MEMBER NEWSLETTER

WALLA WALLA YMCA

Your Chance to Lift Up The Y This Holiday Season

The Valley Giving Guide launches December 2nd, and we want you to be the first to know how powerful this community tradition can be. The Valley Giving Guide is a month-long opportunity hosted by Blue Mountain Community Foundation that turns individual generosity into collective impact. When you give to the Y through the Giving Guide, your dollars come directly to our organization, and they are eligible for extra dollars through prizes and "boosts" from the regional Bonus Pool.

At the Y, this support goes straight to the heart of our mission. Your member dues keep the lights on, but it's your donations that make it possible for children to attend afterschool programs, teens to find and become mentors, and adults to access wellness programs regardless of financial circumstance.

Last year alone, the Y provided:

- More than $77,000 in youth program scholarships
- Free drowning prevention and learn-to-swim programs for over 1200 kids
- More than 6,000 members found connection and belonging in our spaces.

This year, we are setting an ambitious goal: to bring in the highest number of donors on Giving Tuesday, December 2. Your early support on launch day boosts our visibility across the community.

Pat's Wellness Journey

Seven years ago, Pat first entered the Walla Walla Y with the simple goal of getting in better shape. Since then, he's been working with our Group Exercise instructor and personal trainer Kelli to make that goal a reality.

Kelli, who first trained with Pat over Zoom during Covid, writes exercise routines for him when he's on vacation. "Before I met Kelli, I thought "love thy neighbor" were the three most important words," says Pat. "And she said, 'No—it's "activate the core.' Now I'm in much better shape because of her."

It is the community, however that makes the Y such a welcoming venue for training. "We all have the same goals and we're willing to help each other," Pat says. "We're kind of a Walla Walla family here."

Thanksgiving Group Exercise Schedule

During Thanksgiving week we offer a modified GroupEx schedule:

Saturday, November 22 | All Moves MELT class held this day at 10AM instead of the regular 4th Saturday of the month.

Wednesday, November 26 | Regular morning classes only until 1PM. No evening classes.

Thursday, November 27 | Y closed - Thanksgiving day

Friday, November 28 (Burn the Bird!)| The Y invites members of the community and visiting family to join the following classes at no cost:

- **RIPPED** | 8AM – GYM 3
- **Cycle** | 9AM – CYCLE ROOM
- **Heavy HIIT** | 9AM – GYM 3
- **TRX** | 10AM – GYM 2
- **Yoga** | 10:15AM – GYM 3
- **Chair Yoga** | 11:20AM – GYM 3

Saturday, November 29 | No classes

Red Cross Blood Drive

Give someone the gift of blood this holiday season. The Red Cross blood drive will be at the Y Friday, November 28 from 11AM - 4PM.

For a bonus, you can score a pair of Pac Man x Red Cross socks when you donate blood. **To register, click the button below.**

Donate Blood

Thanks to Our Outdoor Preschool Kiddos

This past week, the kiddos and staff of the Y's outdoor preschool (yurt) classroom collected and delivered over 250 lbs of food in support of the **Walla Walla Valley Hunger Relief Coalition** (WWVHRC); a partnership of community organizations dedicated to helping people through food insecurity. We're proud of the neighborly effort these children and teachers demonstrated. The kids report it was fun to do.

Gift Tag Tree

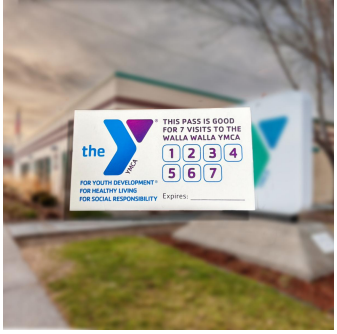
Each year the Y supports the Salvation Army's Angel Tree to provide gifts for children in need. Our lobby tree is going up this weekend with gift tags for 100 area kids.

If you'd like to take part, simply take one or more tags from the tree, notify the Membership Services Desk of your name and who's gift tag(s) you have, and return gifts to the Y by December 15.

Thank you for making the holidays bright.

Y Punch Cards

And speaking of Christmas gifts... we have the perfect stocking stuffer for that family member or friend who has always wanted to try the Y.



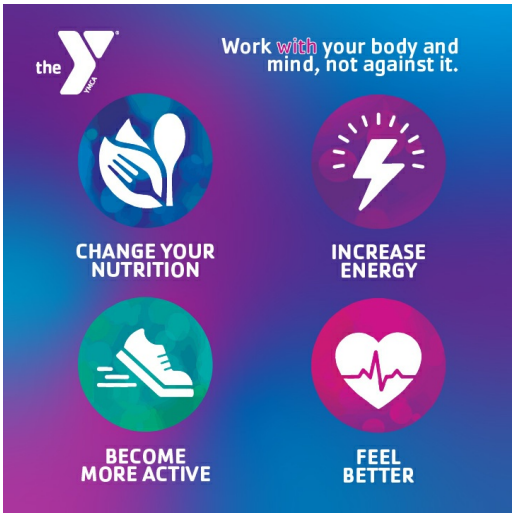
Our Y punch cards are good for seven visits to the Y. **And they will be 50% off for the month of December**. Be a secret Santa to a friend with the gift of the Y.

Wellness For Life

The Wellness For Life program returns just in time for New Year's Resolutions.

In this program participants learn to achieve and maintain their desired weight goals. With planning, problem solving measures and a team of specialized weight loss trainers and nutrition specialists, you'll be on the right track towards a healthier lifestyle.

The multi-week program takes place every Monday at 9AM from Jan 29 - Apr 13. (a required orientation session is also held Monday, January 12 at the same time).



Wellness For Life

Shoot The Hoop

The annual Elks National Hoop Shoot is coming soon. The Y will be hosting the local Elk's annual free throw basketball program January 10 from 8AM - 12PM.

The program is fun, free and is open to kids ages 8-13. To register, pick up a form at the Membership Services desk. Youth can also sign up the day of the event.

Referees Wanted

If you play basketball and want to inspire the next generation of players, this is your chance. We're searching for volunteer referees to support the Y's Youth Winter Basketball leagues.

Students as young as 16 and adults are welcome and the Y will provide you training on refereeing basics. Games are played weekly on Saturdays from 9:00 am-2:30 pm. For those who have kids who want to play, there is **a discount** if you agree to ref.

Contact Christian at **candrews@wwymca.org** to sign up today.

Happy Thanksgiving!

From the Y family to yours, we hope that you have a ful"filling" Thanksgiving and that all your football teams win.

In the Community

Local opportunities for family-friendly fun

Find a Volunteer Opportunity | **Free Thanksgiving Potluck** | **2025 Holiday Market** | **Small Business Saturday**

INVEST IN COMMUNITY HEALTH & WELLNESS FOR ALL. *DONATE TO THE Y.*

SUPPORT THE Y TODAY