



# SEPTEMBER 2019 • YMCA ANTHONY BOWEN

— WELCOMING WEEK: 9/13 - 9/22 —

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day *branch closed	3 Facility Re-Opens 5:30am  Rooftop Yoga 7:30 - 8:30am	4	5  Open House #1	6 Pool Re-Opens 5:30am	7
8	9	10	11	12	13	14 Meet the Trainer Day
15	16 Register to Vote Drive 9-11am  Community Meditation 6:45 - 7:30pm  Welcoming Week Event 4-7pm	17 Vinyasa Yoga 6:30 - 7:30pm	18 West African Dance 5:30 - 6:30pm	19 Kama in the Kitchen: Thai Sweets Cooking Class 7:00 - 8:00pm	20 Community Potluck 12:00 - 1:00pm	21 Coach By Color Cycling 9:00 - 9:55am
FREE ACCESS DURING WELCOMING WEEK! THE Y IS OPEN TO ALL IN THE COMMUNITY!						
22	23 Fall Prevention Awareness Day	24 National Register to Vote Day  Meet the Trainer Day	25	26	27 Coffee and Conversation 8:00 - 12:00pm	28 Make Your Own Pinwheels  New Member Social
29	30					
						