



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



NOVEMBER

**Calendar of Events
BORDER VIEW FAMILY YMCA**

OUR MISSION

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.

DID YOU KNOW...

STRENGTHENING MILITARY FAMILIES

San Diego is home to the nation's largest concentration of military personnel. Our military is a huge part of our history, sense of community and vibrant culture. The YMCA of San Diego County is proud to serve nearly 20,000 military members. All YMCAs throughout the county offer active duty military and veterans 10% off membership dues and do not charge a join fee.

Military families are welcome to use any YMCA FREE from November 5-11.

Join us for the Military Family Appreciation BBQ on November 30th! **FREE** for military families and friends.

NOV 2 **Y ACTIVE ADULTS (YAA) MEET AND GREET**
10:00-11:00am **BORDER VIEW Y LOBBY**

Get together with other Y Active Adults and enjoy healthy snacks over coffee! **FREE for members**

NOV 16 **HEALTH AND HOLIDAY NUTRITION**
10:15-11:15am **BORDER VIEW Y CONFERENCE ROOM**

Marissa, one of our personal trainers, will provide tips on eating healthy during the holiday season. The holiday season is often a tough time to keep your health and weight goals in mind. **FREE for members**

NOV 16 **MEMBER APPRECIATION DAY**
4:00-5:00pm **BORDER VIEW Y LOBBY**

POP in so we can say thanks for being a member! We'll be giving away free kettle corn popcorn to all members. **FREE for members**

NOV 18 **MINI TURKEY TRIATHLON**
10:00-3:00pm **BORDER VIEW FAMILY YMCA**

Join us for our inaugural Border View Family YMCA Mini Turkey Triathlon! We invite you to come and spend the day with us as we encourage all of our participants to reach their personal fitness goals. Our top 3 finishers will receive a medal and the overall winner will receive a turkey! Please register online or at the Welcome Center.

Kids (ages 10-17) & Adults (55+): **Adults (18+):**
Members \$10 | Participants \$20 **Members \$30 | Participants \$40**

NOV 19 **MEMBER APPRECIATION DAY**
9:00-10:00am **BORDER VIEW Y WELCOME CENTER**

Join us in the lobby for a special THANK YOU treat to all members. Have a slice of pumpkin pie on us! **FREE for members**

NOV 30 **MILITARY FAMILY APPRECIATION BBQ**
6:00-8:00pm **BORDER VIEW Y PATIO**

The Y is proud to support our nation's service members and families. We invite all military families to join us for a special BBQ. The evening will be full of food, games and fun. This event is free for military families and friends and members are encouraged to invite other military families. Please register online or at the Welcome Center. **FREE for military families and friends**

FRIENDS SAVE BIG – WAIVED JOIN FEE FOR REFERRALS

Friends save big in November! That's because when your friend joins, you get a FREE month of membership and their join fee is waived!

WHAT ARE YOU THANKFUL FOR? | WELCOME CENTER MONTH OF NOVEMBER

We are thankful for our members! What are you thankful for? Stop by our lobby to pick up an autumn leaf and write what you are thankful for. We will display our members' gratitude throughout the lobby of our YMCA.

DONATE WRAPPING PAPER AND TAPE | BORDER VIEW Y NOVEMBER 1 – DECEMBER 14

We are seeking donations of holiday wrapping paper and clear tape to support our annual Toys for Tots Gift of Giving event. Volunteers will be wrapping gifts in December to provide free toys for those in need.

DIA DE LOS MUERTOS – DAY OF THE DEAD ALTAR | BORDER VIEW Y LOBBY

OCTOBER 29 - NOVEMBER 4

Join us in celebrating Dia de Los Muertos. We will have a Day of the Dead altar in our lobby where members are encouraged to leave a photo to honor and remember loved ones who have passed away.

NOVEMBER DAY CAMPS | BORDER VIEW FAMILY YMCA NOVEMBER 12 | NOVEMBER 19-21

When school is out, the Y is in! Our November camps support youth in making new friends, achieving goals and feeling a special sense of belonging. Scholarships are available. Visit YMCA.org or the Welcome Center for more information.

SEER AQUATICS SURVEY

OCTOBER 25-NOVEMBER 15

Have you received a "SEER Aquatics Survey" email? We've teamed up with SEER Analytics, a third-party email survey provider, to help us learn how we can better serve your family. Please complete the survey to help us enhance your child's experience.