



What's Happening in November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOVEMBER 1-30 ACCEPTING WINTER COATS & CANNED FOOD DONATIONS AT THE DAVIS FAMILY YMCA		SESSION DATES FALL 2: OCT 20-NOV 30 HOLIDAY: DEC 1- JAN 4 WINTER: JAN 5-FEB 15		REGISTRATION DATES MEMBERS: OCT 6 NON MEMBERS: OCT 13 MEMBERS: OCT 6 NON MEMBERS: OCT 13 MEMBERS: NOV 24 NON MEMBERS: DEC 1		1
2	3	4 *KITCHEN CHAT (D) MEDICARE INFO (D)	5 MEDICARE: BE IN THE KNOW (D) KIDS ID KITS (D)	6 *POTTERY WORKSHOP PART 1 (D)	7 *LIFEGUARD CLASS BEGINS (D) *YOUTH NIGHT (C)	8 *HIP HOP DANCE WORKSHOP (C)
9	10	11 	12 MEDICARE: BE IN THE KNOW (D) KIDS ID KITS (D)	13 *POTTERY WORKSHOP PART 2 (D)	14	15
16	17 HOLIDAY CHALLENGE WEIGH-INS BEGIN (C&D)	18 FRIENDS WITH BOOKS (D) MEDICARE INFO (D)	19	20 MEDICARE: BE IN THE KNOW (D)	21 MEDICARE: BE IN THE KNOW (D) *MUNCH & LEARN (D) *PARENTS NIGHT OUT (D)	22 *HIP HOP DANCE WORKSHOP (C)
23	24 PIE DRIVE (D) KIDS ID KITS (D) *WINTER 1 REGISTRATION BEGINS (C & D) STEPPING OUT & WALK WITH A DOC (D) THANKSGIVING SERVICE (D)	25 PIE DRIVE (D)	26 *OFF SCHOOL (C&D) FINAL HOLIDAY CHALLENGE WEIGH-IN DAY (C&D)	27  CLOSED FOR THANKSGIVING (C&D) *WHAT WE'RE THANKFUL 4 MILER & 3K WALK (D)	28 *OFF SCHOOL FIELD TRIP (C&D) BLACK FRIDAY BLACKOUT POOL PARTY (D)	29 *HIP HOP DANCE WORKSHOP (C)
30	HOLIDAY WEIGH-INS 11/17-11/26 (C&D)					

*Registration Required. C= Central Y D= Davis Y

WALK AND TALK YOUR WAY TO BETTER HEALTH!



SCREENINGS FOR
Blood Pressure • Blood Glucose • Balance
BMI • Body Fat • Pulse • Oxygen
Carbon Dioxide
10 AM-12 PM



Community and YMCA members meet
Dr. Lisa Weiss in the Davis Family YMCA
Lobby for a 30-minute
walking and talking session.
12-1 PM

BOTH EVENTS ARE FREE AND ALL ARE WELCOME!

MONDAY NOVEMBER 24, 2025




DAVIS FAMILY Y LEADERS CLUB Food Drive



TOGETHER AGAINST HUNGER

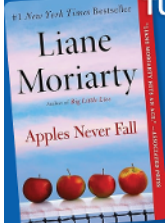


FOR YOUTH DEVELOPMENT • FOR HEALTHY LIVES • FOR SOCIAL RESPONSIBILITY

WHAT: Non-perishable food items
WHERE: Donation Bins in Lobby
WHEN: November 1-30, 2025

FRIENDS with BOOKS

DAVIS FAMILY YMCA BOOK CLUB



TUESDAY NOVEMBER 18
5:30-6:30 PM
DAVIS FAMILY Y CONFERENCE ROOM

FRIENDS WITH BOOKS meets the third Tuesday of every month, FREE to members AND non-members who love reading!



