



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Boonslick Heartland YMCA
Member Newsletter

December 2016
www.bhymca.org



Because of *You*...

this has been another incredible year in which, we, you included, were able to give back to not only our community but to our surrounding communities in so many ways. We could not have accomplished all that we have without the support from **you**. Your participation in our Partner's with Youth Campaign, volunteering as coaches/trainers in our programs, working on homes with Habitat for Humanity, and so much more, shows the love and the support that you have for those that are in need. Our Mission:

to put Christian principles into practice through programs that build healthy spirit, mind and body for all, was displayed all throughout the year: by

you.

If for some reason you were unable to help this past year, January is just around the corner, opening up many more doors of opportunities to give.

Again, we want to say, "Thank You!" Without **you** we could not do what we do here at **your** Boonslick Heartland YMCA.

We wish you and your family a **very** Merry Christmas!

Matt Schneringer
Executive Director

Our Mission: *To put Christian principles into practice through programs that build healthy spirit, mind and body for all.*

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December Devotional The Meaning Of Christmas

"And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, *Glory to God in the highest, and on earth peace, good will toward men.*" - Luke 2:13-14



With the most popular holiday just around the corner, it seems like everyone is trying to get into the Christmas spirit. Stores are lining their aisles with Christmas goodies and decor, TV shows have switched to the theme of giving and love, and Santas are starting to float about. And why shouldn't they, after all it is that time, the meaning of the season, right?

[Read more](#)



Fitness Classes/Challenges

Vanessa Dorman

Associate Executive & Healthy Living Director

FREE Pre-Game Fitness Challenge

Annual Fall Fitness Challenge

To Members & Non-Members!

It's **not** too late!! Don't forget to volunteer yourself to be a part of the Boonslick Heartland YMCA's Pre-Game Fitness Challenge. It's our 6 week program that began Thanksgiving week and will end January 3rd. Non-members and non-member groups need to sign up through the Y, and appoint a leader who will give us your t-shirt size and report your progress to our wellness staff and then return your completed challenge form at the end of the six weeks for your chance to win a random drawing for \$150.00! For more information, click on the following link!

[2016 Holiday Pre-Game Challenge](#)

***You Don't Want to Miss This!**

Our New Year's Fitness Challenge will begin January 9th!!

More info will be released SOON!!

Thank You!

Our Turkey Trot was a HUGE success!

Just a word about this year's Turkey Trot, first of all, thank you to our sponsors, Cooper County Animal Clinic, Citizens Community Bank, KWRT, Ameren UE and A Bow K. We could not put on such an affordable, family friendly event without you!

Also, thank you to the 130 people who came out to run, if you didn't get a prize you got some good endorphins and a few more guilt free calories on Turkey Day.

Another heart-felt thank you goes to the awesome group of volunteers, Marcey Caldwell, Kathleen Maier, Hal McNeal, Jim Niederjohn, Scott and Hayley Fox and Andrea Kleinsorge! And a BIG thank you goes to Kyle Rehagen for his awesome race timing and the fact that he got us all home by 10:30 including clean up and awards ceremony.

It was truly a great race and the BHYMCA has much to be thankful for including the great running community that invites YOU to join in the festivities next year!

P.S. Thanks to Nancy Parker for the photos!!





We Are Screening For FREE! Boone Hospital Center

Free Health Screenings - No Appointment Needed!
Here at the Boonslick Heartland YMCA
Monday, January 9, 2017
6:30 a.m. - 10:30 a.m.

Blood Work: Blood glucose, cholesterol, triglycerides, HDL, LDL
Blood Pressure

Body Composition Analysis

*For best results, please fast 8-12 hours before screening. The inbody Composition Analysis requires direct skin contact with hands and feet for accurate results.

For more information contact Vanessa Dorman at (660) 882-8500 or Jeff Zimmerman at (573) 815-3263

Healthy Living ~ Monthly Recipe

**Jill Granneman, RD
Nutrition Counselor**

Creamy Lentil and Bean Stew

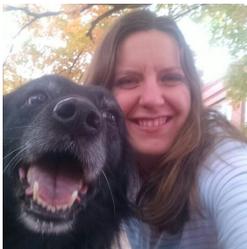
I love lentils! they are a great source of vegetarian protein with 10 grams in only a fourth of a cup, they are also a wonderful source of dietary fiber with 11 grams per serving. All the fiber and protein will keep you full longer and help keep blood sugar levels stable for hours after eating.
Hope you enjoy this recipe!



