



# Armed Services YMCA AMR

Aliamanu Drive, Honolulu, HI 96818

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## October Calendar 2004

### PLAYMORNING

A free mobile playgroup in community centers and parks for moms, dads, and child care providers and children 0-5 years old. Playmorning encourages learning, sharing, self-help skills and fun! Parent and child participation required. The program is open to all military family members. No registration or fee required. (Donations greatly appreciated.) **Some Playmornings will be held outside for the summer. Check with the playmorning coordinators.**

### CINDERELLA'S CLOSET

The Armed Services YMCA Branch at 1875 Aliamanu Drive currently has a variety of evening attire; prom dresses and formal wear which can be borrowed for military functions, balls and proms. Come by our branch to view the selection of dresses in various sizes. Dresses will be loaned out free of charge; we just require that dresses are dry cleaned after use. We are still seeking donations for our lending locker. If you have any prom dresses, evening gowns, formal wear, suits, accessories, hand-bags, etc. tucked away that you never use, give the ASYMCA a call at 833-1185 donate your items to a good cause (tax deductible).

### CHILDREN'S WAITING ROOM

The Children's Waiting Room is a place where you can drop off your children if you have a doctor's appointment. The Armed Services YMCA is in NEED of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or making an appointment, please call us at 833-1185. The hours of the waiting room are **Monday, Tuesday, and Thursday from 8:00am -12:00 noon.**

### LAMAZE

This class provides great information & instruction on everything you need to know about childbirth. Upcoming classes **October 28-December 2nd**. Class meets every Thursday for 6 weeks from 7-9pm. Fee E1-E5 \$50; E6 & above \$65. Payment due 2 weeks before the class starts. **If interested, please call the ASYMCA AMR at 833-1185.**

### FALL FUN FEST

**Fall Fun Fest!!** Come and join us for fun and games in your spookiest Halloween Costume!!!

**WHAT:** Hot Dog and Soda \$1.00, 25 cent games, 50 cent Cake Walk, and 50 cent Face Painting!!

**WHEN:** **October 22nd from 5:30-7:30pm**

**WHERE:** **ASYMCA AMR BRANCH**



### FOOD FOR FAMILIES

The Armed Service YMCA AMR, in conjunction with the Hawaii Food Bank provides food & classes to families who are in severe need of assistance due to unforeseen circumstances. **For more information please call the ASYMCA AMR at 833-1185.**

### T.O.P.S.

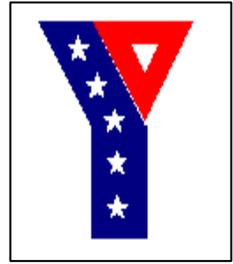
Lose weight, have fun, find friends, join us to Take Pounds Off Sensibly. We meet at the ASYMCA AMR **every Wednesday from 5:30-7:00PM, and Tuesday from 5:00-7:00pm. For more info call Delcie at 623-1403.**

### DONATE YOUR VEHICLE TO THE ASYMCA

It's a win-win situation for everyone! Donors earn a tax deduction based on the fair market value of the car. The Armed Services YMCA, using a reputable auto auction company, receives the profits from the sale of the car. These profits will be used to support Armed Services YMCA programs like Play morning, Welcome Baby, CWR and more. For more information, **Please call Dave Gomez at 473-1427.**

### SUPPORT OUR TROOPS

**ASYMCA** is proudly supporting our Hawaii troops deployed to Afghanistan and Iraq. We are accepting donations to send to our troops. Coffee, wipes, batteries, snacks, and monetary donations for postage are just a few of things that are highly appreciated. Donations may be dropped off at the **ASYMCA AMR Branch**. For more information call **Johanna** at **833-1185. TOGETHER WE CAN MAKE A DIFFERENCE!**



