

RAFY NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROCHESTER AREA FAMILY Y

709 1st Ave. SW, Rochester, MN 55902

(507) 287-2260

www.RochFamY.org

DECEMBER 2014



HELPING CANCER SURVIVORS RECLAIM THEIR HEALTH

The Rochester Area Family YMCA will host a Graduation celebration for nine cancer survivors completing the pilot class for LIVESTRONG® at the YMCA, a research-based physical activity and well-being initiative that helps people affected by cancer reach their holistic health goals.

GRADUATION CELEBRATION
December 11, 2014
2:00 p.m. Balfour Hall

LIVESTRONG® at the YMCA creates a welcoming community in which survivors can improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships and improve their quality of life. The free, 12-week program meets twice a week. Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG® at the YMCA is helping people move beyond cancer in spirit, mind and body.

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone you think may find it useful.

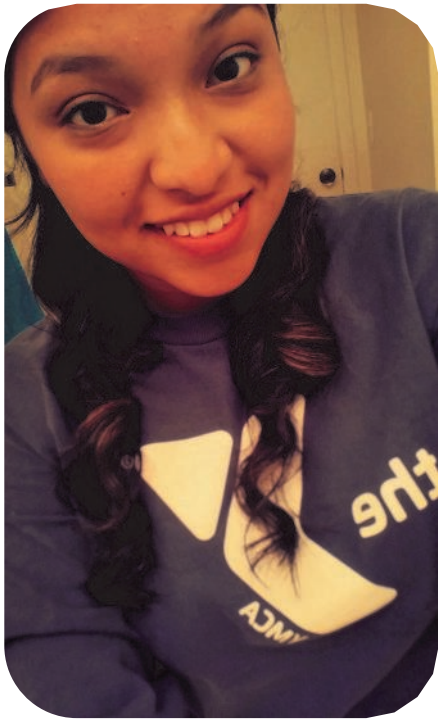
OUR MISSION

Providing for the spiritual, mental and physical well-being of the individual, family and community.

**Christmas waves a
magic wand over this
world, and behold,
everything is softer
and more beautiful.**
-Norman Vincent Peale

NEWS & UPDATES

- Do you have family visiting you in Rochester this holiday season? We encourage you to bring them to the Y. If they are Y members in their hometowns, they have access to our YMCA through the A.W.A.Y. program. If you're on a month to month membership, make sure you pick up your three free passes to bring guests to our Y.
- **Wednesday, December 10 is the last day of Mitten Sales.**
- 'Ohana' the Y's Belly Dance Group will perform at Senior Coffee on Wednesday, December 10 at 9:15 a.m.
- Y-Tots Preschool is currently hosting a Pajama Drive to benefit the Crisis Nursery at CCRR. New pajamas can range in size from infant to adult (could be used by foster teens). If you want to contribute, please bring in pajamas and put them in the box outside of the Y-Tots classroom between 8:30 a.m. and 3:00 p.m. Bring them in by December 11. Thank you!!
- The US Bank Rotary Holiday Classic Basketball Tournament is Monday, December 29 and Tuesday, December 30 at the Mayo Civic Center. The Y will be leading halftime shows to invite the basketball fans to this summer's Gus Macker 3 on 3 Tournament. We hope to see you there! And don't forget to mark your calendars for Macker 2015—August 8-9, 2015!
- Free Pickleball lessons offered on Tuesdays and Thursdays 10 a.m. - 2 p.m.



STAFF SPOTLIGHT

HODEYDIZ VAZQUEZ

Hodeydiz works in Kids Care.

Hodeydiz's Favorites

Thing to do at the Y: Work with the kids and Zumba Class

Snack: Spicy Chips

Drink: Pepsi

Restaurant: Olive Garden

Place to Shop: Southdale Mall

Hobby: Socializing

Scent: Vanilla

Sports Team: Twins

Color: Blue

Fruit: Mangos

Flower: Pink Rose

Where were you born?

Mexico

Tell us something about you that many don't know.

I get bad laugh attacks

What is your most treasured possession?

Family/Friends

Name something you've done once that you can't wait to do again.

Skiing

Name one thing you want that you can't buy with money.

Friendship and Love

What is the one person, place or thing you can't say no to?

Brother, Church

What was the last movie you watched?

Jump 22

What is on your Christmas List?

Clothes



HOLIDAY HOURS

Christmas Eve

4:45 a.m. - 1:00 p.m.

