



If you're receiving this newsletter, you've already found your "Y!"

So now, it's time to find your "WHY!"

2022 is the year to find your Y... and we're here to help!

Find your...Community, Welcome, Joy, Hope, Passion, Achievement, Sidekick, Laughter, Grit,
Purpose... **Find your WHY!**

UPCOMING PROGRAMS

Programs and Events held at the Colerain Senior Center

***New Standing Pilates**

Held each Wednesday beginning January 5th from 11:30-12:15

Register for your Spot

<https://myy.org/schedules>

Balance and Strength

Held each Tuesday from 11:30-12:15

Register for your Spot

<https://myy.org/schedules>

SilverSneaker Classic

Held each M/F from 11:30-12:15

Register for your Spot

<https://myy.org/schedules>

Wise Book Club

"Closed Casket, by Sophia Hannah"

First Thursday of each month from 1-2

No Registration Required

***New Oil Painting**

Held each Tuesday, beginning January 4th from 12-2:30

Please bring your own supplies. Some supplies provided. Volunteer instructor led.

No Registration Required.

Programs and Events held at the Clippard Family YMCA

***New H.I.I.T. the Deck Aquatics**

Held each Monday from 10:15-10:50

Register for your Spot

<https://myy.org/schedules>

***New Step Aerobics**

Held each T/Th from 11-11:45

Register for your Spot

<https://myy.org/schedules>

Pickleball

Held each W/F from 12-3

Register for your Spot

<https://myy.org/schedules>

SilverSneaker Circuit

Held T/Th from 9-9:45 and W from 12-12:45

Register for your Spot

<https://myy.org/schedules>

Shallow Water II

Held each T/Th from 10-10:45 and Sat 9-9:45

Register for your Spot

<https://myy.org/schedules>

[CLICK HERE for Schedule](#)

Find your... NEW Y APP!

The MyY app is ready to download on the [App Store](#) and [Google Play](#). Please use this week to

login to the app with the email address you received this email to! If you receive an error message when logging in, [watch this video](#) or visit the Welcome Center to set and verify your email address.

[CLICK HERE for Instructions](#)



Find your... VILLAGE!

IT TAKES A VILLAGE... Your donated hygiene products were sent with a delegation from the Cincinnati YMCA's to Western KY for Tornado Relief Efforts.

We filled an entire box truck with supplies in just 7 days. THANK YOU! Keep an eye out for more ways to help in early 2022!

[Donate to one of our sibling YMCAs in Western KY](#)

Take care of *you* | Mobile Mammography

UC Health

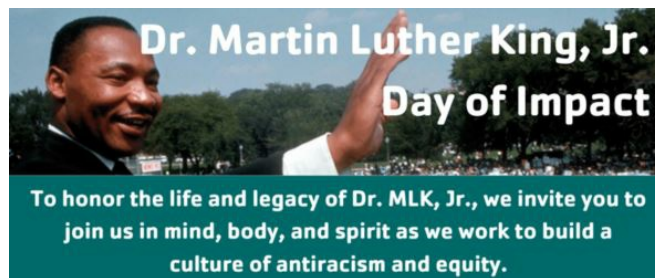
Early detection is the best protection.

The UC Mammography Van is coming to ALL Y locations in 2022! Find the best location for you and make your appointment now!

[CLICK HERE for Location Dates & Times!](#)

Monday, Jan. 17, 2022

Join the YMCA of Greater Cincinnati for the [47th Annual Commemorative Civil Rights March 1/17/22 at 10AM.](#) Please click below to reserve your spot and a YMCA beanie hat for the march.



[CLICK HERE to sign up for the march!](#)

March meet up location details will be sent to you prior to the day of the March. For questions, please contact Jesiah Brock at jbrock@myy.org. See you soon!

Find your...Purpose! Find your...Mentee!

[Reach and Rise Mentoring Program Volunteer](#) - Are you looking to make a difference in a youth's life? Reach and Rise is a national, therapeutic 1:1 mentoring program that serves youth



ages 6-17. The purpose of the program is to provide youth with positive experiences that help them to value relationships, develop useful problem solving skills, strengthen familial interactions, have a sense of belonging, and effectively process their thoughts, feelings, and emotions.

[Achiever's Program Volunteer](#) - Achievers is a national college and career readiness program that supports students in setting and reaching higher education and career goals. The program is geared toward first-generation college students and minorities

and is delivered through workshops, college tours, Toastmasters, STEM, and more. Adult Achievers are needed to provide an invaluable connection between the corporate world and the local community by developing and conducting programming that allows participants to become linked to education, business and industry.