

Everyone is Invited... to our exciting fundraiser to honor and support our Military Veterans!

November 7-12, 2016

Century Fitness

491 N. Main St, E. Long 413-525-8800

<u>OUR MISSION</u>: Assist Sherrie King, Service Dog Trainer for non-profit TADSAW[™] (Train a Dog Save a Warrior), provide more trained rescue dogs to serve the needs of Warriors who suffered disabilities from combat.

SCHEDULE OF EVENTS

Mon 11/7 Tue 11/8	 Easy Ways to Help Fill the Hill: sponsor a Flag Purchase a "Paw Print" for posting Buy the really cool official logo T-Shirt **MOBILE VET CENTER: Dept Of 		Bootcamp Class 10 - 10:45 AM Functional Room \$ Bootcamp Class	FLAG PAW PRINTS T-SHIRT Bundle all (while supplie	^{\$} 16 ea	Meet & Greet Sherrie King's Service Dogs! 5 - 7 PM ProEX Posture Check & Massage 5 - 8 PM \$	Get your Raffle Tickets! Put more tickets toward
Wed 11/9	Veterans Affairs- <u>Wed 10AM - 1PM</u>		11 - 11:45 AM Functional Room \$	(Visit the MOBILE VET - Wed!)			your favorites
Thu 11/10	Veterans Awareness Day Free HydroMassage for those who have served in the Military						prizes!
Fri 11/11 Veterans Day	Kids ClubAqua AerobicsDog Coloring10 - 10:45 AM9 - 11:30 AM& 11 - 11:45 AM				Veterans Awareness Information	Kids Club Dog Coloring 5:30 - 7:30 PM	Veterans Day We Thank You for Your Service!
Sat 11/12 Member,	Obstacle Course Challenge 8 - 10 AM <mark>\$</mark>	SHAKE-A-THON \$\$ to TADSAW! -ALL DAY -	Meet & Greet Sherrie King's Service Dogs! 10 AM - 1PM	Pilates 10:15-11 AM <mark>\$</mark>	Obstacle Course Challenge 12 - 2 PM <mark>\$</mark>	"Who Let The Dogs Out Zumba" 2:30 - 3 PM <mark>\$</mark>	Extended Hours until 8 PM
Guest & Community Day	Bootcamp Class 7:15-7:45 AM <mark>\$</mark>	Kettlebell & Ropes 8 - 9 AM <mark>\$</mark>	Step Challenge 9 - 9:45 AM <mark>\$</mark>	Zumba 12-12:45 PM <mark>\$</mark>	Kickboxing 1:30 - 2 PM <mark>\$</mark>		rizes drawn Id of day

100% of all money raised from activities, donations and goods sold goes directly to TADSAW[™] ^{\$} = Please make a small donation