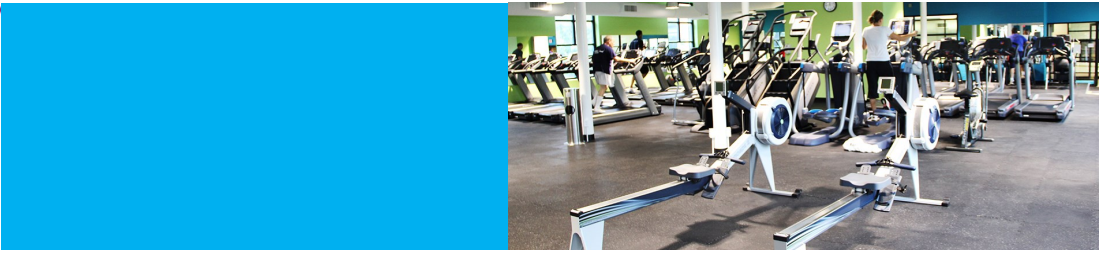


WELCOME everyone! SELAMAT DATANG AKWAABA خوش آمدید BENVENUTO OKAN YUL
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EVERYONE WELCOME

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 September Campaign Kick Off!
2	3 Labor Day Holiday Hours 5:30-4pm Special Group Ex Schedule!	4 Silent Auction Begins Bid & Win!	5 Free Drinks at Sweet Green 2-7pm 	6 BMI/Body Fat & Blood Pressure Screening ALL DAY	7 6:30pm Artist Reception 	8 Photography 101 10:00am 9am Meet the Trainer
9 Anthony Bowen Trivia Challenge	10 9:30am Rise & Rhyme with Busboys and Poets 	11 5:15 Aerial Yoga Free Class! 6:30pm \$5 Community Cooking Class	12 Trivia Challenge 10am Aqua Zumba	13 Happy Birthday Anthony Bowen YMCA 5 Year Celebration 	14 National Welcoming Week Begins Open Community Week Facility Open to today through September 23rd International Potluck 3-6pm	15 12:00 Dining for Culture-Caribbean Food Cooking
16 Free Group Ex Classes, Registration Required	17 Voter Registration at Meridian School 	18 9:30am Learn Aerial Yoga for Free 7pm KAMA in the Kitchen: Egypt	19 Free Drinks at Sweet Green 2-7pm "Salsa Sensation" 6-8pm 	20 BMI/Body Fat & Blood Pressure Screen ALL DAY 7pm KAMA in the Kitchen: Syria	21 Trivia Challenge Family Fun Night 	22 Climb to NEW heights! Try our the YMCA Anthony Bowen Rock Wall! 12-4pm
23 National Welcoming Week ends	24	25 Bid & Win 5:15pm Free Aerial Yoga	26 Trivia Challenge 10am Aqua Zumba	27 Free Group Ex Classes Registration Required	28 YMCA Anthony Bowen Open Community Day 1-4pm	29/30 September 29th: 2:00pm Artist in Residence workshop with Leslie Hansley



Welcoming Week September 14-23 Open House Fun September 24- 29!

Silent Auction "Bid and Win"— The YMCA Anthony Bowen is gearing up for the 5th Anniversary Celebration Silent Auction to be held throughout the month of September. Gathering items through donation to be auctioned via silent bidding throughout the month will allow us to continue to providing programming to encourage youth development, healthy living and social responsibility. You can bid and win goodie baskets, art items, event tickets, trips and YMCA services. The auction winners will be announced at the YMCA Open House on September 29th! The bidding starts 9/4/18.

Blood Pressure and BMI/Body Fat Screening—and Stop by the desk in the Wellness Center and ask for a free BP Screening! No appointment necessary.

Artist Reception: 6:30pm – Friday, September 7th 6:30pm join us in a celebration of community to welcome and unveil the art done by local artists Leslie Hansley and photographer Donovan Marks.

Photography 101 – Saturday, September 8th 10:00am-1:00pm starting in the YMCA Anthony Bowen Conference to review all ins and outs of photography and cameras. Then go outside to put your new skills to practice, taking pictures outside in the Shaw neighborhood!

Meet the Trainer: 9am—Read the posted bios, see a demonstration or just say hello! 9-11am.

Anthony Bowen Trivia Challenge: Celebrate the 5th Anniversary of the Anthony Bowen YMCA. Trivia questions posted throughout the month, answer the question, win a chance at some Y swag!

Free Group Ex classes: Designated days to tryout some group X classes. Bring a friend, invite a guest, try something new. Advanced registration required.

Cooking Classes: (\$) Saturday, September 15th at 12:00pm for Caribbean Cooking, Tuesday, September 18th at 7:00pm for Egyptian Cooking, and Thursday, September 20th for Syrian.

National Welcoming Week Join us September 14th through September 23rd as we celebrate what makes us all best: each other! The Y is a place that everyone feels welcome and free to be who they are and be proud of where they've come! Throughout the week we'll have special events everyday plus great opportunities to join our Y community as a member!

International Pot Luck- 3-6pm We invite ALL to come celebrate and share their cultures through food!

Salsa Sensation: 6-8pm Turn up the heat with us on Wednesday, September 19th! Join us on the rooftop as we have a Salsa Dancing class from 6-6:45pm. Prefer to eat your salsa? We'll have that too! From 6-7:30pm, we'll have all the fresh ingredients to prepare your very own salsa, which you can then enter in our Salsa Sensation Contest! At 7:30pm we'll vote to see which is the best!

Free Fitness Day—Free day to use the Wellness Floor at the AB YMCA. No guest fees from 1-4pm.

YMCA Open House - Join us as we celebrate 5 years of serving the community. Celebration day, Silent Auction winner announced, fun activities all day! 9-5pm