PREP ESSENTIALS FOR DELAWARE VALLEY FAMILIES

By Ashley Dennon,
Oliver Heating and Cooling



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The Bediakos Family:

CHERISHES CHRISTMAS WITH FRIENDS

By Heather Schumacher | Photo by Jessica Plasha Photography

The Bediakos, Rob (41), Sherine (43), Grayson (8), and Arianna (6), have been part of the Springfield community since February 2016. They moved to the Dream Valley section just before their oldest was born, drawn by the spacious homes and excellent school district. "I loved driving down the street because of the big trees on the block; it felt very welcoming," Sherine recalls.

Rob and Sherine's love story began at a church retreat in the Poconos. Their relationship grew through shared values and memorable moments. One such moment stands out vividly for Sherine. During their dating days, Rob frequently gave her flowers, despite her admitting she wasn't particularly fond of them. On a trip to Aruba, Sherine prayed for a sign that Rob was the one. She asked for flowers, then reconsidered, thinking it unfair since she had already told him she didn't like them.

When Rob picked her up from the airport with an edible flower arrangement, Sherine was floored. "I love fruits, so I just knew he was the one," she laughs.

After graduating from Temple University with a BA in Accounting, Sherine worked at PricewaterhouseCoopers and Shire Pharmaceuticals. Balancing a full-time job and night law school, she eventually graduated from Temple University Beasley School of Law. Today, she works as an Associate Attorney for the Defense Logistics Agency and is set to graduate from the US Army Reserve JAG Corps in December 2024.

Rob's career path led him from Rutgers University to roles at Johnson & Johnson, Accenture, and Deloitte, focusing on supply chain management. Tired of the travel, he transitioned to a product manager role at



Photos courtesy of the Bediakos family

Comcast's Digital Content Platform team. His passion for music also shines through his DJ event group, Long Life Entertainment, which has catered to weddings and corporate functions, including a memorable gig at the Eagles' Game Day Event Staff's postseason party.

The Bediakos are a family on the move. Grayson, at just eight years old, is already a budding athlete, playing football, basketball, baseball, and lacrosse. Arianna, six, is following in her brother's footsteps with flag football, basketball, soccer, and lacrosse, though her favorites are football and lacrosse. Sherine, inspired by the pandemic, took up running and has since completed multiple half and full marathons. She also enjoys traveling and spending time with family and friends.

"Ari is such a girlie girl but she also holds her own around the boys," her parents report. She loves to dance and also aspires to having her own YouTube channel. Meanwhile, Grayson's love of sports goes beyond the field as he's accumulated a wealth of knowledge about different football and basketball players. He also loves playing PS5.

Rob's love for music extends beyond his DJ business. He is actively involved in their church, the Greater Philadelphia Church of Christ, where both he and Sherine volunteer in the Children's Ministry. Sherine also serves on the church's Board of Directors.

The Bediakos' move to Dream Valley was marked by a warm welcome from their neighbors. "Shortly after I had Grayson, Rob and I went out for a walk with the baby. The next day, we found a gift on our doorstep from a neighbor," Sherine shares. This gesture was the beginning of many, as gifts continued to appear, making them feel right at home.



The family is actively involved in their community, participating in a neighborhood book club that brings together great food, wine, and lively discussions. "We have definitely lucked out; we have a great neighborhood," Sherine says. Sherine has also previously served as President of the Home & School Association when Grayson was in first grade at the Springfield Literacy Center.

Travel is an integral part of the Bediakos' lives, with annual trips to the Caribbean and holiday excursions. This past summer, they enjoyed a memorable two-week journey to Ghana, which included a weekend stop in London.

Each Christmas, they join four other families to rent an Airbnb, where they plan games and activities. A cherished tradition is having breakfast together on Christmas morning, with the anticipation of opening gifts delayed until later. "It can be a long wait for the kids," Sherine admits, "but the random gift exchange each year is really fun. The kids stay up late, and it turns into a big sleepover." The family eagerly anticipates this tradition every year.



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FAMILY BOOKS TO SNUGGLE UP WITH THIS HOLIDAY



By Scott Schumacher, Youth Services Coordinator, Swarthmore Public Library

THE SNOW THIEF

In this delightful book by Alice Hemming, Squirrel has never seen snow before. Will he like it? You bet he will! Except, just as Squirrel starts to get used to the snow, it disappears. Is there a snow thief on the loose?



