



MANITOWOC-TWO RIVERS YMCA

NOVEMBER 2024 MEMBER NEWSLETTER

Greetings, Y Friends,

As you know, we always send this out on the first Thursday of the month. Last week, I looked at the calendar and thought, "If I write it before our election's results, it will sound out of touch with the present reality of Thursday morning; if I wait, I risk not really knowing how to sum up the sentiment of it all..." I took the risk and am making the poor staff charged with getting this out on-time crazy with my very last minute deadline-pushing.

The world is walking on eggshells this week. People who I know who are disappointed and sad are aware that their coworkers may not be and not sure if or how to broach that; those who are relieved and celebratory are cautiously aware of the other 50% ... and so it goes.

This is the world we live in — half red, half blue. We watched the maps all night long— precinct by precinct, county by county, state by state— as they lit up blue or red. The Red/Blue Patchwork tells a story— a true story, a real story, a story with real-life implications for how we navigate socially and politically. But, it does not tell the *whole* story. Red and blue are only two colors in the rainbow of our human experience.

Today, Y members held the door for other Y members, laughed together at the joke of the day (hey, Randy!), shared stories about their kids' shenanigans, talked about their adventures as snow-birds that are about to begin. They shared coffee and tales of woe about their sore muscles from a recent class or recoveries from recent surgeries. They shared pictures of their grandkids and set up coffee dates for later this week. The Y is full of people who vote blue and people who vote red, all mixed up together sharing their orange, green, fuchsia, and grays with one another.

In this month dedicated to *gratitude*, I am abundantly grateful for our Y, where the full rainbow of who we are is seen and celebrated. No matter how often or emphatically we're reminded of our Blueness or Redness, I'm grateful to you all in our Y community who show up each day with your full spectrum of colors on display. (Some of you may color outside the lines a bit, but that's a topic for another day—lol ;) Shine on, Y friends.

IMPACT SPOTLIGHT

For Randy, the YMCA has always been a special place. He's been a member since he was a kid, but it was when he returned as an adult to play basketball that he realized how much he loved the Y's atmosphere. In 2018, he decided to join the staff, drawn by the fun, family-like culture and the chance to build connections with both members and coworkers.

Since then, Randy has formed countless relationships and enjoys positively influencing the lives of members, especially the kids. His "joke of the day" board has become a Y favorite, with his favorite being: "Why can't Nostradamus get a job at the Y? Because we're a non-prophet organization!"

We are grateful to have Randy as part of our YMCA family!

Click [HERE](#) for the full story.



TEEN NIGHT

Have your teen (ages 11-15) come to the Y from 5:30pm—7:00pm for TEEN NIGHTS to have fun with friends or make new friends! FREE for members, \$7 nonmembers

November 26 DIY Fall Snacks & Gnome Ornaments
(Register by November 25)



TURKEY TROT

CALLING ALL TROTTERS! Registration is open for the Festival Foods Turkey Trot! Participate OR volunteer! Sign up today at www.festivalfoodsturkeytrot.com! If you are volunteering, be sure to select Manitowoc-Two Rivers YMCA as your organization.

'TIS THE SEASON

The **GIVING TREE** is up and ornaments on the tree will have gift ideas for foster children in our community. Return unwrapped gifts to the front desk by the first week in December.

HOLIDAY HOURS

We will be **CLOSED Thanksgiving Day** and will be open from 5:00am to 6:00pm on Friday, November 29. Have a Happy Thanksgiving!

FAMILY FUN FRIDAY

Join us for our **Family Fun Friday CARNIVAL!** The festivities will include carnival games, prizes, food and more. Drop in anytime. Register by November 21 at 5pm. **Sponsored by Manitowoc Family Dental, LLC.**

Friday, November 22 4:00pm-6:00pm
\$5 per family members
\$15 per family for nonmembers



Manitowoc Family Dental, LLC

NEW YEAR'S EVE FAMILY NIGHT

Enjoy the YMCA for a **family-friendly New Year's Eve.** Night includes food, music, and family fun activities (*don't miss Rondini's Magic & Illusion Show from 5:45pm to 6:30pm*). Register by December 30.

Tuesday, December 31 - 5:30pm-7:30pm
\$10 per family members
\$15 per family nonmembers

NOW HIRING

Do you want a free Y membership with flexible hours? We have both part-time and full-time positions available in child care and aquatics! Head to mtrymca.org/careers to learn more.

YOUTH IN GOVERNMENT

Are you interested in learning more about Wisconsin Youth in Government? Email Barb at bschmidt@mtrymca.org or head to <https://www.mtrymca.org/youth-government>.

CHRISTMAS FAMILY BINGO

Bring the family to the Y and enjoy a few games of **BINGO** and fun! We will have BINGO cards and prizes. Register by December 9.

Tuesday, December 10 - 6:00pm-7:00pm
FREE for members
\$5 per family for nonmembers

12 SWIMS OF CHRISTMAS

Stay aquatic active this December with our 12 swims of Christmas. The main "sets" in this plan are designed to be completed after a warm-up of your choice. You should also complete a cool-down. One workout per day. Max of 3 per week. Weekly prizes!

December 1 through December 31
\$10 members, \$20 nonmembers

12 DAYS OF FITMAS CHALLENGE

DECEMBER 13 THROUGH DECEMBER 24

Are you up for the challenge? There will be a new workout for you to complete on your own and at your own pace daily. These are bodyweight-only exercises and no equipment is needed. Try to do each workout as best you can. Modifications or breaks are encouraged as needed. The challenge is accumulator style, adding the previous day's exercises to the next day and so on for 12 days. No need to register. Stop by the front desk on or after December 11 to grab your workouts! **FREE for members.**

FIND US ON:



YouTube



POST-REHAB EXERCISE PROGRAM

This program is intended for individuals that have been released from physical therapy or suffer from chronic diseases or physical limitations.

The benefits from a comprehensive health and fitness program will help clients prevent and manage disease, avoid injury, improve overall wellness and increase independence in daily living.

To schedule your session, stop at the front desk or fill out the interest form at the link below and someone will call you to schedule an appointment and/or answer any questions you may have.

<https://bit.ly/3UudkyQ>

KICKBOXING/CYCLING MIXER

Choose from Cycling with Becky or Cardio Kickboxing with Gina. Held simultaneously in the Salutz Gym to the same music!

Saturday, November 16 | 8:30am-9:30am
FREE to members.
Day pass fees apply to nonmembers.

BLACK FRIDAY PROMO

Tell your friends they can join the Manitowoc-Two Rivers YMCA between November 29 and December 2 & **PAY NO JOIN FEE!**

USE ONLINE CODE: **BF2024** if joining online.

AQUATICS

The lifeguard course will be held in December (details below) with the swim test on November 21. **We need a minimum of six to run the course.** If they are hired and work a minimum of 12 hours a pay period for six months, we will reimburse 75% of the course fee.



Certifying & Hiring Lifeguards!

Register for the Lifeguard Certification and Training Course!

Swim test to be held on November 21.

Classes to be held December 13, 14, & 15.

