



November is upon us and it is the time for giving and being thankful. Participate in give five at your Anchorage Community YMCA. What is it? You will receive a turkey to hang in the lobby; there will be an opportunity to fill your turkey with 5 feathers by doing the following:

- Exercise 5 times in November
- Donate \$5.00 dollars to the annual campaign
- Donate 5 cans of food to be given to the Armed Services YMCA food pantry
- Give a YMCA staff member high five and say thanks
- Tell a fellow Y member 5 things you are thankful for

As you complete each task have the front desk verify and receive your turkey feather. After you have 5 you will entered in the drawing for a Gift Card and one month courtesy membership. Be the first to complete your turkey. Thank you for being part of the YMCA community. Contest starts November 1<sup>st</sup> and will end November 22<sup>nd</sup>. Drawing will be held on November 28<sup>th</sup>.

