

# NOVEMBER UPCOMING EVENTS

DATE	DAY	TIME	EVENT	RR	Y LOCATION
1	Thu	11:30 a.m.-12:30 p.m.	Munch & Learn—Kellyann Callahan: Lessons Learned from the Blue Zone	RR	Davis-CR
2	Fri	7:00-9:30 p.m.	Movie Night "Incredibles 2"		Davis-MPR
3	Sat	1:30-6:00 p.m.	Jump Stretch Certification Class	RR	Central-HP2
4	Sun	1:30-2:30 p.m.	Gratitude Through Praise and Worship Spin Class	RR	Central-SR
5	Mon	10:00 a.m.	Kitchen Chat—Let's Talk Trash	RR	@Green Team
6	Tue	12:30-1:30 p.m.	Lunch-n-Learn—Amy Hudak of Clear Captions: Capture Every Word	RR	Davis-MPR
7	Wed	11:30 a.m.-12:30 p.m.	Munch & Learn—Sister Pat Fisler and Higgins Reardon Funeral Home: Dealing With Grief During the Holidays	RR	Davis-CR
8	Thu	11:00 a.m.-1:00 p.m.	Integrated Physical Therapy		Davis-L
10	Sat	5:00-7:00 p.m.	Cocoa & Canvas	RR	Davis-CR
12	M-S	5:00 a.m.-9:30 p.m.	Maintain No Gain Holiday Challenge Weigh In Week		Davis-FF
13	Tue	10:00 a.m.-12:00 p.m.	Blood Pressure Screening—Canfield Place		Davis-L
13	Tue	11:00 a.m.-4:00 p.m.	Mercy College Nurse's Health Fair		Davis-L
13	Tue	2:00-3:00 p.m.	Munch & Learn—Sister Pat Fisler and Higgins Reardon Funeral Home: Dealing With Grief During the Holidays	RR	Davis-CR
13	Tue	4:00-6:00 p.m.	Encaustic Workshop	RR	Davis-AR
14	Wed	10:00-11:00 a.m.	Munch & Learn—Jeannie McConnell-Copploe, Pinnacle Health Concepts: Knee Pain		Central-YL
15	Thu	10:00 a.m.-12:00 p.m.	Blood Pressure Screening—Greenbriar		Davis-L
15	Thu	1:00-2:30 p.m.	Veteran's Day Appreciation Luncheon	RR	Davis-MPR
17	Sat	4:00 p.m.-8:00 p.m.	Parent's Night Out—Be Thankful	RR	Davis-PR
21	Wed	9:00 a.m.-4:00 p.m.	School Off Day Camp	RR	Davis-RR
21	Wed	5:30-7:00 p.m.	Thankfulness Spin	RR	Central-SR
21	Wed	5:30 - 7:00 p.m.	Thankfulness Spin	RR	Davis-SR
22	Thu	7:30-9:40 a.m.	What We're Thankful For Outdoor Spin	RR	Davis-Pav
22	Thu	9:00 a.m.-12:00 p.m.	Thankful 4 Miler Race—Second Sole	RR	Davis-PL
23	Fri	9:00 a.m. -4:00 p.m.	School Off Day Camp	RR	Davis-RR
24	Sat	9:00-10:30 a.m.	30-30-30 Class—Zumba, Jump Stretch, TBA	RR	Central-GE
29	Thu	1:00 -2:00 p.m.	Muffins & Motivation—Mental Health Consultants: Self-Care in a Busy World	RR	Davis-TR

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 • GE= Group Exercise Studio • HP2= High Performance Studio 2

**Holiday Hours:**  
**Thanksgiving Day Closed**

**Winter 1 Session Registration begins November 19th for Members and November 26 for Non-Members.  
 Winter 1 Program Session Starts January 7th.**



# What's Happening in November

## #AttitudeofGratitude

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 *MUNCH & LEARN (D) LESSONS LEARNED FROM THE BLUE ZONE	2 MOVIE NIGHT (D) "INCREDIBLES 2"	3
4 *GRATITUDE THROUGH PRAISE AND WORSHIP SPIN CLASS (C)	5 *KITCHEN CHAT (D)	6 *LUNCH N LEARN (D) CAPTURE EVERY WORD	7 *MUNCH & LEARN (D) DEALING WITH GRIEF DURING THE HOLIDAYS  INTERGRATED PHYSICAL THERAPY (D)	8	9	10 *COCOA & CANVAS (D)
11	12 MAINTAIN NO GAIN HOLIDAY CHALLENGE BEGINS	13 BLOOD PRESSURE SCREENING (D) CANFIELD PLACE  MERCY COLLEGE NURSES HEALTH FAIR (D)  *MUNCH & LEARN (D) DEALING WITH GRIEF DURING THE HOLIDAYS  *ENCAUSTIC WORKSHOP (D)	14 MUNCH & LEARN (C) PINNACLE HEALTH CONCEPTS	15 BLOOD PRESSURE SCREENING (D) GREENBRIAR  *VETERAN'S DAY APPRECIATION LUNCHEON (D)	16	17 *PARENT'S NIGHT OUT (D)
18	19	20	21 *OFF SCHOOL DAY CAMP (D)  *THANKFULNESS SPIN (D) & (C)	22 CLOSED ON THANKSGIVING  *WHAT WE'RE THANK- FUL FOR OUTDOOR SPIN (D)  *THANKFUL 4 MILER (D)	23 *OFF SCHOOL DAY CAMP (D)	24 *30-30-30 Class (C)
25	26	27	28	29 *MUFFINS & MOTIVATION MENTAL HEALTH CONSULTANTS (D)	30	

**\*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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Thanksgiving Closed**

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**THANK YOU FOR YOUR SERVICE**

**We are grateful for our Veterans and Active Duty Service men and women. Join us in showing them appreciation this month!!!**



**Help us fill the Thankful Tree. Stop by the lobby and share a message of gratitude today!!!**