



OCT/NOV 2024

# THE ZONE

FAMILY NEWSLETTER

## What's Happening.....

### FALL IS HERE...

#### October is Thankfulness Month at Dynamyx!

We have so many wonderful days to celebrate, and we're excited to inspire goodness in everyone! We encourage our athletes to participate and share their joy throughout the month.

##### **October 1st - National Seniors Day**

Did you hug your grandparents today? If not, now's a perfect time! You can also help a senior by holding the door for them or giving up your seat on a bus. Small acts of kindness can make a big difference.

##### **October 4th - World Smile Day**

Share your best smile with us on Instagram or Facebook at DynamyxGym! Did you know that smiling has seven amazing benefits? It improves mood, lowers blood pressure, relieves stress, betters relationships, boosts the immune system, relieves pain, and even increases life expectancy!

##### **October 14th - Thanksgiving**

Take a moment to share what you are thankful for in your life today. It could be the simplest of things that add up to a lot of positive energy. Gratitude can transform your outlook and brighten your day.

##### **October 18th - Persons Day**

Celebrate the day women were included in the legal definition of persons! This milestone in history is a reminder of the progress we've made and the importance of continuing to strive for equality.

##### **October 31st - Halloween**

Say thank you to every house your trick or treat at!

Let's make this October a month filled with thankfulness and positive actions!

Keep an eye on our front foyer board for more information and Novembers theme of Respectfulness!

#### Fall Line up Announcement

- Join us for our popular **Parent & Tot OPEN GYM**, happening on Fridays from noon to 1 PM! It's the perfect opportunity for joyful parent-tot bonding. Homeschoolers and children on PD days are also welcome!
- Our Family OPEN GYM on Fridays runs from 7:30 to 9 PM and caters to all ages.
- Quick reminder: Kids aged 12 and older can attend OPEN GYM unsupervised, but they need signed waivers from a parent or guardian beforehand.
- **\*\*PREREGISTRATION IS ESSENTIAL TO COMPLETE THE WAIVERS!\*\***
- Our first Kids' Night Out was a resounding success! This event allows kids to enjoy OPEN GYM, followed by pizza, drinks, snacks, and a movie. It's a wonderful chance for parents to have a night out for date nights, dining, or even a spa retreat—because everyone deserves some adult time!
- Save the dates for our **Fall PD Camps** on November 12, 13, and 14! Our theme this season is "Taylor Swift", come and enjoy the options of full-day, half-day, or all three days.
- **\*Halloween Event - October 26th from 3 to 5 PM\*\*** - register early

Cheers,  
The DGC Team





## LAST DAY OF FALL CLASSES

- Sunday: Dec 8
- Monday: Dec 16
- Tuesday: Dec 3
- Wednesday: Dec 4
- Thursday: Dec 12
- Friday: Dec 6
- Saturday: Dec 7
- Achievers - check with coach

---

## OCT/NOV OFFICE HOURS

Monday to Friday - 9 am to 7:30 pm  
 Saturdays - 9:30 am to 2 pm  
 Sundays & Holidays & Events - CLOSED

\*\*SUBJECT TO CHANGE WITHOUT NOTICE

**NO CLASSES REMINDER**  
 Sunday, October 13th - Thanksgiving wknd  
 Monday, October 14th - Thanksgiving  
 Thursday, October 31st- Halloween  
 Monday, November 11th - Remembrance Day

**DGC Dynamyx GYMNASTICS CLUB**

**FALL BIRTHDAY PARTIES**

Offered Saturday & Sundays starting at **\$219**

**WORLD Smile DAY**

**October 4th**  
 Flash those pearly whites and make someone's day!

**HOW TO CONNECT WITH US**



780-458-3153



ask.dgc@shaw.ca



110, 175 Carleton Drive  
 St. Albert, AB



dynamyx.uplifterinc.com



**Kids NIGHT OUT**

**ONLY \$40 PER EVENT**

Runs from 5:30 pm to 9:30 pm

Dates:

September 28th	February 22nd
October 26th	March 22nd
November 30th	April 26th
December 21st	May 31st
January 25th	June 21st

**DGC Dynamyx**

**HOUSEKEEPING REMINDERS:**

- it is starting to get darker sooner. Please keep an eye on the kids in the parking lot as they come and go for classes.
- Psst! Lost something? Check our treasure trove at the lost & found table in the foyer. PLEASE: Mark your athlete's items

**I Can. ADAPTIVE CLASSES**

I Can Gymnastics provides a structured program for families, children, and adults with diverse needs and abilities. It utilizes picture schedules, sensory items, and various equipment to help individuals achieve their goals.

