

# Health & Wellness Newsletter

December 2016



*Take time to relax and enjoy family and friends over the holidays. Milestone would like to help by offering you plentiful gift ideas, student holiday passes, Stocking Stuffers and much more!*

*Happy Holidays from our Milestone family to yours!*

**Happy Holidays!**

**SATURDAY, DEC. 24**

Club: 7 AM – 2 PM

Child Care: 8:15 AM – 1 PM

Café: 8 AM – 1 PM

**SUNDAY, DEC. 25**

CLOSED

**SATURDAY, DEC. 31**

Club: 7 AM – 5 PM

Child Care: 8:15 AM – 1 PM

Café: 8 AM – 4 PM

**SUNDAY, JAN. 1**

Club: 8 AM – 3 PM

Child Care: 9 AM – 1 PM

Café: 11 AM – 3 PM

## Stocking Stuffers

Available now!

5 Guest Visits for only \$25 (Value \$100)

Share your Milestone experience with a friend or family member. Stocking Stuffers may be purchased from any employee and may be redeemed Dec. 26 through Jan. 31. Hurry! Limited quantities are available. See flyer for details.



## Social Dance Party

Sunday, Dec. 11, 4 – 6 PM

Free! Everyone welcome!

Class Room A

Enjoy the rhythms of Cha Cha, Salsa, Rumba, Waltz, Foxtrot and Slow Dance. Refreshments will be served. Dress attire is dressy casual. Hosted by Sue Schonberger, Group Exercise Director and Jane Blum, Professional Dancer and Teacher. Sign-up today at the Service Desk! Hurry! Deadline is Dec. 9th. More info: Sue, x114.

## Seasons Treatings

Give the Gift of Health

Keep your loved ones healthy and relaxed with a gift card to Milestone for Oasis Spa services, membership, personal training, child care, café and much more! Elegantly wrapped gift cards are available at our Service Desk or Oasis Spa, x121.

## PJ Day in Child Care

Friday, Dec. 23, 8 AM – 1 PM & 4 – 7 PM

Everyone is invited to wear your favorite pajamas! Free donuts on us!

## Home for the Holidays

Short-term Memberships

Students home for the holidays? Consider a 4 or 6-week holiday pass. Minimum 17 years of age. Valid student ID required. All Home for the Holiday memberships purchased after Dec. 15th will end Jan. 15th. Call today! 753-7554.

**WaterStep**

Collection Drop Box

Dec. 1 – 31

Lobby

Join Milestone in helping over 663 million people worldwide in desperate need of safe water. STEP IT FORWARD! Please place your new or gently used athletic shoes in the drop box collection today. To learn more, visit [www.waterstep.org](http://www.waterstep.org).



## Holiday Bazaar

Monday, Dec. 5

7 AM – 7 PM

Lobby

Stop by today enjoy one stop shopping! Choose from beautiful jewelry, holiday wreaths, decorations and much more!



## **2 Friday**

### **Family Swim Night**

Enjoy our indoor pools, 6 – 8 PM  
Free for members  
Non-members: \$5 children/\$10 adults  
Bring kids, family and friends (parents stay in the pool area with children under 15 years). More info: x110.

## **3 Saturday**

### **NAMI Family Support Group**

Meeting, 11 AM – 12:30 PM  
Conference Room  
For friends and family affected by someone's mental illness. Everyone welcome. More info: 588.2008.

## **5 Monday**

### **Holiday Bazaar**

Shop for Elegant Gifts, 7 AM – 7 PM  
Lobby  
See side one.

### **HMR® Orientation**

Weight Loss Program, Noon – 1:00 PM  
Learn more about our award-winning weight-loss program that's trusted by physicians across the country. More info: x124.

## **7 Wednesday**

### **Ask the Trainer & Body Comp.**

8 – 11 AM & 3 – 5 PM / Lobby  
Get a jump start on your New Year's Resolution! Let our expert trainers help!

## **8 Thursday**

### **HMR® Orientation**

Weight Loss Program, 5:15 – 6:15 PM  
See Dec. 5

## **9 Friday**

### **The Lunch Group**

Conference Room, 11 AM – Noon  
Enjoy our delicious soup and sandwich menu with friends. More info: Café x117.

## **11 Sunday**

### **Social Dance Class**

Holiday Party, 4 – 6 PM  
Class Room A  
Free! Everyone welcome  
See side one.

## **12 Monday**

### **Ask the Health Educator**

HMR Program Information, 9 AM – 12 PM  
Lobby  
Learn about our award-winning weight loss Program.

## **15 Thursday**

### **HMR® Orientation**

Weight Loss Program, 5:15 – 6:15 PM  
See Dec. 5.

## **16 Friday**

### **Family Swim Night**

Enjoy our indoor pools, 6 – 8 PM  
Free for members  
Non-members: \$5 children/\$10 adults  
See Dec. 2.

## **22 Thursday**

### **HMR® Orientation**

Weight Loss Program, 5:15 – 6:15 PM  
See Dec. 5.

## **23 Friday**

### **Child Care PJ Day**

Wear your comfy PJ's, 8 AM – 1 PM & 4 – 7 PM  
See side one.

## **24 Saturday**

### **Christmas Eve**

Holiday Hours, 7 AM – 2 PM  
Special class schedule.

## **25 Sunday**

### **Christmas Day**

CLOSED  
We wish you and your family a wonderful holiday.

## **26 Monday**

### **HMR® Orientation**

Weight Loss Program, Noon – 1 PM  
See Dec. 5.

## **31 Saturday**

### **New Year's Eve**

Holiday Hours, 7 AM – 5 PM  
Special class schedule.

## **1 Sunday**

### **Happy New Year!**

Holiday Hours, 8 AM – 3 PM  
Special class schedule

