

# OUR VOICE



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**RAPPAHANNOCK AREA YMCA**  
212 Butler Rd.  
Falmouth, VA 22405  
[www.family-ymca.org](http://www.family-ymca.org)

**Three Branches to Serve You!**  
King George Family YMCA  
Massad Family YMCA  
Ron Rosner YMCA of Spotsylvania

A newsletter for members and volunteers of the Y

## NEW YEAR FRESH START



**It's never too late to make a resolution for the new year!  
Especially if it involves getting fit and staying healthy!**

**There is something here for everyone. Whether it's  
Power Yoga, Family Zumba, Sprint Cycling, Boot Camp,  
Water Aerobics or Personal Training Sessions!**

**Schedule your Fitness Assessment or Body Fat Analysis  
with a Personal Trainer today to see where you stand  
and set a goal for yourself! 2012 is the year!**

## SPECIAL REMINDERS

**REGISTER NOW!**  
**PRESCHOOL, FUN CLUB,  
8th PERIOD**  
[Fun Club/ 8th Period Packet](#)  
For Preschool: Contact your  
branch!

**MEDI HOME HEALTH &  
HOSPICE Seminar Series**  
This event was moved from  
the 21st of December, to  
Wednesday, January 18th  
from 12:30-1:45pm. Give  
the Gift of Peace. Make your  
wishes known through Aging  
With Dignity's FIVE WISHES  
program. Back by popular  
demand. Presenter Kate  
Hopper, bring a bag lunch  
and Medi will provide drinks  
and dessert.

LIKE us on  
**FACEBOOK**



Look for your branch  
name! Lots of fun stuff there!  
Also, be sure to check out  
the Caroline Family YMCA on  
Facebook as well!! Welcome  
our NEW Branch!

**Branch Events Coming  
Up**  
**-on next page!**

## Partner News....



If you haven't been to Splitsville, you need to go check it out! It's a great place for family, friends, birthday parties, corporate events, team building events, and much more! They have hand-tossed pizzas, gourmet sliders, and fresh-rolled sushi for all to enjoy. Now, let's talk about entertainment! They have 16 luxury seated bowling lanes, 2 pool tables, full dining room and bar area, and a 12 screen state of the art theater! There's is something for everyone!



A proud sponsor of the Rappahannock Area YMCA

[www.fredericksburgparent.net](http://www.fredericksburgparent.net)

This tax season, let Rappahannock United Way prepare your taxes for FREE! If you make less than \$50,000 a year, you are eligible for free tax preparation. From January 16 to April 17, trained volunteers will help you file your tax returns and may be able to earn you a refund of up to \$5,666! Last year, individuals in our community collectively received \$1.18 million in refunds and saved over \$170,000 in preparation fees. Free tax preparation is part of a nationwide program that is the number one way to pull people out of poverty.



Rappahannock United Way

## COMING UP...at your Y

**King George Y:**  
**February 12th:**  
**Sweetheart Mini Indoor Triathlon**

**Massad Y:**  
**February 14th:**  
**Valentine's Day Raffle**  
**February 25th:**  
**Winter Classic Racquetball Tourny**  
**March 11th:**  
**Organ Donor 8K**

**Ron Rosner Y:**  
**January 29th:**  
**Aussie Tennis Social @ Massad**

Visit: [www.family-ymca.org](http://www.family-ymca.org)

## AUSSIE TENNIS SOCIAL

G'day mates! Come join all your cobblers (friends) for a bloody good time! There will be plenty of tucker (food) by Bonefish and Outback so you can bog (eat) in, lift an elbow (drink) and chew the fat (talk). Don't be a wower (spoilsport) and sign up now!

Activities include various tennis contests, table games, boutique shopping, massages, tennis fitness sessions and the Australian Open tellie (TV) watching will be available.

**When:** January 29th 6pm – 10pm  
**Where:** YMCA Rowe Tennis Center  
**Ages:** 21 and up

**Cost for Player:** \$50.00 per person includes tennis, food, drink ticket and bonzer (excellent) goodie bag\*.

**Cost for Non-player:** \$40.00 per person includes everything but the tennis.

**Register:** (540) 371-9622 ext: 1044



## COMING SOON, TO YOUR Y

We are upgrading our software to enhance our member service. Soon we will be offering online registration and a customer portal where members will be able to access their account, make payments online and add/edit their personal information!!

From anywhere!!!!