Closed on Christmas

New Year's Eve

4:45 a.m. - 5:00 p.m.

New Year's Day

11:00 a.m. - 3:00 p.m.



STEVE'S EXCELLENT FITNESS CLASS TOUR

One of the Y's great treasures lies within our fitness classes. Not only do our fitness classes help keep people's minds, bodies and spirits in great shape, you become part of a community where you can meet new friends, where you are encouraged to try new things and where you can feel supported in your health journey. Please join Steve Courts, Executive Director/CEO as he attends 10 different fitness classes in 10 weeks. This fitness class journey will include a variety of strength and cardio classes, water and land classes as well some of our mind and spirit classes. If you have not attended group fitness classes before, this will be a great introduction. No registration is necessary.

1. Cardio Mix

8:30 a.m. Saturday 1/24

2. Pilates

9:15 a.m. Tuesday 1/27

3. Group Strength

5:45 a.m. Friday 2/6

4. Power Cut

4:30 p.m. Wednesday 2/11

5. Tai Chi

11:15 a.m. Tuesday 2/17

6. Cycle

10:30 a.m. Saturday 2/28

7. Aqua Zumba

6:35 p.m. Monday 3/2

8. Yoga

6:30 p.m. Monday 3/9

9. Barre Bliss/Foam Rollers

9:15 a.m. Friday 3/20

10. Zumba

11:35 a.m. Thursday 3/26

MAY YOU FIND PEACE, LOVE & JOY AMONG YOUR HOLIDAY BLESSINGS



BRING CHEER TO A CHILD THIS SEASON

The Giving Tree is on display in the lobby by the Welcome Center. Please consider purchasing an article of clothing and one fun item for the children registered. Present pick up will take place on Tuesday, December 16 from 5:00 p.m. - 9:00 p.m. and Wednesday, December 17 from 9:00 a.m. - 12:00 p.m. and 4:00 p.m. - 8:00 p.m. Photo ID required. Contact Y Mentors Director, Jenny Johnston at jenniferj@rochfamy.org or (507) 287-2260 extension 1141 if you have questions. Thank you!

TOGETHERHOOD™
JOIN US AS WE GIVE BACK



NEW YEAR'S OPEN HOUSE



Jump-start your resolution at the New Year's Day Open House.

11:00 a.m. 3:00 p.m.

Invite your neighbors, family and friends! This event is open to the community.

"My idea of Christmas, whether old-fashioned or modern is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?"
- Bob Hope



PLANNING FOR OUR FUTURE

CONNECTING, STRENGTHENING AND INSPIRING EACH OTHER

The Rochester Area Family YMCA's Board of Directors identified this as our impact statement during its Strategic Planning Meeting held in October 2013. The Y is at a historic and exciting point with DMC, UMR and other growth in Rochester. We are in the process of determining our future path, considering many opportunities and partnerships. The Y board is very active in brainstorming possibilities. While details of what the Y will look like in the future are still being discussed, we know the Y will be making significant improvements as it moves forward.

HOW YOU CAN HELP

- Tell us what will make the Y better for you. Use the comment box or tell a staff member or a board member.
- Contribute financially to the Annual Support Campaign.
 - Watch for a capital campaign to begin in the next couple years.
- Continue coming to the Y to see how the Y changes and grows to meet your needs and the needs of Rochester.
- Volunteer in one of the Y's programs such as Togetherhood™ or Y Mentors.
- Invite your friends and family to join us at the Y.



MEMBERS OF THE MONTH

Congratulations to Ryan, Nicole and Ava Jensson! The Jensson family have been members since October 26, 2012. Their favorite things about the Y is swimming and racquetball. We asked them to describe the Y in three words and they replied with, "Awesome, feel great."



Visit the Rochester Running Room on Wednesday, December 17 for an expert fitting on running shoes and apparel and take advantage of **15% OFF**, exclusive to Y members. Open 9:30 a.m. - 9:00 p.m.

