



October Calendar



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|--|--|
| | 1 9000: Beginner Yoga @ FC 1130: Masters Swimming @ TC 1730: Spin Fitness @ FG Outdoor Activity: What's the Time, Mr. Wolf @ YC Lunch Special: Black Bean Burger & House Salad @ TC | 2 1130: Masters' Tennis Class @ FG 1130: Aqua Stretch-Fit @ TC 1630: Power Hour @ YC 1700: Muay Thai @ FG Sports Activity: Badminton @ YC Lunch Special: Sweet & Sour Pork w/ Steamed Rice @ TC | 3 0900: Beginner Yoga @ FC 1630: Swim Lesson @ TC 1700: Build Your Own Pizza @ TC 1730: Spin Fitness @ FG Crafts: Witches Hat @ YC Lunch Special: Pasta Blackened Chicken Alfredo w/ Garlic Bread @ TC Newcomers Orientation @ 0830 | 4 0730: Power Spin @ FC 1130: Beginners' Tennis Class @ FG 1630: Power Hour @ YC 1700: Aqua Stretch Fit @ TC 1730: Beginner Yoga @ FC Outdoor Activity: Enter @ YC Lunch Special: Mongolian Buffet @ TC | 5 1200: Women's Bible Study 1630: Taekwondo @ YC 1700: Family Fitness Hour @ FC WORLDWIDE DAY OF PLAY @ YC Lunch Special: Thai Green Curry @ TC | 6 0900: Aqua Fun @ TC Outdoor Activity: Freeze @ YC |
| 7 0930: Protestant Worship 1100: Roman Catholic Mass Brunch Special @ Yankee Station Indoor Activity: Bingo @ YC | 8 9000: Beginner Yoga @ FC 1130: Masters Swimming @ TC 1730: Spin Fitness @ FG Sports Activity: Basketball @ YC Lunch Special: Black Bean Burger & House Salad @ TC Columbus Day Holiday Admiral's Cup Golf | 9 1130: Masters' Tennis Class @ FG 1130: Aqua Stretch-Fit @ TC 1130: Masters Swimming @ TC 1630: Power Hour @ YC 1700: Muay Thai @ FG Outdoor Activity: Steal the Bacon @ YC Lunch Special: Sweet & Sour Pork w/ Steamed Rice @ TC | 10 0900: Beginner Yoga @ FC 1630: Swim Lesson @ TC 1700: Build Your Own Pizza @ TC 1730: Spin Fitness @ FG Crafts: Paper Plate Jack-O-Lantern @ YC Lunch Special: Pasta Blackened Chicken Alfredo w/ Garlic Bread @ TC | 11 0730: Power Spin @ FC 1130: Beginners' Tennis Class @ FG 1700: Aqua Stretch Fit @ TC 1730: Beginner Yoga @ FC Outdoor Activity: One Leg Challenge @ YC Lunch Special: Mongolian Buffet @ TC | 12 1200: Women's Bible Study 1630: Taekwondo @ YC 1700: Family Fitness Hour @ FC 1900: Keystone Meeting @ YC Indoor Activity: Twister @ YC Lunch Special: Thai Green Curry @ TC Space A Travel Presentation @ 1100 | 13 0900: Aqua Fun @ TC Outdoor Activity: Crows and Cranes @ YC Happy 237th Birthday Navy! Navy Ball @ 1800 |
| 14 0930: Protestant Worship 1100: Roman Catholic Mass 1300: Torch Club Meeting @ YC Brunch Special @ Yankee Station Outdoor Activity: Dog and Bone @ YC | 15 9000: Beginner Yoga @ FC 1130: Masters Swimming @ TC 1730: Spin Fitness @ FG Crafts: Paper Plate Spider Web @ YC Lunch Special: Black Bean Burger & House Salad @ TC | 16 1130: Masters' Tennis Class @ FG 1130: Aqua Stretch-Fit @ TC 1630: Power Hour @ YC 1700: Muay Thai @ FG Sports Activity: Kickball @ YC Lunch Special: Sweet & Sour Pork w/ Steamed Rice @ TC Admiral's Cup Table Tennis | 17 0900: Beginner Yoga @ FC 1630: Swim Lesson @ TC 1700: