



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## CENTRAL CONNECTICUT COAST YMCA

### SPOTLIGHTS - JANUARY 2025

#### HERE'S TO YOUR WELLNESS JOURNEY!

**"If I'd known I'd live this long, I'd taken better care of myself." – Mickey Mantle**

A couple weeks back I was on a plane. The flight attendant came on and made the usual safety announcement. You know that part where they tell you to put on your oxygen mask first before helping others? Sitting in my seat it got me thinking about "wellness". In a way, that's what wellness is all about. If we don't take care of ourselves, we can't bring our best to the people and things we care about. We all need to be at our best—whether it's running around with your kids, chasing your dreams, or just chasing that squirrel from your bird feeder.

At the Y, we believe wellness isn't one-size-fits-all. It's not about becoming a super athlete or eating kale with every meal (though hats off to you kale lovers out there). It's about finding what works for *you*. Maybe it's walking the dog a little longer, trying out that yoga class you've been eyeing, or finally learning to swim. Wellness is about building habits that fuel your body, calm your mind, and fill your heart.

And here's the best part—you don't have to do it alone. At the Y, we're all about community. Whether you're sweating it out in a fitness class, joining a pickup basketball game, or just chatting with friends over coffee, we're here to support you every step of the way.

So over the next six weeks, let's commit to taking one small step toward wellness. Try something new. Stretch your limits (literally and figuratively). And most importantly, don't forget to have fun along the way. After all, life's too short to be serious all the time—unless you're doing a plank, then it's okay to look serious.

Here's to your wellness journey!



## WELLNESS STARTS WITH FAMILY NUTRITION

Join us at the **New Haven YMCA Youth Center**, for our Family Nutrition Education Program. The program will be an eight-part, monthly series, beginning in January and running through August 2025.

This community-focused initiative is designed to empower families with the knowledge and skills needed to make healthy, affordable, and delicious food choices. The Eating Smart-Being Active Workshop curriculum will center around hands-on workshops, engaging activities, and expert guidance, so that participants learn about nutrition, meal planning, food safety, and strategies for incorporating wholesome eating habits into their daily lives. The program fosters a supportive environment for families to build lifelong skills for health and well-being.

This program is open to all families, free of charge.

The workshops are held in the lobby of the New Haven YMCA Youth Center from 4:00-5:00pm and are open to families free of charge on January 21, February 18, March 18, April 15, May 20, June 17, July 15 and August 19.

[Click this link](#) for more information.

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## JUST ADD WATER

The **Stratford YMCA** piloted a free Adult Swim Lesson Program. This program came about when our Aquatics Director noticed a group of members participating in many of our Aquatics Group Fitness Programs except for the Deep Water Fitness class *because* they didn't know how to swim.

Aquatic fitness programs have many health benefits such as low-impact exercise, cardiovascular health improvement, and muscle strengthening. Deep Water Fit helps build flexibility, increases blood flow, and improves overall health.

Our piloted 7-week Adult Swim Lesson program had 18 participants ages 34-74. Many participants began the program afraid to put their face in the water, and ended the program swimming freestyle half the length of our pool.

Many are already signing up for Stage 2 and are now comfortable participating in our Deep Water Fitness class.

To help those who may need a financial aid to participate in subsequent swim lessons, please donate to our Annual Campaign. [To donate on-line, click here.](#)

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## FOR THOSE EXPERIENCING FOOD INSECURITY

The **Valley YMCA** is deeply committed to fighting hunger in our community as part of our 'For A Healthy Living' and 'For Social Responsibility' initiatives.



Each month, Valley Y employees and Board of Managers work together to support the Walnut Hill Community Church's community food distribution in Derby, providing vital assistance to those in need. The partnership with Haven's Harvest that has allowed the Y to offer bread and bakery items to families throughout the year.

In November, the Valley Y proudly teamed up with the Boys and Girls Club of the Lower Naugatuck Valley and Purple Pantry Boxes of Milford to host a new Purple Pantry Box at the YMCA Child Care Center.

The concept behind the pantry boxes is simple yet impactful—individuals can "Take What You Need and Donate What You Can". The boxes help to eliminate barriers by being available 24 hours a day, 7 days a week and are stocked by the YMCA, Boys and Girls Club and members of the community.

To celebrate the new addition to the Valley community, there will be a ribbon-cutting ceremony on January 9, 2025 at 3 PM, to celebrate! We invite you and all of our supporters to join us in this special moment. Please bring a non-perishable item to help stock our pantry and contribute to this important effort.

For more information, [please click here.](#)

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**OUR MISSION** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

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## CENTRAL CONNECTICUT COAST YMCA

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The Y is a charitable, not-for-profit, community service organization.

