



## Hilliker January Member News

membernews



JANUARY 2021

DON M. & MARGARET HILLIKER YMCA



**Ruth Bowden**

Donor Spotlight

### donor spotlight

**How long have you been a donor to the Hilliker Y?**

I have been a donor to the Y since I retired eleven years ago and started using the Y on a regular basis. Before that, my contributions were limited to the portion from my annual United Way gifts, and I really regret that I didn't realize the value of the Y sooner and do more to support it from its beginning.

**Why is the YMCA a charity of your choice?**

The YMCA is a charity of choice for me because of the good it does for me and for

our community. Selfishly, I support it because it supports me. When my husband died, my friends at the Y were my lifeline. They visited, furnished meals, sent cards, and made phone calls. Afterward, my class at the Y became my lifeline. It gave me a reason to get up in the mornings, to get dressed, to have contact with other people, and to exercise. I also support the Y because of the services it provides for our community. Since the pandemic, the YMCA of Central Ohio has provided shelter for the homeless, food support, and student support services.

**Do you make New Year's resolutions? Why?**

I do not make resolutions for the New Year because I don't find them sustainable; however, I do reaffirm my commitment to exercise regularly and to work harder on eating more healthily.

## top 10 users!

For the dates of November 16 - December 15, our top 10 YMCA users were:



**Izumi O.** - 38 visits

**Mary G.** - 24 visits

**Laura A.** - 24 visits

**Nancy S.** - 23 visits

**Pamela E.** - 23 visits

**James S.** - 22 visits

**Carol M.** - 22 visits

**Chad S.** - 22 visits

**Susan C.** - 21 visits

**Colby H.** - 21 visits

Next month, we will highlight the top 10 Young Adult users.

Will you make the list?



## news & updates

## Tell your friends & family

Do you have friends or family that are interested in joining the Y? Visit [ymcacolumbus.org](http://ymcacolumbus.org) to look for membership specials.

## Swim Lessons

Aquatic Explorers returns! These lessons let the swimmer learn skills and progress at their own pace. Swimmers change levels as soon as they are ready. [Registration](#) begins January 21.

## Only YMCA of Central Ohio Members

As a reminder, we can only permit those with active YMCA memberships to use the facility at this time. We do accept memberships from other YMCAs across the county. We are not allowing guests or selling day passes at this time. Sorry for any inconvenience.



**next month**

## Swim Lessons

We love SWIM LESSONS! Look for them in February.

## Child Watch Returns

The return of Child Watch is coming! We look forward to helping busy parents take some time for themselves.

## Group Exercise Classes

Need some motivation from an instructor and/or your peers? Group Exercise Classes are on the horizon! Drop in for a class and make some new workout friends!



## fitness challenge

### January 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.”**

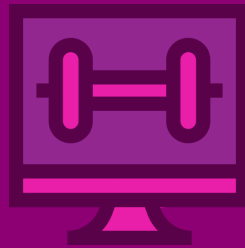
*- Jarrett V, YMCA Member*

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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](#).

**DON & MARGARET HILLIKER YMCA**

300 Sloan Blvd | Bellfontaine, OH 43311 | 614-389-4364

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