

# Newsletter

## Edition: October, 2011

### **Kickboxing Specialty Class Demonstrations**

Monday, October 3, 4 p.m. to 4:30 p.m.  
Wednesday, September 5, 4 p.m. to 4:30 p.m.  
Call Nelson Griffin with additional questions at 924.1894.

### **Golf Swing Seminar**

Monday, October 3, 5 p.m. to 7 p.m.  
Bring your club for a free golf swing analysis.  
Call Whitney Kalajainen at 924.3897.  
Cost: Free, Public Welcome!

### **TRX Specialty Class Demonstrations**

Tuesday, October 4, 7:30 a.m. to 8 a.m.  
Tuesday, October 4, 7 p.m. to 7:30 p.m.  
Thursday, October 6, 7:30 a.m. to 8 a.m.  
Call Amanda Irwin with additional questions at 924.1796.

### **Stroke Support Group**

Thursday, October 6, 3:30 p.m. to 5 p.m.  
For more information contact Julie Allers at 924.3195.  
Cost: Free, Public Welcome!

### **Healthy Lifestyle Series – “Meal Planning on a Dime.”**

Thursday, October 6, 5:30 p.m. to 6:30 p.m.  
Contact Amanda Irwin at 924.1796.  
Cost: Free, Public Welcome!

### **Fall Harvest Festival Hike and Bike**

Saturday, October 8, Branstrom Park, Fremont  
Bike 8:30 a.m., Run 8:40 a.m. and Walk 8:50 a.m.

### **TRX Specialty Class**

Six week specialty class begins October 11  
Tuesday and Thursday, 7:30 a.m. to 8:30 a.m.  
Tuesday and Thursday, 10:30 a.m. to 11:30 a.m.  
Tuesday and Thursday, 4 p.m. to 5 p.m.  
Register at the Welcome Center.  
Cost: \$75 Citizens, \$99 non-Citizens

### **Bike Fit Seminar**

Wednesday, October 12, 6 p.m. to 8 p.m.  
Bring your bike and helmet for a free fit analysis. Call  
Whitney Kalajainen at 924.3897.  
Cost: Free, Public Welcome!

### **Grand Rapids Marathon, Half Marathon and Relay**

Saturday, October 16, David Hunting YMCA: 8 a.m.

### **Running Injury Prevention Seminar**

Tuesday, October 18, 5 p.m. to 7 p.m.  
Free gait analysis with local vendor.  
Call Whitney Kalajainen at 924.3897.  
Cost: Free, Public Welcome!

### **T.H.I.S Bariatric Support Group**

Tuesday, October 18, 5:30 p.m. to 7 p.m.  
Call Brenda Dulaney-Connell at 924.7139.  
Cost: Free, Public Welcome!

### **Parkinson's Support Group**

Thursday, October 20, 3:30 p.m. to 5 p.m.  
For more information contact Julie Allers at 924.3195.  
Cost: Free, Public Welcome!

### **Spirit of Women's Annual Girls' Night Out!**

Thursday, October 20, 6 p.m. to 8:30 p.m.  
This year's program is entitled "Good Health is in the Bag."  
Register online at [www.gerberhospital.org](http://www.gerberhospital.org) or by calling  
924.1100.  
Cost: \$10.00

### **Leave Those Pounds – Fall Weight Loss Challenge**

Six week program begins Tuesday, October 25.  
Register at the Welcome Center before Monday, October 24.  
Call Tracey Slate at 924.1795.  
Cost: \$30 per team.

### **ACL Injury Prevention for Coaches**

Thursday, October 27, 5 p.m. to 7 p.m.  
Call Whitney Kalajainen at 924.3897.  
Cost: Free, Public Welcome!

### **New You Informational Meeting**

Thursday, October 27, 5:30 p.m. to 6:30 p.m. at the Stream  
in Newaygo. Call Cathy Gragg at 924.3073.

### **SHGM Diabetes Day**

Friday, October 28, 10 a.m. to 2 p.m.  
This free event is for anyone who has diabetes, is at risk for  
diabetes, or has family members with diabetes.  
Cost: Free, Public Welcome!

### **Kids' Night Out – Halloween Party!**

Friday, October 28, 5 p.m. to 9 p.m.  
Children ages 3 to 12. Space is limited, so please call  
Melissa Walker at 924.1785.  
Cost: \$10 per child

### **Spooky Sprint – 2 Mile Fun Run in the Dark!**

Friday, October 28, 7 p.m.  
Ages 13 and up. Costumes are a must!  
Cost: \$5 Citizens, \$10 non-Citizens

### **Beauty Makeup Class**

Saturday, October 29, 10 a.m. to noon.  
To reserve your spot call Ahhh, the Spa at 924.7800  
Cost: \$25 per duo

### **VNA Public Flu and Pneumonia Vaccination Clinic**

Monday, October 31, 8 a.m. to 1 p.m.  
Please call 616.486.3939.  
Cost: \$30 injection, \$35 inhaler, \$65 pneumonia.  
Insurance providers accepted are Medicare, BCN, Priority  
Health, ASR, ETNA, and Cofinity.

# October Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <b>Harvest Festival Week</b> October 3 to October 8	3 <b>New Group Fitness Schedule Begins!</b> <b>Kicboxing Class Demo</b> 4 p.m. to 4:30 p.m. <b>Golf Swing Form and Injury Prevention</b> 5 p.m. to 7 p.m.	4 <b>TRX Group Demo</b> 7:30 a.m. to 8 a.m. <b>TRX Group Demo</b> 7 p.m. to 7:30 p.m.	5 <b>Kicboxing Class Demo</b> 4 p.m. to 4:30 p.m.	6 <b>TRX Group Demo</b> 7:30 a.m. to 8 a.m. <b>Stroke Support Group</b> 3:30 p.m. to 5 p.m. <b>Healthy Lifestyle Series</b> "Meal Planning on a Dime" 5:30 p.m. to 6:30 p.m.	7	8 <b>Fall Harvest Hike and Bike</b> 8:30 a.m.
9	10	11 <b>TRX Group Exercise</b> 6 week specialty classes begin	12 <b>Bike Fit Analysis and Seminar</b> 6 p.m. to 8 p.m.	13	14	15
16 <b>Grand Rapids Marathon, Half Marathon and Relay</b> 8 a.m.  Good Luck Tamarac Striders!	17	18 <b>Running Injury Prevention Seminar</b> 5 p.m. to 7 p.m.  <b>THIS Bariatric Support Group</b> 5:30 p.m. to 7 p.m.	19	20 <b>Parkinson's Support Group</b> 3:30 p.m. to 5 p.m.  <b>Spirit of Women's Annual Girls' Night Out!</b> 6 p.m. to 8:30 p.m.	21	22
23	24	25 <b>Leave Those Pounds Fall Weight Loss Challenge</b> six week challenge begins	26	27 <b>ACL Injury Prevention For Coaches</b> 5 p.m. to 7 p.m.  <b>New You Informational Meeting</b> 5:30 p.m. to 6:30 p.m.	28 <b>SHGM Diabetes Day</b> 10 a.m. to 2 p.m.  <b>Kids' Night Out</b> 5 p.m. to 9 p.m.  <b>Spooky Sprint 2 Mile Fun Run</b> 7 p.m.	29 <b>Beauty Makeup Class</b> 10 a.m. to noon
30 	31 <b>Flu and Pneumonia Vaccination Clinic</b> 8 a.m. to 1 p.m.  <b>Happy Halloween No Family Swim</b>	1 <b>New You Informational Meeting</b> 5:30 p.m. to 6:30 p.m.	2	3	4	5