



GREETINGS GLIDERS!

What a wonderful time we had at the Gliding Free Christmas Parties! Thank you for making this year so memorable and for welcoming me as your Gliding Free Club Coordinator! I truly appreciate the joy and energy you bring to every gathering.

Stay connected with Kerry and the Gliding Free Club
email glidingfree@horiconbank.com or call 920.485.7334



15-MINUTE INDOOR EXERCISE ROUTINE

Winter makes staying active tough, but it's key for your health. Try this indoor workout plan whenever you have time!

Warm-Up (3 minutes)

- March in place - 1 min
- Shoulder rolls - 30 sec forward, 30 sec backward
- Gentle neck turns - 1 min

* Please consult your doctor before starting any exercise program. Stop immediately if you feel pain or discomfort. Participation is at your own risk.

Main Workout (10 minutes)

- Chair Sit-to-Stand - 10 reps • Strengthens legs and improves balance
- Seated Arm Raises - 10 reps • Lift arms to shoulder height, slowly lower
- Heel Raises - 15 reps • Hold a chair for support, rise on toes, lower slowly
- Seated Knee Lifts - 10 reps each leg • Lift one knee at a time while seated
- Wall Push-Ups - 10 reps • Stand facing wall, hands on wall, bend elbows, push back

Cool Down (2 minutes)

- Gentle seated forward bend - 30 sec
- Deep breathing - 1 min



What do you call an old snowman?
See answer, below!

130 years **TOGETHER, DOING GOOD**



Horicon Bank is celebrating 130 years in 2026 and we have lots of fun celebrations planned throughout our footprint! We will kick off the festivities on January 30th at our Appleton and Ripon locations.

Watch for updates for these events and others!

Answer: A glass of water!