



AUGUST 2025 NEWSLETTER



The YMCA of Klamath Falls Youth Development Center



STAFF SPOTLIGHT MEET JESSICA WILLIAMS

Jessica is our spectacular Childcare Director and has been with our Y for 4 years. Jessica's passion and dedication to the youth of our community is exemplary and inspiring.

What do you love about our Y?

"I love the ability to care for our community's youth. Cooking for people is my first passion, so making sure our youth are well fed and cared for are very important to me."

When she's not running the Youth Development Center, she enjoys her favorite hobbies. "I love to crochet, garden, and play games with my two boys and my husband." She also loves spooky season and collects skull figurines!

What is one of your favorite quotes?

"It takes a village to raise a child." - African Proverb



The YMCA of Klamath Falls Youth Development Center
1017 Donald St, Klamath Falls, OR 97601
541.887.2512 www.kfallsymca.org

FOR MORE INFORMATION:
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SASQUATCH HOLLOW FIELD TRIP



Our summer camp kids are having a blast so far! These photos are from their recent field trip to Sasquatch Hollow where they climbed trees, and soared to new heights as they ziplined through the trees!

Our YMCA Summer Camp is full of arts, crafts, outings, and many more fun activities led by our stellar summer camp staff and Youth Development Center Director, Jessica Williams.



SAVE THE DATE!

COMMUNITY OPEN HOUSE

August 14th

THIRD THURSDAY

August 21st

BUILDING CLOSURE

September 1st

AFTER SCHOOL CARE BEGINS

September 2nd

PRESCHOOL PROMISE BEGINS

September 8th

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RECIPE CORNER

FRUIT SKEWERS

RECIPE FROM TASTE OF HOME.COM

Looking for a quick, fun snack for summer? Look no further than this fun skewer which combines cheese, fruit, and a sweet yogurt dip to create a light and refreshing snack.



INGREDIENTS

- 1 cup vanilla yogurt
- ½ cup sour cream
- 2 tablespoons honey
- ½ teaspoon ground cinnamon
- 2 cups fresh strawberries, halved
- 1-1/2 cups green grapes
- 8 oz cubed cheese (cheddar, Monterey Jack, or combo of cheeses)

INSTRUCTIONS

1. For dip, mix first 4 ingredients. On 12 wooden skewers, alternately thread strawberries, grapes, and cheese cubes. Serve immediately or refrigerate.

NUTRITION FACTS:

1 kabob with 2 tablespoons dip: 147 calories, 9g fat (5g saturated fat), 22mg cholesterol, 143mg sodium, 12g carbohydrate (11g sugars, 1g fiber), 6g protein.

HAPPY CAMPERS!



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AUGUST 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 B: Dannon Vanilla Yogurt with WG Granola & Pineapple L: WGR Breaded Chicken Tenders with Corn & Oranges S: WGR Goldfish Graham & String Cheese	5 B: WGR Waffles with Sausage with Pears L: Chicken Salad Sandwich on WW Bun with Broccoli & Peaches S: Apple Juice & WGR Goldfish	6 B: Bagel and Cream Cheese with Pineapple L: Chicken Gravy over Mashed Potatoes with Carrots and Oranges S: WGR Scooby Snack & Watermelon	7 B: Breakfast Pizza on WGR Crust with Peaches L: Ham and Cheese on WGR Bread with Green Beans and Pineapple S: WGR Goldfish and Pickles	1 B: WW Banana Bread with Oranges L: Pepperoni Pita Pizza with Carrots and Apples S: WGR Belly Bears with Applesauce
11 B: WG Blueberry Muffins and Peaches L: WGR Mac & Cheese with Hotdogs, Carrots & Oranges S: Pretzels & Sun Butter	12 B: WGR Trix with Pears L: Beef Sloppy Joe on WGR Bun with Broccoli & Apples S: WGR Belly Bears & String Cheese	13 B: WGR Waffles with Sausage with Pineapple L: Chicken Parm on WGR Bun with Peas and Carrots and Pears S: WGR Goldfish Graham with Mandarin Oranges	14 B: Dannon Vanilla Yogurt with WG Granola and Peaches L: Chicken Gravy over WGR Biscuit with Broccoli and Pineapple S: WGR Goldfish with Applesauce	8 B: WW Lemon Blueberry Bread with Strawberries L: WGR Breaded Chicken Nuggets with Peas and Carrots and Apples S: Herbed Bagel Bites and Hummus
18 B: WG Wild Blueberry Muffins & Pears L: Beef Nachos with WG Tortilla Chips, Refried Beans, Broccoli & Oranges S: Pretzels & Applesauce	19 B: WG Malto Meal Cripsy Rice Cereal & Pears L: Hamburger Gravy over Mashed Potatoes with WG Roll, Carrots, & Apples S: WGR Graham Crackers and Sun Butter	20 B: WGR Biscuits with Jelly and Pears L: WG Breaded Fish Sticks with Corn and Peaches S: Pretzels and Peaches	21 B: WGR English Muffin with Jelly and Peaches L: Beef Cheese Burger on WGR Bun with Peas and Carrots and Pineapple S: WGR Belly Bears with String Cheese	15 B: WW Banana Bread with Oranges L: Chicken Alfredo with WW Spaghetti, Carrots and Apples S: WGR Cheddar Chex Mix with Pickles
25 B: WGR General Mills Cocoa Puffs with Pears L: WGR Breaded Chicken Nuggets with Peas, Carrots, & Apples S: Cottage Cheese & Craisins	26 B: : Breakfast Pizza on WGR Crust with Pears L: Chicken Teriyaki with Rice, Carrots and Apples S: Pretzels and Applesauce	27 B: WGR Pancakes with Pineapple L: WG Breaded Chicken Corn Dog with Green Beans and Peaches S: WGR Graham Crackers and Sun Butter	28 B: Bagel and Cream Cheese with Peaches L: Hawaiian Beef Meatballs with WG Roll, Broccoli and Pineapple S: Pretzels and Bananas	22 B: WW Pumpkin Bread with Oranges L: Beef Spaghetti with WW Noodles, Green Beans and Apples S: WG Club Crackers and Watermelon
				29 B: WW Banana Bread with Oranges L: Pepperoni Pita Pizza with Carrots and Apples S: WGR Belly Bears with Applesauce

B: Breakfast
L: Lunch
S: Snack

Milk is served with Breakfast and Lunch. All milk served is whole, unflavored milk for ages 12-23 months; 1% fat-free milk unflavored milk for ages 2-5.

*This institution is an equal opportunity provider. Meals and items subject to change without notice.