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## Grove City January Member News

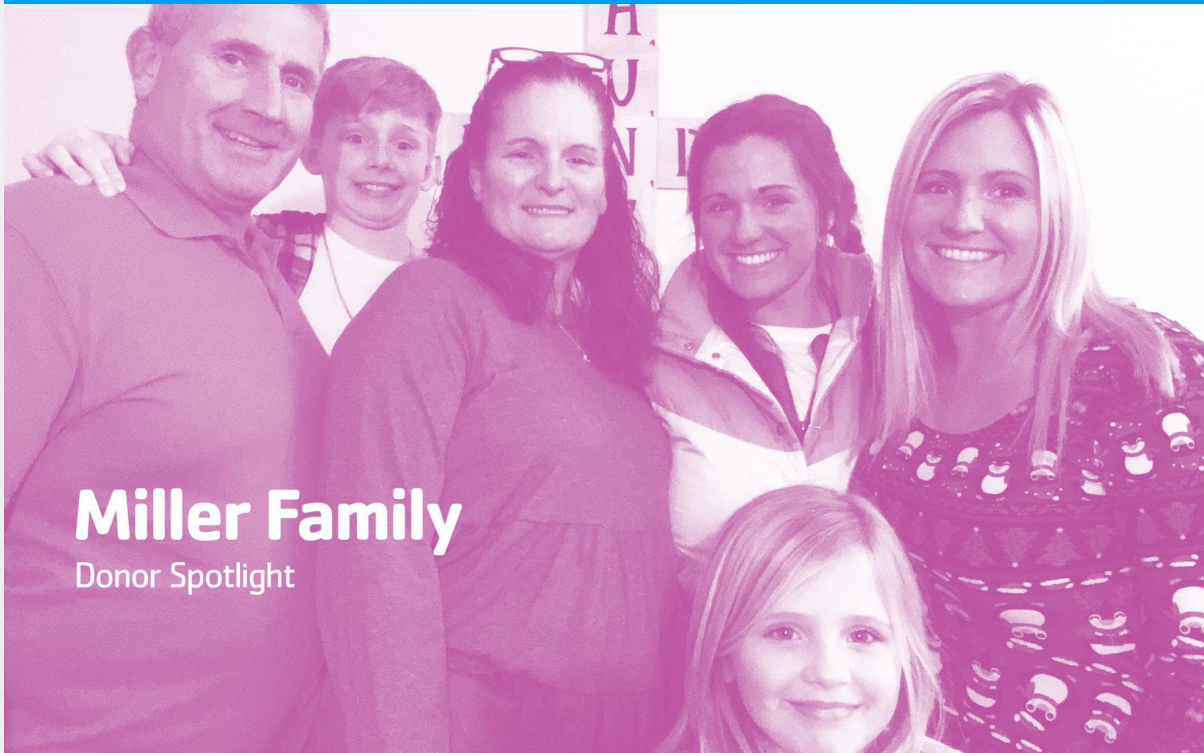
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membernews



January 2021

GROVE CITY YMCA



### Miller Family

Donor Spotlight

## donor spotlight

The Miller Family has been donating to the YMCA for over 20+ years. Their donations have helped strengthen our mission of healthy living, social responsibility and youth development. So that we can help the community we serve. Thank you to the Miller Family for the continued support!

## top 10 users!



**Bryan M.** - 38 visits

**Kathleen B.** - 26 visits

**Dennis C.** - 26 visits

**Michael D.** - 25 visits

**Karen D.** - 25 visits

**John D.** - 25 visits

**Mark W.** - 25 visits

**Steven H.** - 24 visits

**Carla E.** - 24 visits

**Sherry K.** - 24 visits



## news & updates

### The Giving Tree - Thank You!

Thank you to all who supported the giving tree this year! Your generosity has really helped several families in our community this year. Thank you for all you've done to make the Giving Tree a success once again!



## next month

## New Programming!

Stay tuned for new programming coming the Grove City YMCA.

## Swim Lesson Winter II Registration

Winter II Swim lessons registration begins February 8, 2021 with lessons beginning on February 22, 2021.



## fitness challenge

### January 2021 Daily Wellness Challenge

- Jan 4 - No sweets or candy.
- Jan 5 - Do a deep breathing exercise.
- Jan 6 - Plan a healthy meal.
- Jan 7 - No bread.
- Jan 8 - Drink 8 glasses of water.
- Jan 9 - No Junk food.
- Jan 10 - Go for a walk.
- Jan 11 - No Fast Food.
- Jan 12 - Do 30 minutes of yoga.
- Jan 13 - No carbs.
- Jan 14 - Donate something you never use.
- Jan 15 - Have a phone free night.
- Jan 16 - Schedule at game night.
- Jan 17 - Watch your favorite movie.
- Jan 18 - Drink 8 glasses of water.
- Jan 19 - Go to bed 30 minutes early.
- Jan 20 - Unfollow negative social media.
- Jan 21 - Try a new fruit.
- Jan 22 - No caffeine.
- Jan 23 - Plan a healthy meal.
- Jan 24 - Meal prep for the week.
- Jan 25 - Try a 5-minute meditation.
- Jan 26 - No bread.
- Jan 27 - Schedule something fun.
- Jan 28 - No sweets or candy.
- Jan 29 - Drink just water today.
- Jan 30 - Plan a date night.
- Jan 31 - No carbs.

**“I am in a high risk group and I feel safe. It has to do with the rules which boil down to personal responsibility for self and others. It also has to do with the number of people working out at any given time which I really like here. I do also appreciate the cleanliness and condition of the facility.”**

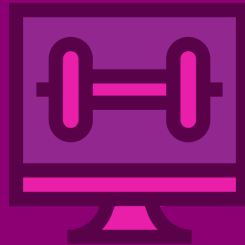
*- Jarrett V, YMCA Member*

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**We want to hear from you!**

How are we doing regarding safety? How has your experience been using our facilities? Do you feel safe? Has your health and wellness improved because we are open? Let us know!

How are we doing?



## virtual ymca

Can't make it to the YMCA? No problem, our Virtual YMCA is always available to help you meet your goals, learn new things and participate in fun activities!

**Workout at Home**

**Adults ages 50+**

**Kids & Families**



**Schedules &  
Reservations**



**Register for  
Programs**



**Suggestion  
Box**



Download our free [mobile app](#).

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**GROVE CITY YMCA**

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