

DANVILLE Y NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE USA

1111 N. Vermilion Danville, IL 61832

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www.danvilleymca.org

MONTHLY NEWSLETTER OF THE DAN-

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SUCCEED

HOLIDAY HARDSHIPS

MEMBERSHIP SPECIAL

ADULT SWIM SKILLS SEMINAR

ENJOY THIS ISSUE?

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

QUESTIONS, COMMENTS, IDEAS?

Contact Sarah Jones, the editor at sjones@danvilleymca.org



JOIN MORE THAN A GYM TO REACH YOUR 2017 GOALS

The Danville Family YMCA offers a variety of **free** fitness classes to all members and guests. Fitness classes are great to meet new people and keep you accountable for your workouts.

Did you know that we offer **free** Spin classes as well? Our spin room is located on our lower level with certified instructors that are sure to make you sweat! Come try it out!

Maybe Spin isn't for you and you are wanting to try something with a little more weights and cardio combined. Perfect, Sculpt is the class for you! It will help you burn calories and tone specific muscle groups in each class.

Are you a fan of dancing and having fun? Who isn't? Bring your friends and hang out at Zumba four nights a week with Angela and Vernesha. Get fit while having fun!

We also offer many other classes which can be found on our website at www.danvilleymca.org. Check us out and make the Danville Family YMCA your place where your goals are achieved! -Sarah Jones

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WE WANT YOU TO SUCCEED

Over the past couple months we have reported on several of our Y-Achievers and their accomplishments. Those articles were just a peek into some of the great things that

we do here at the YMCA. Our Achiever program will be hosting T.A.S.K. Force, a course Teaching Achievable Skills to Keep starting January 9th-13 from 1-3pm here at the YMCA. T.A.S.K is designed to develop our young workers for the ever changing workforce. We will be teaching soft skills, goal setting, how to interview and financial awareness. The call is open for anyone who is interested in shaping and getting ahead in their career. If you or someone you know may be interested please stop by our welcome center to sign up. -Andy Wilson



WORK OUT AND HELP OUT

Join the YMCA in January and your start-up fee is only \$20.17! That's a savings of up to \$64!

When you join the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community. At the Y, children learn what they can achieve, families spend quality time together, and we all build relationships that deepen our sense of belonging.

For more than a workout. For a better us.

"IT'S THE MOST WONDERFUL TIME OF THE YEAR." ...FOR SOME

During the holiday season it can be hard for anyone, including seniors, to acknowledge their feelings of loneliness and isolation. For some individuals it may seem as though they are alone in being at odds with what our culture deems the most joyous time of the year. In actuality they are part of a very large group. Holiday statistics show that 45% of North American adults report that they dread the holiday season while specific senior citizen loneliness statistics reflect that 43% of the senior population feel lonely on a regular basis. Both these statistics reinforce how necessary it is to address loneliness in our senior loved ones and to help combat it.

As a friend or family member of an older adult, you are able to help them. By providing a safe non-judgmental space to allowing older adults to discuss their negative feelings, you can help lift some of the stigma around the topic.



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Some people may find it comforting to celebrate a loved one who has passed by leaving out pictures when you gather together. Others may prefer that less of a fuss be made over them and may be more comfortable avoiding the topic.

Having discussed this ahead of time can make group holiday settings a little easier. Regardless of how your loved one would prefer to handle the situation, the critical component is giving them the comfort of knowing you recognize their loss and are available to offer support and love.

Finally try to reset expectations during the holiday season for your loved ones. Sometimes the pressure to eat, drink and be merry with friends and family can be too much. For some senior citizens, holidays without all the emphasis on activity can help curb feelings of sadness and loneliness.

Here at the Y we stress the importance of gathering together in social and physical activities. We had a great time at the "Holiday Potluck". Thank you to Brad Bates for helping with the dinner and thank you all who provided a dish to share.

Remember:

Adult Coloring – every other Monday at 11:30am in the Teen Center.

Adult Bible Study – every Thursday at 10:30am in the Meeting Room. –Valeree Cross

ADULT SWIM SKILLS SEMINAR

\$6 Members \$10 Non-Members

*New Starting this January

A monthly class dedicated to a lap swimming skill to help improve your workout in the pool

A different stroke or skill each month
15 min of video specific to that month's topic (if applicable) and then time to change before meeting in the pool for 40 minutes to put into practice the skills presented and have instruction to help maximize personal skills

Topics to be addressed: Freestyle, Backstroke, Breaststroke, Butterfly, Starts/Diving, Turns, Breathing, Personal Rescue Skills, Using Equipment Properly & Effectively, and more to come.

January 12th – Freestyle Stroke: hand position, kick, body rotation, some breathing suggestions & head position

February 9th – Backstroke Stroke: body rotation, hand/arm movement underwater, kick, head position

March 9th – Flip Turns

The second Thursday's of the month

5:30-6:30 a.m. OR 7:45-8:45 p.m.

–Joyce Bruett

