

CAP Directors Report

November 2021

Adult Athletics

We are having our cardio equipment tuned up at the Fitness Center before we get into our traditionally next few busy usage months.

The Actively Aging fitness group continues to have over twenty people for their fitness group. They work on very vital exercises such as muscle strengthening to prevent falls. The group currently starts their exercises on the gym floor and then move to the stage, as space allows, to share the space with the Pickleball group.

Adult Enrichment

Ladies Day Away had six participants in November.

Aquatics

November started with a lifeguard certification course that resulted in six individuals taking and passing the course. One of those individuals then applied and was hired as a lifeguard at the CAP pool. Blue Fins also had an away meet at Elkhorn where our team cheered the whole time not only for their teammates, but cheered on the other team when only Elkhorn swimmers were in that heat. This month three lifeguards were also promoted to head lifeguards. This decision was made in order to help with Spring scheduling when high school athletics start to pick up again. As it gets colder outside, more requests for pool rentals are coming in and we expect to see this trend to continue throughout the Winter. On the downside, during the month of November, our heater pump was leaking affecting the pool temperature by dropping it to 79 degrees for 2 weeks. This resulted in numerous upset patrons, refunds being requested for group lessons, and pool attendance lacking for open/lap swim. The heater pump was fixed on the last day of the month bringing the temperature back up to 82 degrees, so hopefully the pool temperature remains regulated.

CAP CARE & Preschool

CAP CARE welcomed back Miss Gabby to our program as well as Assistant teacher, Hope. Wonder World and Imagination Station both have two teachers in their classrooms after school which has allowed them to enroll a few more children. Discovery Island voted to have a CAP CARE student council. This council has been working hard in November to start planning Day Camp activities. They have a sample budget to work with. Along with this budget they are trying to figure out what field trips to take. For this they need to calculate the bus cost based on time and mileage as well as estimate what the cost of tickets will be for the children. Then they need to make sure that the trips will be safe and fun for children from four years old all the way up to 4th grade. They are also working on planning the activities and movies for each week.

Parent's night out in November had 11 friends in attendance and had a caramel apple bar activity and movie.

Safe@Home was offered in November with eight children registered.

First friends started their second session in November and continues to have 10 children enrolled

Community Café

The dinners will resume at the park next June.

Food Pantry

The Cambridge Food Pantry saw a nearly 30% increase in clients served in the month of November.

The Food Pantry served 66 households, including 32 adults, 27 children and 25 seniors.

The Food Pantry distributed 53 holiday meal baskets for Thanksgiving. Ten of those were delivered to food pantry neighbors with no available means of transportation. Groceries for the Christmas holidays will be distributed on Dec. 13.

Events scheduled at the middle school on Monday evenings have caused a lot of congestion during client shopping and pick up. We are working on a solution to that issue as we continue to see more school sponsored events taking place at the middle school along with an increase in need at the food pantry.

Ripley Park

Ripley Park's Holiday Lights were finished and turned on a few days before Thanksgiving. We added one new blow-up light display. Heather has been looking for local artists/crafters to assist with making future light displays. We received close to \$100 in the donation box during opening week and two additional light display sponsors making it a total of eight.

Seniors

The November Senior Luncheon was held at Keystone Grill. Ken and Eric Kemler prepared a turkey dinner complete with stuffing and mashed potatoes & gravy. Guests enjoyed the musical entertainment provided by the Winds and String Trio group. We had 46 in attendance for the event. We are currently experiencing large attendance numbers and will need to start utilizing larger venues to accommodate all interested participants.

Youth Athletics

CAP Girls Basketball had two host dates at the NMS in the month of November. Both went very well and we are preparing for another two in the month of December. Youth Open Gym began as well on Sundays and will be continuing through February. FUNdamentals is set to go and we have a possible record breaking 43 kids signed up for our 1st -2nd grade group.

Youth Center

The Youth Center saw a little lower attendance this month due to basketball and other after school activities starting along with Thanksgiving vacations. The daily average was about 21 students per day. There was a total of 76 students receiving services this month, with five of them being newly registered. There was a total of 389 check-ins. We went on two DIY field trips to Cambridge businesses this month, one to Anew Vintage Dream and the other to Kaleidoscope Fibers. Each trip had six students participate in a project led by the respective business owners. We did have one After Hours event scheduled but it was canceled due to too many conflicts with interested participants' schedules. We were lucky November's weather was mild so we were able to utilize outside as much as possible since the gym was busy with basketball practices. We have been receiving quite a few fantastic donations for our Youth Center Fundraiser night on January 15th but are still looking for participants to purchase tickets for the event.

New Hires

Julia Schneider

Respectfully Submitted,
Jordan Nichols, Executive Director