

**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<sup>™</sup> (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	<ul> <li>Easy Ways to Help</li> <li>Fill the Hill: sponsor a Flag</li> <li>Purchase a "Paw Print" for posting</li> <li>Buy the really cool official logo T-Shirt</li> <li>**MOBILE VET CENTER: Dept Of</li> </ul>		Bootcamp Class 10 - 10:45 AM Functional Room \$ Bootcamp Class	FLAG PAW PRINTS T-SHIRT Bundle all (while supplie	<sup>\$</sup> 16 ea	Meet & Greet Sherrie King's Service Dogs! 5 - 7 PM ProEX Posture Check & Massage 5 - 8 PM <b>\$</b>	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<sup>™</sup> <sup>\$</sup> = Please make a small donation