

MANITOWOC-TWO RIVERS YMCA
NOVEMBER 2026 MEMBER NEWSLETTER

Happy November, Y Members – it looks as if Fall has finally arrived. It was a great run, and another gorgeous season lies ahead. When all else fails, we can learn to use the weather as our greatest teacher of accepting the things out of our control -- Wisconsin Deep Fall and Winter Weather as Zen Master!

And then there are the things within our control that make for great community conversations, such as:

"Now that Y Early Childhood, and Afterschool Child Care has moved to Riverview Early Learning Center, what might we imagine/need/ want in that space?" To be clear, that space would need to be renovated or demo-ed and rebuilt- the space "as is" is not move-in ready, to say the least.

Our board is engaged in the process of answering this question, beginning this past summer with a Facility Conditions Assessment that brought a third-party engineering firm onsite to do exactly that: assess the condition of our facility and its systems. It was a high-level but reliable look at what we can anticipate in terms of facility investment needs over the next 10 years. A facilities task force of our Board will continue to dig into that report, collect more information from our local vendors and service providers as needed, and begin to prioritize what capital projects our Y needs to invest in to ensure that our facility is the exact tool we need to deliver the services our community needs.

Simultaneously, another Board task force is gathering data from you, our members and our community, to hear what facilities are needed to best fill service and program gaps at our Y and across our larger community landscape. Please be on the lookout for a survey that will be live next week through the end of the month-- and share your thoughts. The more we hear from you at this early stage, the better our foundation for building, first, a robust community conversation, then a plan, then the facilities we most need and want in our Manitowoc County community!

It's an exciting conversation and we're already finding that we could use a few more smart, passionate, thoughtful folks on our board and supporting committees to help us do this work of bringing the Y into 2030 and beyond. If this is something that interests you, please reach out to me directly (jgrossman@mtrymca.org).

In other news, the Festival Foods Turkey Trot is right around the corner – a fabulous holiday tradition celebrating health, family recreation, community spirit and pie. We celebrate together and get home in plenty of time to get the turkey in the oven. We ALSO generate many hundreds of thousands of dollars for YMCAs and Boys and Girls Clubs around the state of Wisconsin-- our local Y receives approximately $20-25K per year as a result of this race thanks to Festival Foods and you all. This is a huge sum that goes a long way in supporting our Membership for All fund. Not incidentally, we will be expanding our Membership for All promise next month to include more of our neighbors whose lives would be exponentially improved (whose would not?!) by a family membership to the Y, but whose household budgets just can't do that right now. When times get a little hard, we need the Y more, not less-- so we're bringing more people into our Y thanks to your support.

Register your family (and your pup!) to walk, run or volunteer for our local Turkey Trot and your family is instantly helping another Manitowoc County family. Plus, you get an pumpkin pie when you cross the finish line.

Please be on the lookout for your survey within the next week or so!

Enjoy the change of season, Y friends.

Julie

12 DAYS OF WELLNESS CHALLENGE

DECEMBER 1–12

Get into the holiday spirit with our 12 Days of Fitness Challenge! Celebrate healthy living with 12 simple activities designed to support your physical, mental, and emotional well-being.

****Choose Your Participation Level:****

Option 1: Free Participation
Join the challenge in YMCA360 and complete the 12 wellness activities for fun, motivation, and a healthy boost as we count down to the holidays.

Option 2: Ornament Challenge ($5)
Want a special keepsake to celebrate your accomplishment? Join the challenge in YMCA360 AND register for the $5 Ornament Challenge at the front desk. Successfully complete all 12 activities to earn a special YMCA-themed Christmas ornament!

TURKEY TROT

CALLING ALL TROTTERS! Registration is open for the Festival Foods Turkey Trot!

Whether you're ready to run, walk, or lend a hand as a VOLUNTEER, we'd love to have you be part of this Thanksgiving Day tradition.

Sign up today at www.festivalfoodsturkeytrot.com!

WIGGLES & GIGGLES

Drop in anytime. For children ages one week to eight years and their caregivers, Wiggles & Giggles is for children to run, jump, and play! There are playing tunnels, scooters, balls, music, and more. Caregivers must stay with child during the class. Mondays and Wednesdays from 10:00am to 11:00am.

BMO

'TIS THE SEASON

The **GIVING TREE** is up and ornaments on the tree will have gift ideas for foster children in our community. Return unwrapped gifts to the front desk by the first week in December.

HOLIDAY HOURS

We will be **CLOSED Thanksgiving Day** and will be open from 5:00am to 6:00pm on Friday, November 27. Have a Happy Thanksgiving!

RECIPE OF THE WEEK

We would love to feature a "Recipe of the Week" on our Facebook and Instagram pages, submitted by you, our members and staff! You can also find a growing collection of recipes on our website at mtrymca.org/recipes.

Have a favorite recipe you'd like to share? Submit it to cschemenauer@mtrymca.org and be sure to include:

- A photo of the finished dish
- A photo of yourself with the dish (and family, if applicable)
- The ingredient list
- Step-by-step directions

Help us inspire healthy eating, share family favorites, and bring our Y community together, one recipe at a time!

ENERGYZE UP

Looking for a safe, active, and engaging place for your middle schooler when school's out? We've got you covered with ENERGYZE UP – a program designed just for 6th–8th graders!

Friday, November 20 | 9:00am–4:00pm
Register by November 19
Fee: $25 members | $40 nonmembers

Teens should bring their own lunch.

SUPPORTER SPOTLIGHT

The Festival Foods Turkey Trot has become a favorite Thanksgiving tradition on the Lakeshore, bringing hundreds of families, friends, and neighbors together for a fun start to the holiday. But beyond the costumes, camaraderie, and exercise, the event makes a real difference in our community.

Each year, the Turkey Trot raises more than $20,000 for the Manitowoc-Two Rivers YMCA, with proceeds also benefiting the Boys & Girls Club. These funds help the Y continue providing programs and services that support individuals and families throughout our community.

We're so grateful to Festival Foods for organizing this event year after year and for its continued generosity toward local nonprofits. A big thank you also goes to the many volunteers who make the event possible and the participants who show up each Thanksgiving morning, often making it part of their own family traditions.

Thank you, Festival Foods, for making giving back such a fun and meaningful Lakeshore tradition!

THERE'S ALWAYS SOMETHING HAPPENING AT THE Y!

We have a busy fall ahead with workshops, pop-up classes, family activities, special events and more! Rather than miss out, be sure to check our website regularly for the latest events happening at the Y.

Visit mtrymca.org and scroll to All Events on our homepage for event details, registration information and more.

COMING UP AT THE Y

- **November 9 – ATI Screening**
- **November 14 – Parents Night Out**
- **November 18 – Yarn With Friends**
- **November 20 – Energyze Up**
- **November 21 – Deer Widower Weekend**
- **November 21 – Pop-Up Classes: Spiritual Spin & Devout Dance**
- **November 29 – Pop-Up Cycling: The Greatest Showman Soundtrack**
- **December 1 – 12 Days of Wellness Challenge**
- **December 5 – Family Fun Candy Cane Crawl**
- **December 6 – Peace for the Holidays**
- **December 6 – Ride. Resist. Restore**
- **December 6 – Mermaid Training**
- **December 14 – ATI Screening**
- **December 16 – Yarn With Friends**
- **December 16 – CPR Recertification Course**
- **December 23 – Energyze Up**
- **December 31 – New Year's Eve Family Night**

You can also follow our Facebook Events page to stay connected and see what's coming up!