



November 2017

YMCA Bethesda Chevy Chase Branch Activity Calendar

November is National Diabetes Awareness Month!

Make this a November to remember!
— Join us for the biggest event of the year, our 35th Annual Turkey Chase. As well as our Open House, November 15th from 5pm-8pm in the main lobby. **Come out & see the YMCA Turkey at Wholefoods** - This will be held at 5 different locations; Dates and times are located on the calendar.

Turkey Chase - Every year thousands of runners gather in Bethesda to run the Turkey Chase. All proceeds support the YMCA's Youth and Family Services and give financial aid to children and families below the poverty line. Join us! **Free BP Checks** - Stop by the wellness center every Wednesday and staff will take your Blood Pressure for free.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Sandwich Day 	4 Wholefoods YMCA Turkey Bethesda 12-2pm
5 Wholefoods YMCA Turkey Silver Spring 12-2pm	6	7	8	9	10	11 Veteran's Day Wholefoods YMCA Turkey Kentlands 12-2pm
12 Wholefoods Chevy Chase 12-2pm	13 World Kindness Day 	14 World Diabetes Day 	15 Community Health Workshop: Osteoporosis 11:30-12:30 Open House 5pm-8pm	16 TC 35 Packet Pickup Wholefoods Rockville 10a-8p	17 TC 35 Packet Pickup Wholefoods Rockville 10a-8p	18 TC 35 Packet Pickup Wholefoods Rockville 10a-5p
19	20 Universal Children's Day 	21	22	23 Thanksgiving & Turkey Chase 35!	24 Black Friday 	25 National Parfait Day
26	27	28 Giving Tuesday	29	30		

YMCA OF METROPOLITAN WASHINGTON

For more information, visit us on the web!

Website: <https://www.ymcdc.org/>

Facebook: <https://www.facebook.com/YBCC1/>