

In The Center

CWR @ The Fontana Center
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Cafayette, CA 70508

November / December 2010
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Now Hear This!_

Fitness Holiday Hours

Thanksgiving:

Thursday, Nov 25th - CLOSED

Friday, Nov 26th - 5am - Noon



Christmas:

Friday, Dec 24th - 5am - Noon

Saturday, Dec 25th - CLOSED

MERRY CHRISTMAS

New Year:

Friday, Dec 31st - 5am - Noon

Saturday, Jan 1st - CLOSED



Gumbo and Good Times

Yes, it is time again for us to show our appreciation to all of you for your patronage and support over the last year. It is with gratitude that we invite you and your friend, date or mate to join us for our annual Member Appreciation Gumbo.

The gumbo will be served on Friday, December 10th from Noon - 2:00pm in the upstairs Conference Room. Bring a hearty appetite as you join us for food and fellowship!



Calling All Artists

Due to popular demand and high praise, we are going to continue our "Hallway of Highlights" art walk. We are looking for any artist who is interested in displaying work at our facility.

If not you, then maybe your children and grandchildren or even friends and neighbors. We would like to be able to keep the pieces up on the art walk for a four week period. We would like art with a Holiday theme, but we are willing to accept any pieces you might want to share with us. Our plan is to have the new art up by mid November, so please bring your work in as soon as possible. And remember, limit pieces to two per artist. All forms of artwork are acceptable!

If you have any questions, please contact Monica at 234-7018 or by email at fitness@fontanacenter.com

Cool Weather Reminders

With cooler temperatures upon us, we would like to remind you to bring a towel and cover up to the pool area. Although the water temperature will remain a constant 86-88°, you may feel cooler when entering and exiting the pool. Having a dry towel and cover up is key to staying warm.

If you just cannot bear the water in the winter time, we have many other exercise options available. If you have questions or if interested in the other options, please speak to Monica or Christina.

Temporary Memberships

We are now offering Temporary Memberships. The new memberships are designed for short-term facility usage. We will be offering a three & six month short-term membership. Both will be offered on a contract basis only and fees will have to be paid in advance. If you know of someone in need of a temporary exercise facility, please have them call us for more information. These memberships may be great for winter exercise!

Holiday Stress Busters

The Holiday season is meant to be fun and enjoyable, but hectic schedules often result in stress and anxiety. Here are a few tips to help keep the festive Holiday spirit alive:

- ▶ Get Ready - create a "To Do" list and delegate tasks
- ▶ Shop Smart - make a budget and stick to it, shop early to avoid lines and traffic, consider on-line or mail order shopping
- ▶ Happy Hosting - try not to over plan an event and only invite a number of people you can realistically accommodate
- ▶ Creative Cooking - find recipes that allow you to cook ahead of time to freeze and reheat



- ▶ Timely Travel - plan to return one full day before you resume your normal routine to help avoid stress and fatigue
- ▶ Maintain You - get enough sleep and exercise and go easy on caffeine, alcohol and high fat foods
- ▶ Look Back - once the Holidays have passed, assess the good and the bad to help plan for next year

Baby Brennan Update

You may recall that last year around this time we were busy raising money and anxiously awaiting the arrival of Baby Brennan Mills. Brennan is the son of our friend and past co-worker Christina and her husband Brady. Brennan was diagnosed with congenital heart problems in utero. Christina delivered Brennan in Boston in December 2009. Since then he has been through a battery of tests and procedures, lastly an operation to help his heart pump blood more efficiently. Since the operation, he has been recovering nicely and improving in all aspects of life. His parents and family are so proud and thankful to have a thriving baby at home with them. His future is bright and Christina and Brady look forward to many happy, healthy years. The Mills family extends a "Thank You" to all of you who continue to keep Brennan in your prayers.

Gift Certificates

With Holiday shopping time upon us, remember that we offer gift certificates for a number of services. If you have questions or would like to purchase a gift certificate, please stop by the front desk.