

November 2019

EDGE LIFE CALENDAR
LEARN IMPROVE FUN EXPERIENCE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 Flu Shot Clinic	7 Flu Shot Clinic	8	9
10	11 Senior Walking Club	12 Mindful Eating for the Holidays Presentation	13	14 Open Interview Day	15 Open Interview Day	16 Open Interview Day
17	18	19	20	21	22 Senior Thanksgiving Luncheon	23 Family Zumba
24	25 Kids Club Thanksgiving Craft Day	26 Kids Club Thanksgiving Craft Day	27 Pre-Thanksgiving Dodgeball Fun	28 Happy Thanksgiving Williston Open 7-11am	29 Free Guest Day	30

See page 2 for details and descriptions

LIFE Calendar

Family Dodgeball: Kids ages 7-18 (parents too if you dare) join us in the PARISI SPEED SCHOOL located in The Edge in Williston for a game of dodgeball at 11:00am. A great outing right before the holidays. No sign-up required. FREE event for EDGE members!

Family Zumba: Parents and kids event! Come and dance with Zumba instructor Robyn. This event is 4pm at our West Twin Oaks location. Sign-up is required and limited to the first 20 families. Call 658-0001 for registration. This is a FREE event for EDGE members!

Flu Shot Clinics: Costco Pharmacists will be on site the following days to provide flu shots to employees and members.

Wednesday, November 6th 9-11 Eastwood Drive

Thursday, November 7th 9-11 Essex Gauthier Drive

Cost is: \$19.99 they can also bill insurance – please bring your card if you wish to use this option.

Mindful Eating for the Holidays: Learn how to manage or maintain your wellness goals at work and home this holiday season. Discover tips to cope with holiday treats, parties, buffets and more. Presented by Nicole Williams, The Edge Preventative Care at the EDGE in Essex (Gauthier Drive) 12-1pm.

This is a FREE event for EDGE members – please RSVP to nicolew@edgevt.com to reserve your spot.

Senior Walking Club: Come for a walk at our indoor track in Essex (Gauthier Dr.) 10:00-11:00am. This is FREE COMMUNITY EVENT for seniors 60 years+

Free Guest Day: Members may bring a guest for free! Please arrive early to complete necessary forms. Any guest under the age of 18 must have one of our waivers signed by their parents.

Senior Thanksgiving Luncheon: Join us for our annual luncheon at The EDGE in Williston at 12:00pm. Sign-up is required and limited to the first 100. Please call 864-8044 to save your spot. This is a FREE event.

Thanksgiving Day: The EDGE in Williston is open 7am-11am

Open Interview Day: The Edge is hiring! Stop in during these dates and times for a brief interview.

11/14 4-6pm W Twin Oaks Terrace, South Burlington or 11/14 4-6 Gauthier Drive, Essex

11/15 11-1pm Wellness Drive, Williston or 11/16 9-11 W Twin Oaks Terrace S Burlington