



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER IS COMING AT THE BHYMCA



November & December Bi-Monthly Newsletter BOONSLICK HEARTLAND YMCA

Turkey Trot

Our final run of every year, the Turkey Trot 5k is one of our biggest and best. A great way to burn off some pre-meal calories, the Turkey Trot is ideal for beginners and veterans alike. Whether you walk it or run it, there's no better way to wrap up a year of running!

Scheduling

The race will be held Thursday, November 22nd. Start time is 8:30 am.

Registration

Register online at itsyourrace.com until Nov. 21st.
Register in person at the race the day of.

Fees

Adult	\$20
Child	\$10

Happy Healthy Holidays

Feel FREE to be a part of the Boonslick Heartland YMCA's Holiday Fitness Challenge (register anytime before November 19th). It's our 6-week program that begins Thanksgiving week and ends January 1st. Report your progress to our Wellness or Welcome Desk staff after 3 weeks, then return your completed challenge form at the end of the six week period (and don't forget to take the pledge and tell us your story) to receive your FREE Healthy Holidays t-shirt AND for your chance to win a drawing valued at \$150!

Coloring the Holidays

Ready your crayons and colored pencils and fire up your artistic side, as the Boonslick Heartland YMCA will once again be holding our December Holiday Coloring Contest. Coloring sheets will be available at the Welcome Desk beginning the week of December 3rd. Winners will be chosen from each age group.

Entry deadline will be announced on our Facebook page at a later date.

Special Dates To Remember

- Nov. 13th World Kindness Day**
A day to spread kindness to those around us, as well as to be kind and loving to ourselves.
- Nov. 19th International Men's Day**
A day to focus on, promote and improve men's and boy's health & gender relations and equality.
- Dec. 2nd National Mutt Day**
A day to celebrate dogs in their natural, healthy state - mutts.
- Dec. 21st Winter Solstice**
The shortest day, the longest night, i.e. the middle of Winter.

The BHYMCA will be closed Nov. 22nd and Dec. 25th, and will close early on Dec. 24th in observance of Thanksgiving, Christmas and Christmas Eve.

Staying Modern With Our Mobile App

Some of you may already know that we have a mobile app: but did you know that we just released a brand new version of it? With increased functionality and ease of use, our mobile app is better than ever! To download it on Android or iOS, go to your app store and search for "Boonslick"!

Stay tuned for information about the following BHYMCA programs and events

- Jan. 2019 Because I Said I Would**
Our annual New Year's fitness challenge. Look for details in our upcoming Winter & Spring Program Guide.