

### The Season for Giving

#### The Pedal Power Project in St. Matthews

Do you have an old bicycle? This bicycle ministry reconditions donated bikes and passes them on to Kentucky Refugee Ministry (KRM) where they can provide needed transportation for refugees who cannot yet afford automobiles. Since the beginning in 2013 the project has distributed almost 500 bicycles to KRM and other groups who serve people in need, but more bicycles are needed. To donate your old bike, please call 896-1161 for details.



#### Salvation Army Angel Tree Program

Help a child celebrate Christmas. See Angel Tree flyer for details.

### Stocking Stuffers Now Available!

5 Guest Visits for only \$20!

Share your Milestone experience with a lucky someone. Stocking Stuffers may be purchased from any staff member.



See flyer for details. Hurry! Quantities are limited!

## Holiday Hours



Wednesday  
Dec. 24  
5:30 am – 2 pm  
Child Care hours:  
8 am – 1 pm

Thursday  
Dec. 25  
Closed

Wednesday  
Dec. 31  
5:30 am – 6 pm  
Child Care hours:  
8 am – 1 pm

Thursday  
Jan. 1  
8 am – 3 pm  
Child Care hours:  
9 am – Noon

### New Year, New You!

#### 6-Week Fitness Challenge

Sign ups begin Friday, Dec. 12  
Program begins Monday, Jan 12  
\$20 members/\$129 non-members

Get a jump start on your new year with our motivational challenge! See flyer in lobby for details or call Melanie, x142.

### Social Dance Party

Sunday, Dec. 7, 4 – 6 pm  
Free / Class Room A

Join us for a special celebration and enjoy the rhythms of Cha Cha, Salsa, Swing, Walz and much more! Everyone welcome! RSVP at the Service Desk. To learn more, call Sue, 753-7553.



### Home for the Holidays

#### Short-term memberships

Students coming home for the holidays? Consider a 4 or 6-week holiday pass; minimum 17 years of age. Student ID required. See flyer for details or call Membership Services, 753-7554.

### Self Defense Workshop Just for Women

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 for any unexpected situations. Sign up today at our Service Desk. Hurry! Enrollment is limited. See flyer for details or call Sue, x114.

### Give the Gift of Health

Keep your loved ones healthy with a gift card to Milestone for membership, Oasis Spa services, personal training and much more!



Elegantly wrapped gift cards are available at our Service Desk or Oasis Spa, 121.

### Foam Roller Workshop

Thursday, Dec. 18, 11:30 am  
Free / Class Room A

Join Personal Trainer Molly Ernst for exercise tips using a foam roller. Sign up today at the Service Desk.

### One Stop Shopping

Monday, Dec. 8  
Lobby

#### Glass Beads by Fran Ferrell

8 am – 7 pm  
A colorful array of hand-fired glass jewelry.

#### Summer Eliason Jewelry

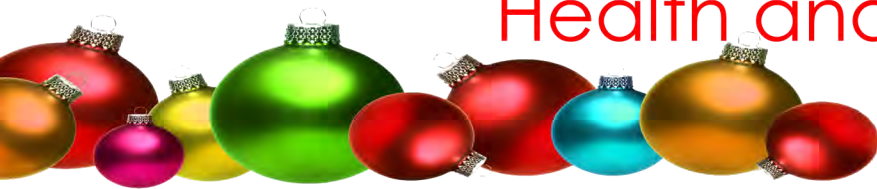
Necklaces, earrings and bracelets.





# Health and Wellness Calendar

December 2014



## 1 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.



## 5 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.

## 7 Sunday

**Social Dance Party**, 4– 6 pm  
Sunday, Class Room A  
Free. Everyone welcome.  
See side one.



## 8 Monday

**Jewelry Sales**, 8 am – 7 pm  
Lobby. See side one

**HMR Orientation**, 5:15–6:15 pm  
See Dec. 1.

## 10 Wednesday

**Better Breathers Meeting**, 2 pm

Holiday Party. Please bring a \$5 gift to exchange. More info: call 897-8131.

## 12 Friday

**Lunch Group**, 11 am– Noon

Relax and enjoy the Cafe' soup and sandwich menu. More info: call x117.

## 13 Saturday

**BodyShape Workshop**, 10-11am  
*Relapse Prevention and Motivation*  
\$30 members/\$35 non-members

Learn methods on how to prevent relapses and increase falling motivation with Jamal Thruston, Weight Management Specialist. Hurry! Sign up today at the Service Desk. See flyer or call Jamal, (270) 315-6929.



## 15 Monday

**HMR Orientation**, Noon–1 pm  
See Dec. 1.

## 18 Thursday

**Foam Roller Workshop**, 11:30 am  
Free. Class Room A.  
See side one.

## 19 Friday

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



## 22 Monday

**Child Care PJ Day**, 8 am– 1 pm  
and 4– 8 pm

Wear your favorite PJ's!



## 24 Wednesday

**Christmas Eve**, 5:30 am –2 pm

Special holiday class schedule.



## 25 Thursday

**Christmas Day**, Closed  
Merry Christmas!



## 29 Monday

**HMR Orientation**, Noon–1 pm  
See Dec. 1.

## 29 Monday

**Self Defense**, 6:30– 8:30 pm  
Workshop Just for Women  
\$20 Donation to The Center for Women and Families  
See side one.



## 31 Wednesday

**New Years Eve**, 5:30 am–6 pm  
Special holiday class schedule.

## 1 Thursday

**New Years Day**, 8 am–3:00 pm

Special holiday class schedule.



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.

