### November Events

- **Wednesday, November 3**
  - Senior Potluck
  - 11am-1pm | Multipurpose Room

- **Saturday, November 6**
  - YWCA Run & Brunch
  - 9-11am | Leftwich Park

- **Tuesday, November 9**
  - Women’s Book Club
  - Dinner & Movie
  - 6-8pm | Multipurpose Room

- **Wednesday, November 10**
  - Art Class
  - 6:30-7:30pm | Multipurpose Room

- **Friday, November 12**
  - Downward Dog & Donuts
  - 8:30am | Room 108

- **Tuesday, November 16**
  - Cooking with Chef Jeff
  - Chocolate Mousse
  - 6-7pm | YWCA on University

- **Monday, November 29th**
  - Retro HIIT Training
  - 6pm | Fitness Center

### December Events

- **Thursday, December 2**
  - Polar Express + Cocoa & Treats
  - 6-8pm | Multipurpose Room

- **Tuesday, December 7**
  - Women’s Book Club
  - 6-7pm | Multipurpose Room

- **Wednesday, December 8**
  - Art Class
  - 6:30-7:30pm | Multipurpose Room

- **Friday, December 10**
  - Double Punch on Active Card
  - All Day | Sun ‘n Fun

- **Tuesday, December 14**
  - Cooking with Chef Jeff
  - Chili
  - 6-7pm | YWCA on University

- **Tuesday, December 15**
  - Yoga & Lattes
  - 8:30am | Room 108

- **Thursday, December 21**
  - Kick 2021 Goodbye
  - 5:30-6pm | Fitness Center

### January Events

- **Tuesday, January 4**
  - Women’s Book Club
  - 6-7pm | Multipurpose Room

- **Monday, January 10**
  - Barre-Yoga 80’s Night
  - 6pm | Room 108

- **Tuesday, January 13**
  - Community Game Night
  - 6:30-7:30pm | Multipurpose Room

- **Sunday, December 16**
  - Dodgeball in the Gym
  - 2-3pm | Gym

- **Tuesday, January 18**
  - Cooking with Chef Jeff
  - Chicken & Dumplings
  - 6-7pm | YWCA on University

- **Tuesday, January 20**
  - Family POUND Class
  - 7pm | Gym
  - (ages 8+ only)

- **Monday, January 24**
  - Zumba Glow Party
  - 7-7:45pm | Fitness Center

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**Pickleball in the Gym**

- Monday, Wednesday, Friday | 11am - 4pm
- Tuesday & Thursday | 8am - 1pm
ART CLASS
*Sun ‘N Fun Multipurpose Room*
Wednesdays • Nov. 10 & Dec. 8 from 6:30-7:30 p.m.
Whether you’re an accomplished artist or just interested in getting your feet wet, come join us as we create art. Don’t worry, we’ll supply everything for you, we just need you to join in the fun!

BARRE-YOGA • 80’s NIGHT
*Sun ‘N Fun Room 108*
Mondays • Jan. 10th from 6-7 p.m.
We’re taking our Barre-Yoga Class back - come join the fun and hear some of your favorite classic tunes.

COMMUNITY GAME NIGHT
*Sun ‘N Fun Multipurpose Room*
Thursday • Jan. 13 from 6-8 p.m.
Love board games? So do we! Come enjoy a variety of games and snacks at the YWCA!

COOKING WITH CHEF JEFF
*YWCA on University Demonstration Kitchen*
Tuesdays • Nov. 16, Dec. 14 & Jan. 17 from 6-7 p.m.
Chef Jeff Sierra will be sharing his healthiest recipes to help you improve your lifestyle and get on the right track with your cooking and eating.

DODGEBALL
*Sun ‘N Fun Gym*
Sunday • Dec. 16 from 2-3 p.m.
Get ready to dodge and duck in our big dodge ball game. We’ll use the entire gym and you’ll have so much fun!

DOWNWARD DOG & DONUTS
*Sun ‘N Fun Room 108*
Friday • Nov. 12 from 8:30-9:30 a.m.
Do some yoga and grab a donut, it’s all namasté at Sun ‘n Fun!

FAMILY MOVIE NIGHT
*Sun ‘N Fun Multipurpose Room*
Tuesday • Dec. 2nd from 6-8 p.m.
Grab the fam and join us for fun and a great holiday family movie (Polar Express) plus sweets and treats.

FAMILY POUND®
*Sun ‘N Fun Gym*
Thursday • Jan. 20 from 7-8 p.m.
Grab the family (kids must be 8 or older to participate) and try our newest and most fun workout, POUND®.

KICK 2021 GOODBYE
*Sun ‘N Fun Fitness Center*
Tuesday • Dec. 21 from 5:30-6 p.m.
Bring a friend (it’s FREE) to Kickboxing and show them how much fun it can be! You’ll both have a ball as you punch, jab, and kick your way toward better balance, flexibility, coordination and endurance. You’ll slash stress, too.

RETRO HIIT TRAINING
*Sun ‘N Fun Fitness Center*
Monday • Nov. 29 from 6-7 p.m.
Get ready for some great old tunes and ready to HIIT it hard with this rockin’ good time, special cardio class!

RUN & BRUNCH
*Leftwich Chapman Park*
Saturday • Nov. 6 from 9-11 a.m.
It’s time to get outside, move your body and enjoy a little fall weather! We will have a one mile and a two mile course. You can crawl, walk or run, just MOVE YOUR BODY! We have room for you, your stroller and your dog (on a leash) so bring it! We will have tasty treats and beverages at the finish.

SENIOR POTLUCK
*Sun ‘N Fun Multipurpose Room*
Wednesday • Nov. 3 from 11 a.m.-1 p.m.
It’s time for the Senior Potluck at Sun ‘N Fun. We will provide the main dish, you sign up to bring a side or a dessert. The sign-up sheet is at the front desk!

ZUMBA GLOW PARTY
*Sun ‘N Fun Fitness Center*
Thursday • Jan. 24 from 7-8 p.m.
We’re adding glow (sticks) to our super-fun Zumba workout for extra fun!

YOGA & LATTES
*Sun ‘N Fun Room 108*
Wednesday • Dec. 15 from 8:30-9:30 a.m.
Top off your favorite yoga class with a warm and delicious latte!

WOMEN’S BOOK CLUB
*Sun ‘N Fun Multipurpose Room*
Tuesdays • Nov. 9, Dec. 7 & Jan. 4 from 6-7 p.m.
Interested in reading books and sharing your take with a group? Come be a part of the Sun ‘n Fun Women’s Book Club. This great program will allow you to discuss books monthly in a group setting. We’ll have snacks and lots of fun!