



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# For a better us.™

RANDOLPH YMCA

randolphymca.org

FALL/WINTER 2015



## OUR MISSION STATEMENT

The Randolph YMCA is a charitable non-profit organization, dedicated to the development of mind, body and spirit. We provide physical, educational and social programs and services which meet the needs of our community in a manner which is both fiscally and socially responsible.

## DANCING FOR A GOOD CAUSE

The Randolph YMCA hosted a Zumba® Party to raise funds and awareness for the Y's Annual Campaign which provides financial assistance for community members who otherwise could not afford Y membership or programs.

Over 50 people of all ages and fitness abilities attended the Zumba® Party, and what a party it was! Partygoers danced to great music and burned significant calories, all to benefit a great cause; door prizes added to the excitement.

The instructors all donated their time to lead the one and one-half hour class.

Set to Latin and World rhythms with easy-to-follow moves, Zumba mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party that is a total workout - cardio, muscle conditioning, balance and flexibility.

Group Exercise fundraisers will be held throughout the year and everyone is encouraged to participate!



Randolph YMCA Zumba Instructors donated their time to raise funds for the Y's Annual Campaign. Angelina Plaza, Group Exercise Coordinator Kathy Lamia, Jaime Velasquez, Diana Jacobsen, Sonya Sanchez, Cindy McPeck, Eneida Orama, Pam Castillo and Aida Lorenzo.

# MEET BETTY & JOE



## Silver Foxes Find Love

The Y's Silver Foxes program is designed to keep older adults active and social, but two of our "Foxes" took it a step further and have found true love!

Both widowed, Joe Frey, 85, and Betty Harris, 87, met at the Randolph YMCA's Silver Foxes program. The program meets every Friday from September through June for a water fitness class.

While exercising in the pool one day, Betty decided to stand near Joe, the only man in Silver Foxes. They became acquainted, and then spent more time chatting as they got to know each other.

On their first date, the two spent an entire day together and realized that each of them had found someone special in the other. It was at their second date that they learned just how much they have in common: enjoying staying fit, religion and dancing, just to name a few.

Betty, an avid square dancer, asked Joe if he would like to go square dancing with her. Joe readily agreed and soon discovered that Betty is "the best dance partner."

Joe soon joined Betty's square dancing club, "The Reelers," a Plus Level Club based out of Ironia. They continue to square dance all over New Jersey, and even traveled to Vermont for a weekend event.

Betty and Joe continue to exercise together at Silver Foxes; they are always holding hands, and everyone can see the loving energy they produce. The two had a commitment ceremony on Valentine's Day 2014 - the anniversary of their first date. Eighty family members and friends celebrated the day with Betty and Joe.

Between them, Betty and Joe have 7 children and 14 grandchildren; the couple lives in Stanhope.



# #GIVINGTUESDAY

At the Y, we're for social responsibility. So it only makes sense that we've partnered with other non-profits across the county to transform how people think about, talk about, and participate in the giving season.

Coinciding with the Thanksgiving Holiday and the kickoff of the holiday shopping season, #GivingTuesday inspires people to take collaborative action to improve their local communities, give back in better, smarter ways to the charities and causes they support, and help create a better world.

**This #GivingTuesday, join us by.....**

- ◆ Supporting a local charity, like the Y, with a donation, or registering for a donation program like AmazonSmile.
- ◆ Find volunteer opportunities for you and your family.
- ◆ Spread the word about #GivingTuesday
- ◆ **Share your Y Story! Let others know how their support can change the lives of those around them.**
- ◆ Be sure to check with your employer to see if they offer a donation or volunteer-match program to double your impact!



# THANK YOU TO ALL OUR 2015 BUSINESS SPONSORS



Nisivoccia, LLP  
Mt. Arlington, NJ



Seidner Dentistry & Assoc.  
Randolph, NJ



Certified Financial Services  
Parsippany, NJ



The Arrangement Salon Day Spa  
Ledgewood, NJ



INDEPENDENT & ASSISTED LIVING

BrightView  
Randolph, NJ



Castle Printing  
Ledgewood, NJ



Fullerton Landscape  
Succasunna, NJ



Ronetco Supermarkets  
Ledgewood, NJ

## ✂ TO BECOME A RANDOLPH YMCA BUSINESS SPONSOR:

Business Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Preferred phone number: \_\_\_\_\_

E-mail: \_\_\_\_\_

I would like to make a gift of \$ \_\_\_\_\_

- \$500 sponsorship package includes logo to be advertised in our lobby, LED sign, and fall newsletter.
- \$250 sponsorship package includes logo to be advertised in our lobby and fall newsletter.
- \$100 sponsorship package includes logo to be advertised in our fall newsletter.

Cash    Visa/Mastercard    American Express    Discover    Check

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Checks can be made payable to the Randolph YMCA



Reiner Group, INC.  
Fairfield, NJ



Forte's Pizzeria & Restaurant  
Randolph, NJ



PBS, INC.  
Whippany, NJ

## TOGETHER WE CAN BUILD A BETTER US

When you donate to our Y, you're giving those in need the opportunity to thrive.

**During this season of giving, give for a better us.**

# CONSIDER A DONATION TODAY

## LEVELS OF GIVING

**SPONSOR up to \$99** affords opportunities for kids to participate in a YMCA program where they can grow and thrive.

**FRIEND \$100 to \$299** provides swim lessons so a child can learn water safety and a life long skill.

**PARTNER \$300 to \$499** gives a child one week of summer camp to build friendships, skills and memories.

**BELIEVER \$500 to \$999** awards two seniors one year of membership to enjoy socialization and wellness activities.

**CHAMPION \$1000 to \$2499** provides one child a full year of after school care in a supervised and nurturing environment.

**HERO \$2500 and over** gives one year of aquatics therapy to someone with special needs or a physical disability.

**100% OF YOUR CHARITABLE DONATIONS GO BACK TO HELPING PEOPLE IN YOUR COMMUNITY!**

## ENJOY THIS ISSUE?

Feel free to share this newsletter with a friend.

## QUESTIONS, COMMENTS, IDEAS?

Contact the editor:  
Jordan DiEgidio,  
[Jordan@randolphymca.org](mailto:Jordan@randolphymca.org)



Randolph YMCA  
14 Dover Chester Road  
Randolph, NJ 07869

