



NOVEMBER 2019

YMCA SILVER SPRING



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

27

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29

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31

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Boot Camp Starts 7:30am 2



37TH ANNUAL TURKEY CHASE CHARITY RACE - Each year, thousands of runners come together on Thanksgiving day in support of the YMCA's Youth and Family Services, YMCA Bethesda-Chevy Chase and the Bethesda-Chevy Chase Rotary Club Foundation. Be a part of the tradition!

All Saints Day

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Day Light Savings Starts

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VOTE! - Election Day

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Veterans Day

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Open House 5:00pm - 7:00pm

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Family Movie Night 7:00pm

Open House 10:00am 23

Montgomery County Parade 10:00am

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Thanksgiving Day (Y closes at 11:00am)

Turkey Burn 7:00 - 11:00am

29

Blood Pressure /Body Comp 10:00 am - 2:00 pm

30