

NOVEMBER Newsletter



DAZZLE DAYS!
 Come to the YMCA for Dazzle Days Monday,
 November 21st—Wednesday, November 23rd
 Members \$15/day
 Non-members \$20/day

SILVERSNEAKERS THANKSGIVING POT LUCK

Join the Silversneakers for
**Thursday, November 17 at
 12:00pm**

YMCA Silversneakers Thanksgiving
 Pot Luck Dinner.

YMCA GOLF TOURNAMENT

**Join us for the Annual YMCA
 Veteran's Day Golf
 Tournament at Catechee
 Golf Club!
 Friday, November 11th
 10:30am Shotgun Start**



The YMCA provides the turkey, you bring your favorite dish to share. Come fellowship together with other members as we kick off the holiday season with a big pot luck dinner for the whole **YMCA FAMILY!** Please RSVP with the Welcome Center.

NOVEMBER EVENTS:

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|-------------|--|------------------|
| November 11 | Golf Tournament | 10:30am tee time |
| November 14 | Stay Fit Program Begins | |
| November 17 | Silversneakers Pot Luck | |
| November 17 | Itty Bitty Sports and Soccer Season Ends | |
| November 22 | Basketball Registration Ends | |
| November 21 | Dazzle Day | |
| November 22 | Dazzle Day | |
| November 23 | Dazzle Day | |
| November 24 | YMCA closes at 5pm | |
| November 25 | YMCA Closed for Thanksgiving | |

ONGOING EVENTS:

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|--------------------------|----------------------|
| Monday—Friday, 8am—12pm | Mother's Morning Out |
| Monday & Wednesday, 10am | Silversneakers 1 |
| Tuesday & Thursday, 10am | Silversneakers 2 |
| Monday—Friday, 3pm—6pm | Pryme Tyme Program |



Look for our “family friendly” logo to denote activities and classes for the whole family!