As the tree transforms from a fragile sapling into a majestic evergreen, the boy grows into a father and eventually a grandfather. Now, at the twilight of its life, this magnificent tree is selected to serve as the centerpiece for a city's holiday celebration. This poignant tale of life, growth, and the passage of time is beautifully crafted by Barbara M. Joose.

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Jan Brett's modern retelling of a classic winter tale. One by one, animal friends try to climb into a cozy lost mitten. A warm, silly book that will keep you wondering if they can all fit inside.



RED AND GREEN

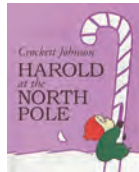
A fun engaging spin on "The Night Before Christmas" by Lois Ehler. The pictures are die-cut art, which will draw in young ones. A pleasant read and calming read aloud.



has grown frustrated at being misunderstood. Our latke friend encounters various symbols of Christmas and tries to explain Hanukkah to them, but each attempt ends in frustration with the latke running away screaming.

HAROLD AND THE NORTH POLE

Fans of Crockett Johnson's Harold and the Purple Crayon will enjoy this holiday spin on the imaginative Harold, who uses his magic crayon to draw up some fun. Harold arrives at the North Pole, where a snowbound (and very purple) Santa Claus needs his help to save Christmas!



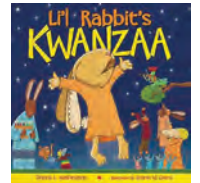
HANUKKAH UPSIDE DOWN

From their homes in New York and New Zealand, cousins Noah and Nora decide to have a competition. Winter versus summer: Who can have the world's best Hanukkah? But as the eight nights of Hanukkah go on, the contest proves tougher than they imagined. Even as each cousin celebrates the holiday with their own unique traditions, they realize they have more in common than they thought. Written by Elissa Brent Wiseman.



LIL' RABBIT'S KWANZAA

Donna L. Washington brings us this enjoyable read that follows Lil' Rabbit, who will not get to celebrate the feast of Karamu because his grandmother is sick. Lil' Rabbit decides to find a special gift for his grandmother, but he has trouble finding just the right thing. Little does he know, he is bringing others together to make this the best Karamu yet.



EVERYBODY'S TREE

In the span of eighty years, a spruce tree flourishes alongside the little boy who first chose it at a tree farm.



THE LATKE WHO COULDN'T STOP SCREAMING: A CHRISTMAS STORY

Very silly tale from Lemony Snicket about a latke who



SANTA'S HUSBAND

In this witty and sweet illustrated Christmas tale, humor writer Daniel Kibblesmith introduces us to Mr. and Mr. Claus, and gives us a glimpse of their lives together. We see the Clauses sitting by the fire at their cozy North Pole home, vacationing at the beach, having an occasional disagreement, celebrating their wedding day, and comforting each other.



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443 Maddock	2,046	3	3	\$499,000	\$516,500	4
427 Wayne	2,080	5	3	\$547,000	\$547,000	8
223 Sunnybrook	1,656	3	1	\$349,900	\$356,000	5
2508 Red Oak 2508-A	1,192	2	1/1	\$259,900	\$240,000	9
148 School	1,276	3	1/1	\$320,000	\$335,000	4
572 Sheffield	1,316	3	1	\$349,900	\$405,000	5
340 Sunnybrook	1,650	3	2	\$429,900	\$440,000	7
905 Westdale	1,866	3	2/1	\$459,000	\$455,000	28
601 Evans	1,852	3	2/1	\$475,000	\$501,000	4
319 Sunnybrook	1,554	4	1/1	\$450,000	\$450,000	2
491 Kent	1,524	4	2	\$469,000	\$475,000	6
432 Glendale	2,154	4	2	\$525,000	\$530,000	6
628 Vernon	1,783	3	1/2	\$524,900	\$505,000	13
120 Grandview	2,080	4	2/1	\$599,900	\$675,000	3
27 Wayne	1,758	3	1/1	\$340,000	\$320,000	61
262 School	1,386	3	3	\$450,000	\$435,000	33
232 N. State	3,421	4	2/2	\$549,000	\$558,000	9
624 Old School House	2,156	4	2/1	\$525,000	\$515,000	25
357 E. Springfield	1,008	2	1	\$354,900	\$347,500	86

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CALENDAR

Times, dates and locations are accurate at the time of publication, but be sure to always check before heading to an event, as these things can change.

