

GIVE THANKS FOR HEALTHY LIVING



November Newsletter



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

1000 Independence Drive Rocky Mount, NC

252-972-9622

www.harrisonfamilyY.org | Stay Connected



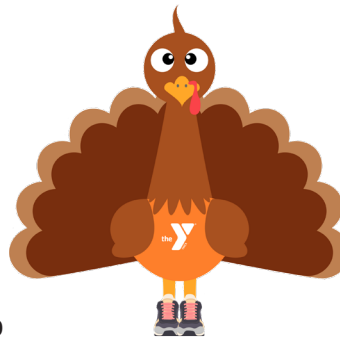
DID YOU KNOW?

NOVEMBER IS DIABETES AWARENESS MONTH! Currently 1 in 3 Americans has prediabetes. Only 11 percent of those with prediabetes know they have it. With awareness and simple actions, people with prediabetes may prevent the onset of diabetes.

BURN THE BIRD

Turkey Triathlon Challenge November 1st - 30th

Looking for a fun challenge to keep you on track with your health before the holidays? This is it! Race at your own pace as you swim, bike, and run/walk your way through a full triathlon through the month of November! This challenge is free to all members but registration is required. **ALL FITNESS LEVELS ARE WELCOME!** A tracking log will be located at the Front Desk starting November 1st for you to track your miles throughout the challenge. **Complete the challenge to win a FREE t-shirt & be entered into a drawing for a CHANCE TO WIN AN OMEGA SPORTS GIFT CARD!**



UNWRAP THE GIFT OF HEALTHY LIVING

Black Friday Specials November 29th 5am -9pm

Give the greatest gifts of all this year!

Thankful Family Membership Trial: Try us out as a family with a One Week Free Trial 11/29-12/6!

Pay Nothing Membership Deal: Join & pay NO JOINING FEE OR MEMBERSHIP DUES for the rest of November! HELLO ZERO!

Membership Stock-up Special: Get 12 months of membership for the price of 10 OR 6 months for the price of 5!

Personal Training Package: Get a 3 session package for \$79!

Swim for Less: Sign up for a session of recreational group swim lessons, get 15% off and a pair of goggles!

Gift Card Goodie: Purchase a 3-month membership gift card, get a pair of earphones!

Locker Rental Deal: Get a free lock when you rent or renew a locker!

Program Promotion: Register for our youth basketball or adult volleyball league to receive 15% off!

Gymnastics Savings: Sign up for a session of recreational gymnastics, get 15% off and a water bottle!

School Break Camp Special: Sign up for the entire Winter Break and receive \$10 off!



INFO TO KNOW

THANKSGIVING HOLIDAY

The Y will be closed on Thursday, November 28th for Thanksgiving. Enjoy time with your loved ones and have a great holiday!

TOYS FOR TOTS

Beginning November 1st, there will be a Toys For Tots Collection Box in the front lobby. Toy donations can be dropped off in this box until mid December. The objectives of Toys for Tots are to help needy children experience the joy of Christmas. To deliver a toy which demonstrates they are not forgotten, reinforcing they are important to the community.

LOYAL MEMBERS!

Congratulations! We appreciate your membership and hope that you will share your story of how the Y has impacted your life by emailing marketing@rmymca.org. Pick up your prize at the front desk!

2-5 YEARS: VALERIE HARRIS

6-10 YEARS: MENISA JENKINS

11-20 YEARS: MARY GIBSON

21-30 YEARS: DANNY BRAXTON

CEO MESSAGE

"During the month of November, we focus a lot on staying on track with your health before the holidays kick in. We all love to enjoy those home-cooked meals during Thanksgiving and Christmas, but we also need to remember to stay balanced as much as possible. We are offering our Turkey Triathlon Challenge which is a lot of fun, our Diabetes Awareness Class, as well as launching a brand new Adult Volleyball League plus lots of activities for our youth. Also, every Black Friday we offer the community specials on membership and programs, so consider purchasing your favorite gift of health for yourself or a loved one this holiday season. Tips to remember are to avoid over-eating and remember to stay active, but also enjoy those special moments with those you love the most."



READY? SET? SPIKE.

Adult Coed Volleyball League

Join us for some friendly competition! Adult volleyball is a fun, competitive, coed league that is open to players of all skill levels. **This league is for ages 18 and up.** You may sign up as an individual, and we will place you on a team, or you can register as a team.

Register by January 6th!