2014 ANNUAL SUPPORT CAMPAIGN

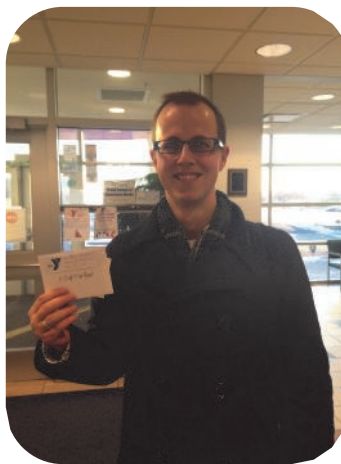
As many of you know, no one is turned away from Y programs or memberships because of their inability to pay. It is our belief that everyone should be offered opportunities to learn, grow, and thrive. In 2013, Y scholarships helped over 1,000 people on their health journey. This year has been no exception as we expect to serve even more individuals on their missions to become healthier. The Open Doors Scholarship program is funded through our Annual Support Campaign. Our goal is to raise \$237,000. Will you join us? To make a tax-deductible donation this holiday season go to www.rochfamy.org or ask the Welcome Center for a pledge form.

CONGRATULATIONS MEMBERS!

During last month's Membership Appreciation event members registered to win. Prizes included Ice Hawks Tickets, People's Food Co-op Gift Cards, fitness equipment from 2nd Wind Exercise including a GoFit Massage Bar and SPRI Folding Mat, Gift Certificates to Danielle's Consignment Boutique, Y apparel and Ye Olde Butcher Shoppe Gift Certificates. Thank you for being a Y member!



**Julia Accola
Melanie Portillo
Anne Beighley
Maria Cruz
Alison Krieg
Nathan Neer
Ralph Miller
Mark Mechura
Bob Martini
Andy Hemenway
Tammie Paulak
Merrick Brody
Micah Bhatti**



**Drew Block
Ryan Kling – Punt
Floyd Albee
Deb Matson
Tony Deach
Sarah McCargar
Zoe Abrahamson
Stella Thompson
Mary Delva**

MISSION MOMENT

If you have a story to share on how the Y has impacted you, your children or your family, we would love to hear from you. It will reinforce the mission of the Y in action and give hope and support to others. Requests for anonymity will be honored. Please email stories to Communications/Development Director Sarah Brandt at sarahb@rochfamy.org or contact her at (507) 287-2260 extension 1091.



YOUTH & FAMILY CORNER

Youth & Family Director Rachel Hoben (pictured right) suggests these family fun activities for the upcoming season. Check out the Program Guide for more offerings.

- **ANNIE AT PARAGON THEATRE:** Join the Y at the movie theatre for the new release of a classic on Saturday, December 20. Purchase your tickets ahead of time online or at the Welcome Center. The movie begins at 2:00 p.m.
- **HOLIDAY CAMP:** Your child will have a ton of fun at the Y participating in holiday-themed games, gym activities, crafts, swimming and much more. Holiday Camp will be held December 26, 29, 30, 31 and January 2. Pricing per day available.
- **CANVAS PAINTING:** Sunshine and Roses Canvas Painting will be coming to the Y on January 16 and February 13. Sign your child up for Parent Date Night and Canvas Painting and receive \$5 off.
- **DESTINATION DODGEBALL:** You won't want to miss this throw down in the tundra on Saturday, January 24. Adult and Youth Divisions available for the co-ed dodgeball tournament, featuring Eric Stone from USA Dodgeball.
- **COUNTDOWN:** Only 190 days until Summer Camp!

SPARK™ (www.sparkpe.org) has ways to keep your family active during the holidays. Here are a couple shared on their official SPARK blog:

MAKING TIME

During the holidays, it's easy to find your schedule full of activities. For those with busy schedules, the best plan of action is to make exercise the first thing on your agenda. Working out first thing in the morning helps make exercise a priority. Working out in the evening can prove difficult because you have places to go and people to see—and plenty of time throughout the day to come up with excuses for why you can't exercise.

Remember, just 30 minutes a day is enough to keep in shape. If you have trouble finding time, try to spread those 30 minutes into three 10-minute workouts over the course of the day. Ten minutes is enough for a simple workout routine that includes jogging, jumping jacks, jump rope, or weights.

HOLIDAY ACTIVITIES

While some people assume "physical activity" means sweating it out at the gym, many of the fun holiday activities you do with your family could quite easily be exercise.

Spending an evening out ice skating is sure to get your heart pumping, but you might not even notice with all the fun you're having (or the falling you might be doing). The same could be said of skiing and snowboarding, both of which are great workouts for your legs and heart.

Even more unconventional holiday activities could help you burn some calories. Going out for an evening of caroling is a classic way to spread the holiday cheer while getting your butt off the couch. A holiday dance party will keep everyone happy, moving, and grooving for hours on end.