# OCTOBER 2004

## ASYMCA AMR CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PLAYMORNING</b> <b>AMR</b> <b>FORD ISLAND</b> <b>MOANALUA</b> <b>9:30-11:00AM</b>	<b>PLAYMORNING</b>  <b>PEARL CITY</b> <b>FT .SHAFTER</b> <b>9:30-11:00 AM</b>	<b>PLAYMORNING</b>  <b>AMR</b> <b>MC GREW</b> <b>MANANA</b> <b>9:30-11:00AM</b>	<b>PLAYMORNING</b>  <b>PEARL CITY</b> <b>CATLIN</b> <b>9:30-11:00AM</b>	<u>1</u> <b>PLAYMORNING</b> <b>RED HILL</b> <b>10:00-11:30AM</b> <b>AMR</b> <b>HALE MOKU</b> <b>9:30-11:00AM</b>
<u>4</u> <b>PLAYMORNING</b> <b>AMR</b> <b>FORD ISLAND</b> <b>MOANALUA</b> <b>9:30-11:00AM</b>	<u>5</u> <b>PLAYMORNING</b>  <b>PEARL CITY</b> <b>FT .SHAFTER</b> <b>9:30-11:00 AM</b>	<u>6</u> <b>PLAYMORNING</b>  <b>AMR</b> <b>MC GREW</b> <b>MANANA</b> <b>9:30-11:00AM</b>	<u>7</u> <b>PLAYMORNING</b>  <b>PEARL CITY</b> <b>CATLIN</b> <b>9:30-11:00AM</b>	<u>8</u> <b>PLAYMORNING</b> <b>RED HILL</b> <b>10:00-11:30AM</b> <b>AMR</b> <b>HALE MOKU</b> <b>9:30-11:00AM</b>
<u>11</u> <b>NO</b> <b>PLAYMORNING</b> <b>AMR</b> <b>FORD ISLAND</b> <b>MOANALUA</b> <b>9:30-11:00AM</b>	<u>12</u> <b>PLAYMORNING</b>  <b>PEARL CITY</b> <b>FT .SHAFTER</b> <b>9:30-11:00 AM</b>	<u>13</u> <b>PLAYMORNING</b>  <b>AMR</b> <b>MC GREW</b> <b>MANANA</b> <b>9:30-11:00AM</b>	<u>14</u> <b>PLAYMORNING</b>  <b>PEARL CITY</b> <b>CATLIN</b> <b>9:30-11:00AM</b>	<u>15</u> <b>PLAYMORNING</b> <b>RED HILL</b> <b>10:00-11:30AM</b> <b>AMR</b> <b>HALE MOKU</b> <b>9:30-11:00AM</b>
<u>18</u> <b>PLAYMORNING</b> <b>AMR</b> <b>FORD ISLAND</b> <b>MOANALUA</b> <b>9:30-11:00AM</b>	<u>19</u> <b>PLAYMORNING</b>  <b>PEARL CITY</b> <b>FT .SHAFTER</b> <b>9:30-11:00 AM</b>	<u>20</u> <b>PLAYMORNING</b>  <b>AMR</b> <b>MC GREW</b> <b>MANANA</b> <b>9:30-11:00AM</b>	<u>21</u> <b>PLAYMORNING</b>  <b>PEARL CITY</b> <b>CATLIN</b> <b>9:30-11:00AM</b>	<u>22</u> <b>AMR</b>  <b>FALL FUN FEST</b> <b>5:30-7:30 PM</b>
<u>25</u> <b>PLAYMORNING</b> <b>AMR</b> <b>FORD ISLAND</b> <b>MOANALUA</b> <b>9:30-11:00AM</b>	<u>26</u> <b>PLAYMORNING</b>  <b>PEARL CITY</b> <b>FT .SHAFTER</b> <b>9:30-11:00 AM</b>	<u>27</u> <b>PLAYMORNING</b>  <b>AMR</b> <b>MC GREW</b> <b>MANANA</b> <b>9:30-11:00AM</b>	<u>28</u> <b>PLAYMORNING</b>  <b>PEARL CITY</b> <b>CATLIN</b> <b>9:30-11:00AM</b>	<u>29</u> <b>PLAYMORNING</b> <b>RED HILL</b> <b>10:00-11:30AM</b> <b>AMR</b> <b>HALE MOKU</b> <b>9:30-11:00AM</b>