Season: January 13th - February 28th

TAKE ACTION TO IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring Program

In partnership with the American Heart Association's Check. Change. Control. curriculum, this program helps keep blood pressure well-controlled while minimizing the risk for complications like stroke and heart attack. If you have been diagnosed with high blood pressure we encourage you sign up for this program.

Program Dates: January 6th - April 27th

Supported in part by Nash UNC Health Care Foundation.



TAKE CONTROL OF YOUR DIABETES

Diabetes Awareness Program

This one hour class teaches participants how to manage blood and A1C levels, track fat and calorie intake, practice healthy eating habits, and manage stress. Free and open to the community with registration required in advance. **November 18th at 5:30 p.m.**

SUPERHERO CONFIDENCE

Superhero Friday Nights Out for exceptional children Flow Into Fall Night Out

This program is designed for children with developmental and intellectual disabilities. These nights take place one Friday of each month, and provide sensory sensitive activities, fun challenges, socialization with peers, and self-care for parents and caregivers.

Upcoming Evening: November 15th Ages: K - 12th grade

BUILD SKILLS & MEMORIES

Community Gymnastics Lock-In

Parents, enjoy a night out to yourselves while your gymnasts spend the night at the Y! Gymnasts will participate in games, gymnastics activities, movies and more! The Lock-in will allow participants to come together and have fun, while making life-long friends and memories.

Registration closes on November 20th

November 22nd 7:30 p.m. - November 23rd 7:30 a.m.



HEALTHY BEGINS EARLY



KidFit Program

School age children will learn all about having a healthy spirit, mind, and body while having fun! Kids will play various games, try different sports, and learn all about healthy habits.

Mondays & Thursdays 6:30 - 8:00 p.m.

EXPLOSIVE FUN!

Mad Scientist Parents' Night Out

In this Parents Night Out, we will be experimenting with science projects! Kids will be creative and have fun while they are challenged to create volcanoes, elephant toothpaste, ice cream in a bag and more!

Friday, November 8th from 5:30-8:00 p.m.

Registration required by November 1st.



CELEBRATE THE SEASON

Holiday Flea Market & Craft Fair

Get a jump start on your holiday shopping, support local crafters, and browse a selection of unique gifts and handmade items to purchase for your loved ones. Visit Santa Claus and enjoy holiday refreshments!

Saturday, December 7th from 10:00 a.m. - 1:00 p.m.



GOOD NEWS. GREAT JOY.



Operation Christmas Child Shoe Box Collection Drive & Packing Party

To help children this holiday season you can donate toys, shoeboxes, and/or hygiene products to the collection box in the front lobby. These items will be sent to children around the world for Christmas.

DROP OFF YOUR DONATIONS from now until November 15th.

WE ARE ACCEPTING \$9 DONATIONS at the front desk which will provide shipping for shoe boxes.

SIGN UP TO VOLUNTEER AT OUR PACKING PARTY ON SATURDAY, NOVEMBER 16th FROM 9:00 - 10:45 A.M.

IMPACT STORY

Glessa and Willie Morris

"My husband and I started walking three miles in our hometown of Nashville earlier this year. Walking on concrete was not good for our backs and knees so my doctor suggested that we join the YMCA. Approximately 6 months ago we joined the Y and we LOVE it! Each week we walk three miles a day. Sometimes, we will even add another half mile or a full mile to our walk. We feel that the best way to keep our body and mind in top shape is to be physically active. At the Y almost everyone, no matter their physical condition, can engage in at least some form of exercise. We also love that there are professionally trained staff who are always willing to help. We enjoy meeting and interacting with the staff and members at the Y because each and every one of us can always exercise our minds even if our bodies don't always cooperate. Exercising and being active has so many positive effects on blood pressure, arthritis, body fat, diabetes, and more. My husband and I are 70 and 72 years old and we truly believe that no matter what age you are, exercising can help you achieve greater physical and mental fulfillment. We are so blessed to be a part of this YMCA family and are happy we became members!"



CAUSE-DRIVEN LEADER

Jay Webb | Lifeguard

I have been working at the Y for a little over a year. To me being a Cause Driven Leader means actively seeking out patrons and other staff members to ensure a safe and positive environment. My favorite thing about being a Cause Driven Leader is having people feel comfortable asking me questions and that I am able to create an open and safe atmosphere. My favorite thing about working at the Y is seeing my co-shift leaders and being able to see children develop their swimming skills. My favorite hobby is skating with my dog Axl and my favorite thing to do at the Y is workout upstairs. A fun fact about me is that I am extremely colorblind!

