MONTHLY NEWSLETTER
ANDERSON AREA YMCA

NOVEMBER 2026
ISSUE 19

STRENGTH, FRIENDSHIP, AND COMMUNITY

At 93 years young, Lou Glover is proof that it's never too late to stay active and connected! Lou has been taking Senior TRX three times a week for the past 8–9 years, and she credits the class with helping improve her muscle strength and keeping her moving. Led by instructor Robert Tam, Senior TRX is about more than just exercise for Lou. She loves the social side of the class, where seeing the same familiar faces each week has made the group feel like family. She also enjoys the convenience of the YMCA, the variety of classes available and the opportunity to stay active instead of sitting at home. Lou says she doesn't always feel like she's 93, and she can certainly see the difference staying active makes. With wonderful classes and equipment for everyone, the YMCA is a great place to keep moving, build strength and find community at every age. We're so glad Lou is part of our YMCA family!

OUR SAUNAS GOT A REFRESH!

A huge thank you to Arthrex's volunteers for spending two days at the Anderson Area YMCA renovating and updating our saunas! Their hard work made several much-needed improvements for our members.

- **Men's Sauna:** Replaced all cedar panels, benches, and flooring.
- **Women's Sauna:** Replaced the heater framing and secured loose planks with new screws.

We're grateful to Arthrex's volunteers for sharing their time and talents to help make our Y even better for our members!

SHAPING OUR COMMUNITY

Your YMCA brought together community leaders under 40 for a conversation about the issues that matter most to our community and how we can work together to make Anderson County an even better place to call home.

The gathering sparked thoughtful conversations, fresh ideas, and collaboration among young professionals who care deeply about our community and its future. Your YMCA is proud to create connections and bring people together to help inspire positive change.

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LIVESTRONG AT THE YMCA

CELEBRATING OUR LIVESTRONG GRADUATES

We recently celebrated the graduation of another LIVESTRONG at the YMCA cohort! Over the past 12 weeks, this incredible group of cancer survivors has worked hard to build their strength, improve their fitness, and encourage one another along the way. We're so proud of their dedication, progress, and commitment throughout the program. Congratulations to our graduates, and thank you for letting us be part of your journey!

PRAYER BREAKFAST

Join YOUR YMCA for a Prayer Breakfast, a special morning of prayer and fellowship that brings community leaders together to pause, reflect and give thanks. This year's keynote speaker will be Robert Emory "Bobby" Lamb, Anderson University's Head Football Coach. Lamb, a veteran coach with more than 100 career NCAA Division I wins and experience building a football program from scratch, was named the first-ever head coach in AU football history, July 13, 2021.

Don't miss this opportunity to connect with your neighbors, enjoy a delicious breakfast and be inspired by powerful message from community prayer leaders.

Bobby Lamb
GUEST SPEAKER

Scan the QR code or click here to register.

EVENT DETAILS

- **Date:** Tuesday, November 17
- **Time:** 7:00 a.m. (doors open and breakfast buffet opens)
  7:30 a.m. Program begins
- **Location:** Anderson University ~ G. Ross Anderson Student Center Ballroom
- **Tickets:** Individual Tickets $50 each
- **Sponsorships:** Listed Below
  Contact Julie Usherwood at julieu@andersonareaymca.org for more information on sponsorships.

EVENT SPONSOR
$1,500

Sponsorship includes:
- Small company logo on marketing materials
- Reserved table
- Recognition at event
- Tickets for 8

RESERVED TABLE
$750

Includes:
- Company logo on table
- Tickets for 8

COMMUNITY VENDOR FAIR

Thank you to everyone who participated in our Community Vendor Fair! We loved bringing our community together and are already looking forward to the next one. Stay tuned for details about our Spring Community Vendor Fair!

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EVENT DETAILS

- **Date:** Saturday, December 5
- **Location:** Anderson Area YMCA
- **1 mile Race:** 8:00 a.m.
- **5K Race:** 9:00 a.m.
- **YMCA will open at 10 a.m.**

Scan the QR code or click here to register.

REINDEER RUN

Lace up your sneakers and join us for the Reindeer Run on Saturday, December 5! Whether you're ready to race the 5K or enjoy the 1-Mile Fun Run, it's a fun way to get moving and celebrate the holiday season with our community.

WE ARE THANKFUL FOR YOU!

Everyday your Y receives applications for financial assistance, and thanks to our loyal members and donors hundreds of children, families, senior adults in our community have been able to join the Y and participate in Y programs this year. Please consider making a year-end gift to your Y's Annual Campaign so we can continue to meet the needs of our community through the end of 2026. Donating is easy, click here or scan the QR to make a donation today!

UPCOMING EVENTS

YOU CAN ALSO REGISTER FOR EVENTS ON OUR WEBSITE. CLICK HERE: www.andersonareaymca.org

BASKETBALL LATE REGISTRATION

- November 2-8
- $20 late fee applies

Sign up online or at the Welcome Center.

VETERANS DAY APPRECIATION LUNCHEON

- Monday, November 9
- at Noon
- Community Room
- Join us for lunch and a special guest speaker.
- Sign up at the Welcome Center. Spaces are limited.

MEDICARE & MUNCHIES

- Friday, November 13,
- 11 a.m. – 12 p.m.
- Community Room
- Lunch and Learn Session
- Sign up at the Welcome Center.

PRAYER BREAKFAST

- Tuesday, November 17
- 7:00am –9:00am
- Anderson University Ballroom

Register Online

DSG SHOP WEEKEND

- November 20-23
- In-store only
- Anderson Dick's Sporting Goods Location
- 20% off entire purchase

Present coupon at checkout.

REINDEER RUN

- Saturday, December 5
- At Anderson Area YMCA
- YMCA will open at 10 a.m.
- 1 mile Race- 8:00 a.m.
- 5K Race- 9:00 a.m.

Register Online

HARVEST & SWEET MEMORIES

- Friday, November 20
- 6:30 p.m.– 8:00 p.m.
- AAYMCA gym
- Fall dance
- Hosted by Child Development

HOLIDAY HOOPS CLINIC

- Monday December 21
- 9am – 12pm
- AAYMCA Gym
- 4 – 12 years old
- For more info, contact Seth Furr at sethf@andersonareaymca.org