

Please join Milestone in helping those in need this holiday season.

Ardi's Bears

November 1 – 30

Please help us support Ardi's Bears, an organization that collects and distributes teddy bears to children in low income schools. Bears are given to children who might not receive gifts over the holidays so they may have comfort of a loving friend. Place your new or gently used bear in the "Bear Den" located at our front entrance.



Our goal is 2014 teddy bears in 30 days! To learn more about Ardi's Bears, call Milestone member, Ardi Wilson, 417-8504, or Sue Schonberger, Group Exercise Director, x114.



Angel Tree Program

Take a child under your (Angel) wing for the holidays by giving gifts to a child who might not otherwise enjoy the magic of Christmas. Angel Tree participant names may be chosen and gifts returned to our Lobby. See flyer for details and collection dates.

BodyShape Workshops

100 Pounds Gone: Success Stories
Saturday, Nov. 1, 10-11 am
Free! Conference Room

Learn weight loss tips and meet our motivational guest speakers who have lost over 100 lbs.

Holiday Fat Loss
Saturday, Nov. 15, 10-11 am
Free! Conference Room

Learn how to keep losing fat during the holidays.

Hurry! Seating is limited so sign up today at our Service Desk! Open to members and non-members. To learn more, call Jamal Thruston, Weight Management Specialist, (270) 315-6929.



3rd Annual Chili Cook-Off

Wednesday, Nov. 5, 11 am – 1 pm
\$5 Donation to CF
Lobby



Help raise money to support Team Josh and the Cystic Fibrosis Foundation. Enjoy a delicious sampling of chili made by Milestone employees.

Self Defense Workshop Just for Women

Friday, Nov. 28, 1–3 pm or
Monday, Dec. 29, 6:30 – 8:30 pm
\$20 members and non-members
Workshop fee will be donated to
The Center for Women and
Families.

Join Rolando Haddad and learn how to stay prepared mentally and physically. Sign up today at our Service Desk. To learn more, call Sue, x114.

Gift Cards

Start your holiday shopping at Milestone! Beautifully wrapped gift cards are available for Spa services, membership, personal training and much more! Stop by our Service Desk or Oasis Spa, x121.



Gifts for the Troops

Collection Nov. 1 – Dec. 5
Lobby

Milestone will be collecting items to give to the troops overseas this holiday season. A list of gift items will be available in the lobby. To learn more, call Monica, 753-7544.

Thanksgiving Day Hours

Open 8 am – 3 pm

Special class schedules are available at the Information Center in Lobby. Have a wonderful holiday!



Learn more about our programs at our Information Center in Lobby or visit baptistmilestone.com and Facebook!



Health and Wellness Calendar

November 2014

1 Saturday

BodyShape Workshop, 10–11 am
100 Pounds Gone: Success Stories
See side one.

2 Sunday

Social Dance Class, 5–6 pm
Sundays, Class Room A
\$60 per couple/\$75 non-members
Join Jane Blum, Professional
Dancer and Teacher and learn
the Foxtrot. See program flyer at
our Information Center in lobby.
Holiday Party is Sunday, Dec. 7,
4–6 pm. Everyone welcome! Sign
up today at the Service Desk.

3 Monday

HMR® Orientation, Noon–1 pm
Weight Loss Program
Find out about our very successful
Healthy Solutions program at this
free informational session. Call
Lynn to pre-register, x124.

3 Monday

HMR Re-Start Program begins
9-Week Weight Loss Program
\$152 Past participants only
Join now and look your best
for the holidays! Attend each
week and earn January free!
Call Lynn to pre-register, x124.



5 Wednesday

3rd Annual Chili Cook-Off
Wednesday Nov. 5, 11 am– 1 pm
\$5 Donation for Sampling
See side one

7 Friday

Family Swim Night, 6–8 pm
\$5 for non-members and children.
Splash into our fabulous warm
pools! Bring kids, family and friends
(parents stay in the pool area with
children under 15). More info: call
Mary Duke, x132.

8 Saturday

Diabetes Workshop, 10–11 am
Conference Room
Free
Join Personal Trainer, Jorge Ruiz
and learn why exercise is
beneficial for anyone with
diabetes. Workshop is in English
and Spanish. Open to non-
members. Hurry! Seating is limited
so sign up today at the Service
Desk.

11 Tuesday

Veterans Day
In gratitude for all who have
served our country, Milestone is
offering free guest passes today
for U.S. Military Veterans, active
duty and reserves.



11 Tuesday

HMR Orientation, 5–6 pm
See Nov. 3.

14 Friday

Lunch Group, 11 am– Noon
Relax and enjoy the Café soup
and sandwich menu. More info:
call x117.

15 Saturday

Climb for Team Josh, 9 am
Registration starts at 8 am
Papa Johns Cardinal Stadium
Learn more or make a donation to
Team Josh, visit www.climb.cff.org
or call Blakey, (502) 551-3882.
Thank you for your support!



15 Saturday

BodyShape Workshop, 10–11 am
Holiday Fat Loss
See side one.



17 Monday

HMR Orientation, Noon–1 pm
See Nov. 3.

21 Friday

Family Swim Night, 6–8 pm
\$5 non-members and children.
See Nov. 7

24 Monday

HMR Orientation, 5:15–6:15 pm
See Nov. 3.

27 Thursday

Happy Thanksgiving
8 am – 3 pm
Special holiday
schedules will be
available at the
Information Center
in Lobby or
baptistmilestone.com.



28 Friday

Self Defense Workshop, 1–3 pm
Just for Women
\$20 Donation to The Center for
Women and Families
See side one

Unless otherwise noted in the
newsletter, all sessions are free. Most
meetings are held in the first-floor
Conference Rooms. Everyone's
welcome ~ please bring your friends.

Let's stay connected! Please be sure
to update your email address at the
Service Desk so that we can keep you
informed of the latest events, special
programs and new classes.