We offer:

**DISCOVER KIDS** - parent/aid participation required

**EVOLUTION KIDS** - independant (coach recommended)

**ADULT EVOLUTION** - discuss with our Inclusion planner at [inclusion.DGC@shaw.ca](mailto:inclusion.DGC@shaw.ca)

**Coming soon**

**Winter Registration coming in November**

**DGC Dynamyx GYMNASTICS CLUB**

**FRIDAY OPEN GYM**

Every Friday 12 noon to 1 pm

Only \$10 per participant! Supervising Parents are FREE

**FAMILY OPEN GYM**

Every Friday 7:30 to 9 pm

Only \$15 per participant! Supervising Parents are FREE

**DGC Dynamyx GYMNASTICS CLUB**

# CHRISTMAS POINSETTIA CAMPAIGN

We are thrilled to launch our annual Christmas Poinsettia Campaign starting October 7th! Bring festive spirit to your home or office with vibrant poinsettias. Orders must be placed by November 7th, and deliveries will be on November 21st. Visit our website to order and thank you for supporting our campaign!

## CHRISTMAS POINSETTIA CAMPAIGN



## OCTOBER JOKES

Q: How do you fix a gourd?

A: With a pumpkin patch

Q: What is a pumpkins favorite sport?

A: Squash

Q: How do you find your way through a dark haunted house?

A: Use the lights witch

## NOVEMBER JOKES

Q: What does the clock do when it's very hungry?

A: Go back for seconds

Q: Did you hear about the star that exploded at the end of autumn?

A: It made for a super Nova-ember!



MONDAY, NOVEMBER 11th

*Lest  
we forget*

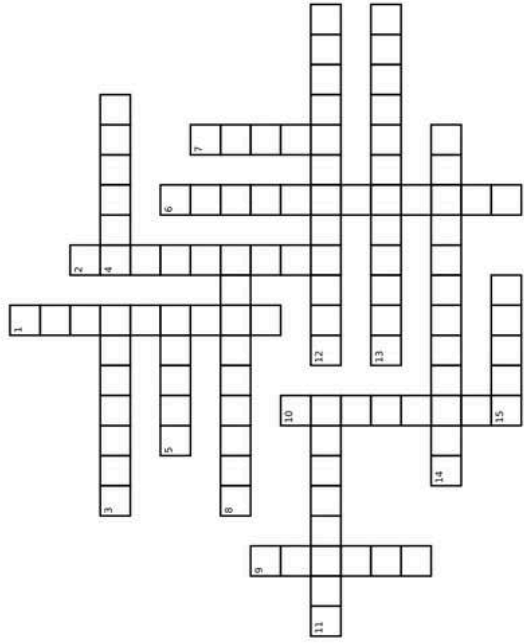


# November - Month of Respectfulness

X T O T F L M R N G D K K W C B U J A W B D R G K T  
 B L H K L K O N Q J R R Z S Q M P B J U B F H C O  
 W Q Z G Z R A F H U V G W S A D J M Q M V Z F F H U  
 G D M M P J R Q M A H H T Z T C A O F S J W J Q R  
 K W T H E M F R C P L L G H Z E S O D I M R D S N  
 K Q C F Z M E P Q J X U D E X G R Q N F N E F X U  
 S X D X I R O R O E H J O M D K K Q P C W Q A D N B  
 K H P T W T O K I V R Q X E C O F X H E L H Z J L  
 O O G A X F B S R A K L H C L B T N A J K I K S K  
 V N L A R Z I E T L V Q F H A D O Y L E L D L U  
 M O P P A E C S C F L A N D E R S F I E L D L U  
 Z U J Y Z N D M P D E A A P Y V F C B Y V N Z D T  
 J R A T Y L E E E E D N D O O C J L R E P Y L I E  
 D S G C A R F E C C M R P T X Z P Z F W S C O O E C  
 U G D Z R Y D N T Q B K O A H E P N A B L U U R O  
 N P V E T E R A N M O R B H P O F Y X M Q D Z B Z  
 S Q Y G A I N X Z I K B A V U H W Q B K R Z Z O I  
 E M W L Y A Y L E T L E C N C H P S F Z E E Y M X  
 L F N E U Q I R Z R M A Y M C F W U X V E Z V E O  
 C L C G R A V E S I T E G N E E H M I Q Q J L L V G  
 E A Y R S F P D L C W P L U B A D H O N I M B R G  
 O G Q S I D P F A D N F Y W L M H A I Y F D Y S Q  
 F N O A M A I C W O F K Z P Z H Y V Y K K T F F Q  
 R I S J D T U H B I R Y Q Q T B D E D S Q E M B Q