Thursday, December 5

Sounds of the Season

@Springfield Township Library
Join us as we enjoy the musical sounds of the season with local musicians Dylan McGuire and Kristen Conrad. You may remember them as part of "Basic Cable on the Sledding Hill." DK Duo blends their diverse musical talents and vocals resulting in a beautiful array of Holiday classics and favorites. This program is planned for adults to enjoy a musical evening out. Light refreshments will be served. Registration is required at www.springfieldtwplib.com/events.
Time: 7pm-8:30pm

Now-Sunday, December 29

Winter Wonderland

@The Media Theater
The holiday season has come to life on The Media Theatre stage! This music-revue style production features all of your favorite wintery classic songs with some of the finest singers & dancers to bring it to life. For showtimes and tickets, visit mediatheatre.org.

Now-Sunday, January 5

Festival of Lights

@Rose Tree Park
During the daylight-deprived month of December, Rose Tree Park sparkles at night with its annual Festival of Lights display. Dozens of illuminated trees and lit displays draw visitors back every year to walk in the winter wonderland and linger in the festive atmosphere. A treasured Delco tradition for more than four decades, The Festival of Lights provides a perfect opportunity to get in the holiday spirit with friends and family or take a sweetheart stroll after dinner. For more information about special events, visit delcopa.gov.
Time: Nightly, 5pm-10pm

Saturday, December 7

Breakfast With Santa

@Morton-Rutledge Fire Company
Join Santa for an all-you-can-eat buffet sponsored by the Morton-Rutledge Fire Company. Breakfast includes pancakes, eggs, sausage, and bacon.
Time: 8am-11am
Cost: \$10/person

Saturday, December 7

Springfield Christmas Parade and Tree Lighting

Sponsored by Springfield Fire Department. On Saxer Ave between Powell and Ballymore Rd. Light refreshments, entertainment, and fireworks.
Time: 6pm

Wednesday, December 11

Merry Christmas! Victorian Holiday Traditions

@Virtual event, Swarthmore Public Library
Why do we send Christmas cards? Who had the first modern Christmas tree? When did Santa get his iconic red suit? All of these traditions have their roots in Victorian times. We will learn how and when these and other traditions started and see how much of our modern practices got their start in the 1800's. Zoom information will be send via email several days prior to the event.
Time: 7pm-8pm

Thursday, December 12

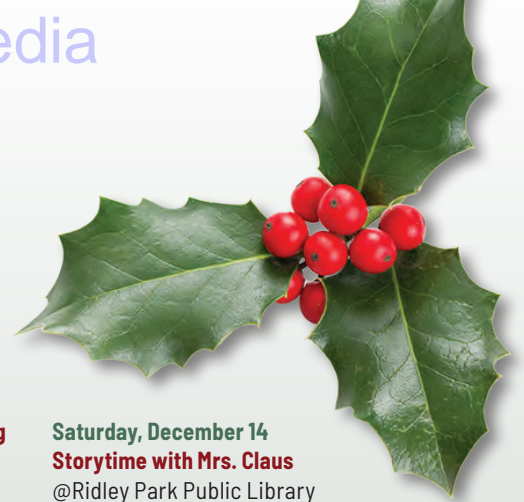
UDTJ Community Center First Annual Gala

@Drexelbrook Event Center
Time: 6pm-10pm
Cost: \$100/person

Saturday, December 14

Photos and Cocoa with the Clauses

@Media Community Center, 301 N Jackson Street
Media Rec will be decking the halls of the Community Center and invites you to join in for Photos with Santa, & Friends! + Decorate a cookie, grab some cocoa, write a letter to Santa! FREE, but registration requested.
Time: 10am-12pm



Saturday, December 14

Storytime with Mrs. Claus

@Ridley Park Public Library
The Ridley Park Public Library and the Friends of the Ridley Park Library are proud to present Storytime with Mrs. Claus! Join us for an afternoon of crafts, cookie decorating, hot chocolate, and of course, stories! We will also have a photo backdrop available for families to take some holiday pictures.
Time: 3pm-5pm

Now-Sunday, January 12

A Longwood Christmas

This holiday season, experience the magic of A Longwood Christmas as you never have before—made even more spectacular with the opening of Longwood Reimagined. Brand new spaces—from our sprawling new West Conservatory to imaginative new outdoor landscapes—decked out for the holidays give way to wondrous new ways to experience the season ... and incredible new memories to make. For tickets and more information, visit longwoodgardens.org.

