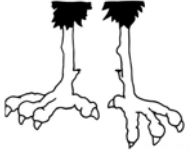


Turkey Trot

Riverfront
Swim Club

5K Run & Walk



6th Annual Turkey Trot

Saturday, November 14th at 9am
Proceeds to Benefit Suffolk Humane Society

Registration Fees:

Adult	\$12 prior to race day, \$14 on race day
Child, 12 and under	\$10 prior to race day, \$12 on race day

Schedule of Events:

9:00 Pre-race warm-up
9:15 5K Race, non-sanctioned
9:20 5K Walk
9:30 Gobbler Run for children 12 & under

The more people we get to participant the greater impact we can have helping the Suffolk Humane Society. We have room for all levels of athleticism, all ages, all sizes and shapes. What really matters is that you make it to the starting line. You can run or walk, push a stroller or walk your pet. Come out and have some fun!

Each participant will receive a Turkey Trot long sleeve T-shirt compliments of East West Communities: The Riverfront, Founders Pointe, Eagle Harbor, Liberty Ridge and Gatling Pointe.

Post Race Celebration with Food, Fun and Awards.

Registration forms available at the club or on our website.

Holiday Marketplace

November 21st from 10-4pm &

November 22nd from 1-5pm

It's Time To Get Your Holiday Shopping Wrapped Up!

We'll have a fantastic selection of gifts and vendors to choose from: Mary Kay Cosmetics, Southern Living at HOME, Cookie Lee Jewelry, Beijo Handbags, Tastefully Simple, Stella Dot Jewelry, Thirty One Purses & Totes, Just For Fun Greeting Cards and Stationery, and Shelly's Painted Flowerpots!

Everyone is invited to attend!

Bring your friends, family & neighbors!

Purchase raffle tickets for \$1 and be entered to win fabulous prizes donated by our vendors.

Proceeds to benefit the ForKids Suffolk House.



November
2009

Chik Flik

Friday, November 20th
at 7pm

"Revolutionary Road"

Ladies, treat yourself to a night out! You deserve it! Join us for pizza, popcorn & sweet treats.

Our feature presentation "Revolutionary Road" stars Leonardo DiCaprio and Kate Winslet. A young couple living in a Connecticut suburb during the mid-1950's struggle to come to terms with their personal problems while trying to raise their two children.

Cost: \$5 per person, BYOB. Please RSVP.



Upcoming Events

Holiday Wine Tasting
Saturday, December 5th

Holiday Open House
Sunday, December 13th

Mad Dash KiDZ Zone
Saturday, December 19th

Dance Lessons
If we have enough interest we'll start dance lessons at the club. Please let us know.

Bizzare Bazaar

Thursday, December 3rd

Bus departs at 8:30am

Bus returns around 3:30pm

Seats are filling up fast!

We're renting a bus and heading up to Richmond on Thursday, December 3rd for the 34th Annual Christmas Collection.

Invite your friends & neighbors, too.

This unique holiday market place features 475 exclusive exhibitors selected from the best craft and gift shows in America.

We'll provide munchies & beverages to and from the show.

Cost: \$30 includes ticket.

Please sign up in advance and prepay as we need to know what size bus to reserve.

It's Family Bingo &

Pasta Dinner Time

Sunday, November 8th from 4-6pm

Bring the entire family out for a pasta dinner, BINGO fun, and prizes! And there's no need to worry about being out late on a school night. We'll finish up early so the kids can get home to finish up their homework. Each player will receive one Bingo card. Prizes will be awarded to the winner of each game. We will have both adult and kids prizes. Cost: \$7 per person (or \$25 per family of four), includes dinner & 4 games of Bingo. Play as many cards as you like. Additional cards can be purchased for \$1.50 a card per game. Please RSVP by Friday, Nov 6th so we can prepare accordingly.



Member Social Clubs & Fitness

There's definitely a club for you!

New participants are always welcome!

Have an idea for a new club, just let us know!

All Riverfront Swim Club members are invited to take part in the social clubs listed. Our members mentioned here volunteer their time & energy to head up these clubs. If you would like to help out, please either contact the club representative or the Swim Club.

Mommy & Me

November 4th at 10am

We'll meet the first Wednesday of each month during the winter months. Bring your little ones up to the club for some play time while you socialize with the other mommies.

R.E.A.D.

November 11th at 7pm Georgia 483-0511

We're reading "The Color Of Water" by James McBride. Our town, Suffolk, is one of this biography's settings.

Bunco

November 17th at 7pm Shelley 638-4864

Come try your luck for many, many ducks!

Prime Timers

November 21st at 7pm Mary 288-8822

Join us for a Pot Luck Dinner, location to be determined.

Book Exchange

We're swapping out books at the club. Bring one, take one.

RSVP is requested. Unless otherwise noted, all events are for members and their guests. Children attending an event without an adult must be potty trained. All events will be held indoors in case of inclement weather. For more information, or to register for an event, call the Swim Club at 483-3906.

After School KiDZ KLuB

Monday - Friday

3:30-6PM

Need a place for your child to go after school? Just let us know. Come for a day or the entire week. Buses stop at the club or you can drop your child off. Please let us know if you are interested as we need a minimum of 5 children daily to run this program. Cost: \$54 per week or \$12 daily drop in fee. Second child from the same family receives a 10% discount. Register Today!

YOGA WITH SUZANNE

Classes meet Monday evenings from 6:30 - 7:45 p.m.

All level of experience welcome.

Six Class Pass: \$72, Drop-In Class \$15

Contact Suzanne at 638-3000 or gillespiethompson@yahoo.com

Always consult your physician prior to starting any exercise program.

Planning A
Holiday Party?

The club is
available for all
your holiday parties!
Weekdays & Weekends
Daytime & Nighttime!
Reserve your date today!

