



SEPTEMBER 2019 • YMCA SILVER SPRING

— WELCOMING WEEK: 9/13 - 9/22 —

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day Hours 5:00 am - 4:00 pm	3	4	5 Open House #1 5:00 - 7:00pm	6 Bingo Day 12:00 - 1:00pm	7
8	9	10 Member Appreciation Celebration 10:00 - 11:00am	11	12	13	14 Meet the Trainer Day
15	16 Register to Vote Drive 9:00 - 11:00am	17 Power Strength Cycle 11:30 - 12:35pm	18 Plant Your Flag Celebration 12:00pm	19 Open House #2 5:00 - 7:00pm	20 Cardiolite 8:15 - 9:15am	21 H.E.A.T 9:15 - 10:15am
FREE ACCESS DURING WELCOMING WEEK! THE Y IS OPEN TO ALL IN THE COMMUNITY!						
22 All Terrain Cycle 7:00 - 8:05am	23 Fall Prevention Awareness Day	24	25 Meet the Trainer Day #2	26	27 Family Movie Night 7:30 - 9:30pm	28 Make Your Own Pinwheels New Member Social
29	30					