Wednesday, December 25

Christmas Day

Wednesday, December 25-Thursday, January 2

Hanukkah

Thursday, December 26-Wednesday, January 1

Kwanzaa

Wednesday, January 1

New Year's Day



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2024 CHARITY ROUNDUP

By Heather Schumacher

Each month, Springfield Neighbors shines a spotlight on a local charity and their invaluable contributions to the community. This holiday season, we're excited to share a roundup of the organizations we've featured in 2024. Whether you choose to participate in a toy drive or help stock a food pantry, we hope their work inspires you to keep the spirit of giving alive all year long.

NEW AVENUE FOUNDATION

Based in Springfield, New Avenue Foundation supports projects, including Our Community Cup, to help families and individuals with disabilities have more meaningful lives.
Website: newfdn.org

SPRINGFIELD AREA EDUCATIONAL FUND

SAEF works to meet the needs of all Springfield students by providing scholarships and grants for educational opportunities.
Website: saef.net/

THE FOUNDATION FOR DELAWARE COUNTY

The Foundation for Delaware County organizes

an annual event called Delco Gives each May. This year they raised over \$1.7 million dollars for nonprofits throughout the region.
Website: delcofoundation.org

SASSY MASSEY SMILES FOUNDATION

Delivering miles of smiles to sick children by supplying toys and child life programs.
Website: sassymassey.org

HEART & SOUL'D

Donate gently used clothing, toys, and household items to the Heart & Soul'd storefront at 14 Park Ave. Swarthmore. Proceeds support foster and adoption services in and around Delaware County.
Website: heartsould.com/

CHOP REACH OUT AND READ

Reach Out and Read works to strengthen families with young children through guidance from medical clinicians about nurturing relationships through shared reading.
Website: chop.edu/centers-programs/reach-out-and-read

GIRLS ON THE RUN

Offers programs designed to inspire girls of all abilities to recognize and embrace their inner strength and make meaningful connections with others. Trained coaches use physical activity and dynamic discussions to build social, emotional and physical skills while encouraging healthy habits for life.
Website: gotrpa.org/

SUPPORT A SPORT

Founded by Springfield teacher Sarah Damato and her husband Tyler, Support a Sport operates camps and clinics in a variety of sports for children and young adults with intellectual and physical disabilities.
Website: supportasport.org

DELCO HELPING HANDS

Delco Helping Hands provides assistance to babies, children, pets, and adults through their numerous pantries across the county.
Website: delcohelpinghands.org

SPORTS

SPRINGFIELD YMCA SPORTS UPDATES

By Danielle Mirigliano

TREVOR GASIOROWSKI NAMED SPRINGFIELD YMCA SPORTS DIRECTOR

Please join us in welcoming Trevor Gasiorowski as the new Sports Director of the Springfield YMCA! Trevor's journey with the YMCA began in seventh grade when he participated in our initiative program. A former athlete with a degree in sports management, he is eager to embrace the opportunities that await him in this role. Trevor is particularly excited to support introductory sports programs for children,

including speed and agility training, lacrosse, basketball, and more.

MEN'S ADULT BASKETBALL LEAGUES

Men's adult basketball leagues at the Springfield YMCA, foster a sense of camaraderie and identity among players. Whether you're a seasoned athlete or just looking to enjoy the sport with friends, these leagues offer something for everyone. With games scheduled on evenings, adult participants can balance their love for basketball with their daily commitments. Enjoy the thrill of the game while building friendships and staying active. Don't miss out on this

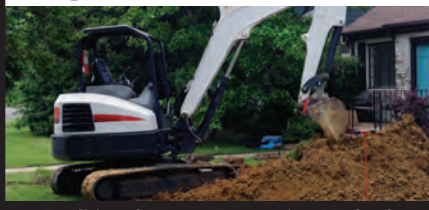


opportunity to be part of an exciting community event that promotes health, teamwork, and fun. Sign up today and get ready to hit the court! To learn more, contact our new Springfield YMCA Sports Director, Trevor Gasiorowski, 610.557.9826, or tgasiorowski@cyedc.org.

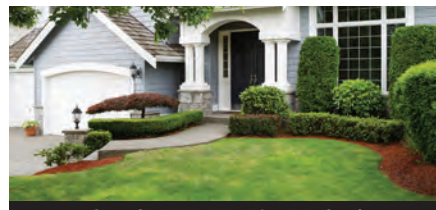


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