Build Your Own Pizza @ TC 1730: Spin Fitness @ FG Indoor Activity: Scavenger Hunt @ YC Lunch Special: Pasta Blackened Chicken Alfredo w/ Garlic Bread @ TC Admiral's Cup Table Tennis Sponsorship Training @ 0830 | 18 0730: Power Spin @ FC 1130: Beginners' Tennis Class @ FG 1630: Power Hour @ YC 1700: Aqua Stretch Fit @ TC 1730: Beginner Yoga @ FC Lunch Special: Mongolian Buffet @ TC Outdoor Activity: The Thief and the Guardian @ YC National Chocolate Cupcake Day | 19 1200: Women's Bible Study 1630: Taekwondo @ YC 1700: Family Fitness Hour @ FC Indoor Activity: Snake and Ladder @ YC Lunch Special: Thai Green Curry @ TC | 20 0900: Aqua Fun @ TC Outdoor Activity: London and Colony @ YC |
| 21 0930: Protestant Worship 1100: Roman Catholic Mass Brunch Special @ Yankee Station Outdoor Activity: Keeper Ball @ YC | 22 9000: Beginner Yoga @ FC 1130: Masters Swimming @ TC 1730: Spin Fitness @ FG Indoor Activity: Undercover Leader @ YC Lunch Special: Black Bean Burger & House Salad @ TC | 23 1130: Masters' Tennis Class @ FG 1130: Aqua Stretch-Fit @ TC 1700: Muay Thai @ FG Crafts: Broom Stick Bookmark @ YC Lunch Special: Sweet & Sour Pork w/ Steamed Rice @ TC 1000-1400: Field Trip: Ice Skating with the Youth Center | 24 0900: Beginner Yoga @ FC 1630: Swim Lesson @ TC 1700: Build Your Own Pizza @ TC 1730: Spin Fitness @ FG Sports Activity: Bossy Balls @ YC Lunch Special: Pasta Blackened Chicken Alfredo w/ Garlic Bread @ TC | 25 0730: Power Spin @ FC 1130: Beginners' Tennis Class @ FG 1700: Aqua Stretch Fit @ TC 1730: Beginner Yoga @ FC Outdoor Activity: Minfield @ YC Lunch Special: Mongolian Buffet @ TC | 26 1200: Women's Bible Study 1630: Taekwondo @ YC 1700: Family Fitness Hour @ FC Indoor Activity: Dominos @ YC Lunch Special: Thai Green Curry @ TC Halloween Haunted House @ 2030 | 27 0900: Aqua Fun @ TC Outdoor Activity: Simple Simon Says @ YC Halloween Fun Run @ 0800 Wine Tasting @ 1800 Halloween Haunted House @ 1850 1900-2030: Halloween Party @ YC |
| 28 0930: Protestant Worship 1100: Roman Catholic Mass Brunch Special @ Yankee Station Indoor Activity: Jeopardy @ YC | 29 9000: Beginner Yoga @ FC 1130: Masters Swimming @ TC Sports Activity: Three Ball Relay @ YC Lunch Special: Black Bean Burger & House Salad @ TC | 30 1130: Masters' Tennis Class @ FG 1130: Aqua Stretch-Fit @ TC 1630: Power Hour @ YC 1700: Muay Thai @ FG Outdoor Activity: Monkey see Monkey do @ YC Lunch Special: Sweet & Sour Pork w/ Steamed Rice @ TC Admiral's Cup 5K Run | 31 0900: Beginner Yoga @ FC 1700: Build Your Own Pizza @ TC 1730: Spin Fitness @ FG Lunch Special: Pasta Blackened Chicken Alfredo w/ Garlic Bread @ TC Halloween Trick or Treat @ YC | | | |

New!
All the activities, 1 calendar!

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 Singapore Area Coordinator

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|-----------------------|---------------------------|
| Fitness Center | Youth Center |
| Fleet Gym | Yankee Station |
| Terror Club | St. Andrews Chapel |