[Creamy Lentil and Bean Stew](#)

Nutrition Counseling with Jill Granneman, RD

Schedule an appointment with our staff Nutrition Counselor, Jill Granneman, RD. Appointments available on Monday evenings 5:00 p.m. - 7:00 p.m.
\$25 for 1 hour appointment
\$50 for 1 hour and 2 half hour appointments
\$100 non-members, package appointments only.



You Will Be Missed!

In November we had to say "see ya later" to a very dear friend here at the Y. Most of you know her as our Sports Coordinator but she was so much more than that. We want to wish her the best as she embarks on a new chapter in her life. Andrea, you will be greatly missed!

Thank You!

Dear YMCA Staff and Y Members,
Thank you! Thank you! Thank you! I truly appreciated everything you have done for me over the past 4 years! I truly appreciate everyone allowing me into your community with open arms, your support, working with your kids in sports, summer camp with the middle school kids, adult sports, everything! I will truly miss everyone in the Y! Love you all!
~ Andrea Kleinsorge

Youth/Adult Sports

Even though we are in the process of hiring our new Sports Coordinator, the games must go on! With Basketball being our very popular "Winter" sport, you don't want to miss getting signed up for the following:



Youth Basketball

Ages 3-11

***Registration deadline:** Sunday, December 4th

Games on Saturday mornings beginning January 7th.

Practices are Tuesday or Thursday evenings determined by coach.

Check it out online, give us a call or stop by the Front Desk for more information!

Adult Basketball

***Registration deadline:** Monday, January 2, 2017

Wednesday night games will start January 11th.

Registration packets are at the Front Desk!

For more information, give us a call!



Youth Development

Marc Jannin

Youth Development Director

The excitement of this Christmas season is already being felt. Kids are beginning to make their Christmas lists, Christmas trees and decor are filling their homes, and there is usually a sugar cookie or two already being made and eaten.

So what are we planning here to help with that Christmas spirit? We will be doing Christmas themed arts & crafts, kidz cuisines, activities and **more!** We are planning on going to a local nursing home and having the kids hand out Christmas cards to the

residents. We will also be having a Christmas Party for our kids & parents; more information will be sent out closer to date. Don't forget about our School's Out Day Camp. December 22-30 and January 2-3. Remember, you **must pre-register** your kids if they are going to be here! Registrations **cannot** be made the day of.

We wish you and your family a **very** happy Holiday season!

Amazon Smile

Support your Boonslick Heartland YMCA!

Just another reminder...with the Holidays quickly approaching, we wanted to share with you just one more **very** simple way that you can support your Boonslick Heartland YMCA with no extra cost to you! When you shop at Amazon Smile, you'll find the exact same low prices, vast selection and convenient shopping experience **with** the added bonus that Amazon will donate a portion of the purchase price to your local YMCA. **It's super easy!** For more information, visit the link below.

Again, **"Thank You"** for always supporting your Boonslick Heartland YMCA!



[Amazon Smile](#)



We've Gone Mobile!

Convenience Right at Your Fingertips

*Check In using your Smartphone

*View Schedules by Day, Class & Instructors

*Register for Programs, Events & More

*Get Push Notifications for Cancelled Classes, Pool Closings, etc.

Find Us In Your App Store!

Current & Upcoming Events/Programs

For **more** Events/Programs, check out our [2016 Fall Program Guide!](#)

*Be on the lookout for our 2016-2017 Winter/Spring Program Guide that will be mailed out soon!

For **all** of our Program/Event Schedules, check out our [Schedule](#) page!



Facility Hours

Monday - Thursday

5:15 a.m. - 9:00 p.m.

Friday

5:15 a.m. - 8:00 p.m.

Saturday

7:00 a.m. - 5:00 p.m.

Sunday

12:00 p.m. - 5:00 p.m.

Child Watch Hours

Monday - Friday

8:00 a.m. - 10:00 a.m.

Monday - Thursday

5:00 p.m. - 8:00 p.m.

***Christmas Eve Hours: 7:00 a.m. - 1:00 p.m.**

***New Year's Eve Hours: 7:00 a.m. - 5:00 p.m.**

***Notice ~ We will be CLOSED Christmas Day & New Year's Day!**
Enjoy your day with Family & Friends!

Forward this email

STAY CONNECTED

