



NOVEMBER 2023

SAVE THE DATES!

07

TUESDAY

KARAOKE NIGHT

YOU WON'T WANT TO MISS THIS KARAOKE NIGHT. BRING YOUR FRIENDS AND/OR NEIGHBORS, GRAB THE MIC, AND LET'S SING THE NIGHT AWAY. COCKTAILS WILL BE PROVIDED.

(NO RSVP REQUIRED - WHILE SUPPLIES LAST)

PH III RESIDENT LOUNGE | 6:30PM-8:00PM

30

THURSDAY

THANKFUL FOR YOU!

THANKSGIVING IS A TIME FOR GRATITUDE, AND WE ARE EXTREMELY GRATEFUL TO HAVE ALL OF YOU AS PART OF OUR CTG FAMILY! DINNER IS ON US!

(NO RSVP REQUIRED - WHILE SUPPLIES LAST)

PH III RESIDENT LOUNGE | 6:30PM-8:00PM

FOR ANY QUESTIONS, PLEASE REACH OUT TO: RESIDENTSERVICESMGR@WILLOWBRIDGEPC.COM

DISCLAIMER: ALL EVENTS ARE PHOTOGRAPHED/VIDEOED FOR SOCIAL MEDIA PURPOSES. BY ATTENDING EVENTS, YOU ARE CONSENTING TO THE USE OF THESE PHOTOS AND VIDEOS.

2023 November



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31 	01 6 PM METCON Cameron 7 PM YOGA Carrie	02 7 PM BURN Melinda	03	04
05	06 6 PM METCON Cameron 7 PM YOGA Carrie	07 7 PM BOOTCAMP Melinda	08 6 PM METCON Cameron 7 PM YOGA Carrie	09 7 PM BURN Melinda	10	11
12	13 6 PM METCON Cameron 7 PM YOGA Carrie	14 7 PM BOOTCAMP Melinda	15 6 PM METCON Cameron 7 PM YOGA Carrie	16 7 PM BURN Melinda	17	18
19	20 <i>Happy</i>	21 <i>Turkey</i>	22 <i>Week!</i>	23 <i>No</i> <i>Classes!</i>	24	25
26	27 6 PM METCON Cameron 7 PM YOGA Carrie	28 7 PM BOOTCAMP Melinda	29 6 PM METCON Cameron 7 PM YOGA Carrie	30 7 PM BURN Melinda	01	02
03 	<p>Classes are held in the gym in phase 2 for residents of Cypress. <i>Bring a friend!</i> Questions? Email Emily at emily@kotawellness.com. In the event of no one in class, the instructor will stay the first 30 minutes of class before it is canceled.</p>					