DATE	DAY	TIME	EVENT	RR	LOCATION
4	Tue	8:00 AM-2:00 PM	Medicare Information with Nick Walters		Davis-L
4	Tue	10:00 AM-12:00 PM	Kitchen Chat: Modern Hearing Solutions with Ross Milicia	RR	Davis
5	Wed	9:30 AM-12:30 PM	Medicare: Be In The Know with Sheila Trumble		Davis-L
5	Wed	1:30-2:30 PM	Western Southern Kids ID Kits		Davis-L
6	Thur	5:00-7:00 PM	Pottery Workshop (Part 1): Thanksgiving Candle Holders	RR	Davis-AS
7	Fri	Time Varies	Lifeguard Class Begins	RR	Davis
7	Fri	5:00-8:00 PM	Youth Night: Providing Youth with Safe & Fun Friday Nights	RR	Central
8	Sat	12:00-2:00 PM	Hip Hop Dance Workshop: Teen Master Session	RR	Central
11	Tue	All Day	Veteran's Day Promo: Visit the Y with with your Veteran ID		Both
12	Wed	9:30 AM-12:30 PM	Medicare: Be In The Know with Sheila Trumble		Davis-L
12	Wed	1:30-2:30 PM	Western Southern Kids ID Kits		Davis-L
13	Thur	5:00-7:00 PM	Pottery Workshop (Part 2): Thanksgiving Candle Holders	RR	Davis-AS
18	Tue	8:00 AM-2:00 PM	Medicare Information with Nick Walters		Davis-L
18	Tue	5:30-6:30 PM	Book Club Discussion "Apples Never Fall" By Laine Moriarty		Davis-CR
20	Thur	9:30 AM-12:30 PM	Medicare: Be In The Know with Sheila Trumble		Davis-L
21	Fri	9:30 AM-12:30 PM	Medicare: Be In The Know with Sheila Trumble		Davis-L
21	Fri	5:00-8:00 PM	Enjoy a Night Out while Kids play and have fun at the Y!	RR	Davis-PR
21	Fri	9:00 AM	Munch & Learn: Stay Steady, Stay Safe with Balance Smart (Course by Canfield's Cleveland Clinic Rehab & Sports Therapy Professionals)	RR	Davis-TR
22	Sat	12:00-2:00 PM	Hip Hop Dance Workshop: Adult Master Session	RR	Central
24	Mon	10:00 AM-12:00 PM	(10:00-12:00 PM Stepping Out) (12:00-1:00 PM Walk With A Doc)		Davis
24	Mon	12:00-1:00 PM	Western Southern Kids ID Kits		Davis-L
24	Mon	5:00-6:00 PM	Thanksgiving Service: Join us for worship and a heartfelt celebration of gratitude		Davis-L
24/25	M/T	Time Varies	Thanksgiving Pie Drive: Mon: 9 AM-7 PM / Tue: 9 AM-4 PM Your generosity allows those in need to enjoy a special treat this Holiday Season		Davis
26	Wed	9:00 AM-4:00 PM	Off School: Extended Hours Available (7-9 AM or 4-6 PM)	RR	Both
27	Thur	8:30 AM	What We're Thankful 4 Miler & 3K Walk	RR	Davis
28	Fri	9:00 AM-4:00 PM	Davis Y Off School: Field Trip: Extreme Air Central Y Off School: Field Trip: Camp Fitch	RR	Both
28	Fri	6:00-8:00 PM	Blackout Pool Party, Join us for some family fun!		Davis
29	Sat	12:00-2:00 PM	Hip Hop Dance Workshop: Teen Master Session	RR	Central

RR=Registration Required • AS=Art Studio • MPR=Multipurpose Room • PR=Preschool Room • TR=Training Room
• L=Lobby • CR=Community Room • GE=Group Exercise Studio • G=Gym • P=Pool • CR2=Community Room 2

CREATE, GLAZE, & CELEBRATE!
HOLIDAY POTTERY WORKSHOP
THURSDAY NOVEMBER 6 & 13 • 5-7 PM • DAVIS FAMILY Y ART STUDIO



NOVEMBER 6:
SHAPE PIECE
NOVEMBER 13:
PAINT & GLAZE

AGE 16+ & ADULT/CHILD PAIRS
REGISTER TODAY!

COST: MEMBERS \$50/\$75
NON-MEMBERS \$60/\$90

DAVIS FAMILY YMCA

KITCHEN CHAT



TUES NOVEMBER 4 • 10 AM-12 PM
MODERN HEARING SOLUTIONS

ROSS MILICIA, Community Educator, will provide information on hearing loss and tinnitus and how they are related to auditory neuropathy.

REGISTRATION REQUIRED AT SERVICE DESK OR ONLINE

IN THE BEAT • MOVE YOUR FEET • JOIN T

hip hop
DANCE WORKSHOPS

Get ready to MOVE, GROOVE, & SHINE
in our dynamic HIP HOP
MASTER Workshops with MICHAEL COTTON
at the Central Y!

DAVIS FAMILY Y LEADERS CLUB
Winter Coat Drive



WARM HEARTS, WARM HANDS

WHAT: New or gently used coats, hats, and mittens for children and adults
WHERE: Donation Box in Lobby
WHEN: November 1-30, 2023