



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA OCTOBER 2022 MEMBER NEWSLETTER

Happy October, Y Friends,

As you're sipping your pumpkin latte and busting out the box labelled "Sweaters and Scarves," consider falling into the season with a wellness challenge that strengthens your spirit, mind and body. The BREAKTHROUGH YOU Strong Challenge is different from our usual member challenges because we have heard you and know that being accountable to others is what makes you (all of us!) more successful.

When you sign up, you have the (highly encouraged) option to buddy up with a team or ask to be placed on a team. These are your Accountability Buddies with whom you connect once a week to celebrate your successes and set the next week up for more of the same... for three weeks only! More information can be found in the right-hand column here— and I invite you to join me (and more than 80 other Y members as of today!) to set yourself up for a happy, healthy fall. Text STRONG to 844-889-6222 today and join us!

And speaking of STRONG— **we build strong kids here** at the Y. A core group of our youth development leadership team just returned from a week of a **Kids at Hope Masters Training**, reinvigorating our Y's philosophy that *all* kids are capable of success— **NO EXCEPTIONS**. We ask ourselves this: Out of every 10 kids, how many have potential for doing great things and contributing their unique talents to the world? The answer, without exception here at the Y is **ALL TEN**. Every single child. As caring adults, we are the **Treasure Hunters**: those who know this to be true and that our job is to excavate that treasure and help kids make it shine brightly! It's the most rewarding work there is— and while our Y team knows that it comes with its fair amount of challenges, they are up for it and then some. Thanks to a team full of Treasure Hunters, it going to be a year of discovery, confidence and hope for our Y kids! Thank you for your support to help make it all possible.

FREE CHALLENGE

Has it been a minute since you've taken good, daily care of your spirit, mind, and body? Join the club. Then join the Y's nationwide STRONG Challenge designed to get us all back on track this fall.

When? 10/17– 11/6

What? Three Weeks of Four Commitments:

1. Watch the provided Y video at the start of each week
2. Come to the Y two times per week (or do a virtual Y class from home)
3. Join an Accountability Group (highly encouraged, but optional)
4. Practice Mindful Minutes every day

Need some incentive above and beyond feeling great? There are **PRIZES AND a FREE t-shirt** for anyone who signs up by October 10.

Also, it's **FREE!** Text STRONG to 844-889-6222 to join. Don't have a phone or don't do text? Sign up at <https://stronglife.org/registration/>!

GROUP POWER LAUNCH

Join the Group Power team for their launch of **BRAND-NEW** content on Sunday, October 9 at 9:15am. If you're new to Group Power don't worry, there will be multiple instructors in attendance to help get you started!

FALL 2 PROGRAM SESSION

The Fall 2 program session runs from November 5 through December 23. **The program guide is available online at mtrymca.org/schedules**. Member registration begins Monday, October 24.

YOUTH PARTIES

Halloween Costume Parade & Party (Ages 17 and under)

Costume parade, coloring contest, music, pumpkin painting and MORE! Parents are FREE. **Friday, October 21 from 6:00pm - 8:00pm**

Princess Party (Kindergarten - 3rd grade)

Children are asked to dress as their favorite princess or prince! They will play games, go on a royal scavenger hunt and create their own crown. To end they will have a tea party where they will decorate their own cupcake.

Sunday, November 6th from 1:00pm - 3:30pm

Superhero Party (Kindergarten - 3rd grade) Children are asked to dress as their favorite superhero! They will play games, go on a scavenger hunt and create their own mask. We will also have fruit punch and the children can decorate their own cupcake.

Sunday, November 13th from 1:00pm - 3:30pm

ACTIVE AGING WEEK

SAVE THE DATE!!

Active Aging Week (a special free week for seniors) will be held October 23-29. Tell your friends to come and enjoy free coffee, free classes, and free fun!

GAME DAY

There will be games galore set up every **Thursday from 11:00am to 12:45pm** in the Community Room for everyone! Enjoy Scrabble, Yahtzee, puzzles, and MORE!

TURKEY TROT

CALLING ALL TROTTERS! Registration is open for the Festival Foods Turkey Trot! Choose from virtual OR in-person! Sign up today at www.festivalfoodsturkeytrot.com!

PICK-UP BASKETBALL

Are you looking for opportunities to play? Y members are looking for more people to join them during these days and times for pick-up basketball:

- Mondays, Wednesday and Fridays at 5:00am
- Tuesdays and Thursdays at Noon
- Saturdays at 7:00am

Drop-in or you can sign up through the link below using the email richardjopie@gmail.com.

<https://m.signupgenius.com/#/signUps/findSignUpResults>

GYMNASTICS FUNDRAISER

Beautify your home this holiday season with holiday décor from the Gymnastics Wreath Fundraiser. Go to <http://mtrymca.org/events> to learn more and place an order. **Orders are due October 31 at noon.** Items will be available for pickup by December 6.

POP-UP CYCLING

Join Becky for a Covers vs. Originals themed cycling class on Sunday, October 23 at 9:15am. **FREE FOR MEMBERS!**

SELF-DEFENSE CLASS

We will be holding a Women's Self-Defense class on Saturday, October 15th from 9:00am - 12:00pm. Ages 15+. Register today! Click [HERE](#) for more information.

MILWAUKEE BUCKS CLINIC

Register today for the October 15 clinic through the Milwaukee Bucks website at <https://tnbabasketball.com/bucks/milwaukee-bucks-fall-clinics/>!

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