

# OCTOBER UPCOMING EVENTS

DATE	DAY	TIME	EVENT	RR	Y LOCATION
1	Mon	8:00-11:00 a.m.	Flu Shot Clinic—CVS		Central-YL
1	Mon	10:00-11:00 a.m.	Kitchen Chat		Davis-CR
2	Tue	12:30-1:30 p.m.	Lunch-n-Learn—Drayer Physical Therapy: How to Stay Balanced and Moving with Neuropathy	RR	Davis-MPR
3	Wed	11:30 a.m.-12:30 p.m.	Munch & Learn—Roydean Avery-Medical Mutual: Medicare 101: Understanding the Basics	RR	Davis-TR
5	Fri	7:00-9:30 p.m.	Movie Night "Hotel Transylvania 3"		Davis-MPR
9	Tue	10:00 a.m.-12:00 p.m.	Blood Pressure Screening—Canfield Place		Davis-L
9	Tue	6:00-7:00 p.m.	Munch & Learn—Dr. Ted Hill-I Hate My Prescription Medication and I Want Off	RR	Davis-CR
10	Wed	11:00 a.m.-1:00 p.m.	Fall Festival		Davis-L
10	Wed	10:00 a.m.-2:00 p.m.	Writing Letters to Veterans		Davis-L
12	Fri	9:00 a.m.-4:00 p.m.	Off School Camp	RR	Davis-RC
13	Sat	10:00 a.m.-3:00 p.m.	Youth and Government Carwash		Davis-PL
13	Sat	5:00-7:00 p.m.	Cocoa & Canvas	RR	Davis-CR
13	Sat	7:30-9:00 a.m.	Pink Ribbon 30/30/30 Class	RR	Davis-MPR
14	Sun	1:00-3:00 p.m.	But I Know What I Like—Art Show Reception		Davis-L
16	Tue	9:00 a.m.-1:00 p.m.	AARP Smart Driver Course	RR	Davis-TR
17	Wed	10:00-11:00 a.m.	Munch and Learn—Pinnacle Health Concepts: Plantar Fasciitis		Central-YL
17	Wed	9:00 - 11:00 a.m.	Flu Shot Clinic—Health Department		Central-YL
17	Wed	10:00 a.m.-2:00 p.m.	Writing Letters to Nursing Homes		Davis-L
18	Thu	10:00 a.m.-12:00 p.m.	Blood Pressure Screening—Greenbriar		Davis-L
18	Thu	12:00 -1:00 p.m.	Munch & Learn—Judge Durkin	RR	Davis-CR
20	Sat	8:00 -10:00 a.m.	Cancer Awareness Ride	RR	Central-SR
20	Sat	4:00 p.m.-8:00 p.m.	Parent's Night Out—Harvest Celebration	RR	Davis-PR
22	Mon	5:30-7:00 p.m.	Rock the Box Queen Ride—Chris and Pammy	RR	Central-SR
23	Tue	10:00 a.m.-12:00 p.m.	Spine Health Fair		Davis-L
23	Tue	12:30 p.m.-1:30 p.m.	Lunch-n-Learn—Kris Williams: Kyphoplasty	RR	Davis-MPR
24	Wed	11:30 a.m.-12:30 p.m.	Munch & Learn—Dr. Ted Hill-I Hate My Prescription Medication and I Want Off	RR	Davis-MPR
25	Thy	11:00 a.m.-12:00 p.m.	Muffins & Motivation—Mindfulness 101	RR	Davis-TR
27	Sat	5:00-8:00 p.m.	Trunk or Treat	RR	Central-PL
30	Tue	11:30 a.m.-12:30 p.m.	Munch & Learn—Dr. Peters	RR	Davis-MPR

RR = Registration Required • MPR=Multi-Purpose Room • FF=Fitness Floor • CR=Community Room • PR= Preschool Room • CFR=Conference Room • RC=Rec Center • CY=Court Yard • TR=Training Room • PL= Parking Lot • AR=Art Studio • SR=Spinning Room • L=Lobby • P=Pool • PV=Pavilion • MR=Manchester Room • YL=Youth Lobby

Fall 2 Session Registration begins October 8th. Register for Fall Classes Today!  
Fall 2 Session Starts October 22nd.



# What's Happening in October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 FLU SHOT CLINIC (C) CVS KITCHEN CHAT (D)	2 *LUNCH N LEARN (D) HOW TO STAY BALANCED AND MOVING WITH NEUROPATHY	3 *MUNCH & LEARN (D) MEDICARE 101: UNDERSTANDING THE BASICS	4	5 MOVIE NIGHT (D) "HOTEL TRANSYLVANIA 3"	6
7	8	9 BLOOD PRESSURE SCREENING (D) CANFIELD PLACE *MUNCH & LEARN (D) I HATE MY PERSCRPTION MEDICATION AND I WANT OFF	10 FALL FESTIVAL (D) WRITING LETTERS TO VETERANS (D)	11	12 *OFF SCHOOL CAMP (D)	13 *PINK RIBBON 30/30/30 CLASS (D) *YOUTH AND GOVERNMENT CARWASH (D) *COCOA & CANVAS (D)
14 BIKWIL ART SHOW RECEPTION (D)	15	16 *AARP SMART DRIVER COURSE (D)	17 FLU SHOT CLINIC (C) MUNCH & LEARN (C) PINNACLE HEALTH CONCEPTS WRITING LETTERS TO NURSING HOMES (D)	18 BLOOD PRESSURE SCREENING (D) GREENBRIAR *MUNCH & LEARN (D) Judge Durkin	19	20 *CANCER AWARENESS RIDE (C) *PARENT'S NIGHT OUT (D)
21	22 *ROCK THE BOX QUEEN RIDE (C)	23 SPINE HEALTH FAIR (D) *LUNCH N LEARN (D) KYPHOPLASTY	24 *MUNCH & LEARN (D) I HATE MY PERSCRPTION MEDICATION AND I WANT OFF	25 *MUFFINS & MOTIVATION MINDFULNESS 101 (D)	26	27 *TRUNK OR TREAT (C)
28	29	30 *MUNCH & LEARN (D) Dr. Peters	31			

**\*Registration Required. For more information about any of the events listed above, please pick up a flyer in the Lobby.**

**C=Central D=Davis**

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**This month we are celebrating the 15th Anniversary of the Davis Family YMCA. We will be having special giveaways and events this month to show appreciation to our members and the community.**