- |                 |                |            |      |
|-----------------|----------------|------------|------|
| Remembrance Day | Flanders Field | grave site | flag |
| memorial        | centaph        | veteran    | red  |
| soldier         | respect        | honour     |      |
| wreath          | poppy          | parade     |      |
| medal           |                |            |      |

# October



- |                                 |   |                                    |                                    |
|---------------------------------|---|------------------------------------|------------------------------------|
| <b>Down:</b>                    | 1. north american berry - sour and tart | <b>Across:</b>                     | 3. orange squash                   |
| 2. October 31                   | 6. a monster created from lightening    | 4. a season                        | 5. a member of the poultry family  |
| 7. one that can cast speels     | 9. fall from trees in fall              | 8. keep crows away                 | 11. don't let if walk in your path |
| 10. put in the cavity of a bird |   | 12. a home with spirits            | 13. Canada holiday of thankfulness |
|                                 |   | 14. something you say on halloween | 15. spirit of dead person          |

# November - Month of Respectfulness

X T O T F L M R N G D K W C B U J A W B D R G K T  
 B L H K L K O N Q J R R Z S Q M P B J U B F F H C O  
 W Q Z G Z R A F H U V G W S A D J M Q M V Z F F H U  
 G D M P J R Q M A H H T Z T C A O F S J W J Q R N  
 K W T H E M F R C P L L G H Z E S O D I M R D S N  
 K Q C F Z M E P Q J X U D E X G R O N F N E F X U  
 S X D X I R O R R Z X T O P H E H Z S N X T M A N  
 K Q J Q U G N R Z X T O P H E H Z S N X T M A N  
 K H P T W T O K L V R Q X E C O F X H E L H Z L  
 O O G A R F B S R A K L H C L B T N A J K I K S K  
 V N L A R R Z I E T L V Q F H A D O Y L X G S O K  
 M O P P P A F C S C F L A N D E R S F T E L D L U  
 Z U J Y Z N D M P D E A A P Y V F C B Y V N Z D I T  
 J R A T Y L E E F E D N D O O C J L R E P Y L I E  
 D S G C A R F C C M R P T X Z R Z F W S C O O E C  
 U G D Z R Y D N T O B K O A H E P N A B L U U R O  
 N P V E T E R A N M O R B H P O F Y X M O D Z B Z  
 S Q Y G A I N X Z I K B A V U H W Q B K R Z Z O I  
 E M W L Y A Y L E T L E C N C H P S F Z E E Y M X  
 L F N E U O J R Z R M A Y M C F W U X V E Z V E O  
 C L C G R A V E S T T E G N E E H M I Q Q J L V O  
 E A Y R S F P D L C W P L U B A D H O N I M B R G  
 O G O S I D P F A D N F Y W L M H A Y F D Y S Q  
 F N O A M A I C W O F K Z P Z H Y V Y K K T F F Q  
 R I S J D T U H B I R Y Q Q T B D E D S Q E M B Q

- |                 |                |            |      |
|-----------------|----------------|------------|------|
| Remembrance Day | Flanders Field | grave site | flag |
| memorial        | centaph        | veteran    | red  |
| soldier         | respect        | honour     |      |
| wreath          | poppy          | parade     |      |
| medal           |                |            |      |

# October

C R A H A U T U M N  
 P U M P K I N B L L O W E E K W I T C  
 T U R K E R O W E E K N S G I V I N G  
 S C A R E C R O W E E K N S G I V I N G  
 L E V E S B L A C K C A T S H A U N T E D H O U S E  
 T R I C K O R T R E A T I N T H A N K S G I V I N G  
 G H O S T

- |       |   |         |                                    |
|-------|---|---------|------------------------------------|
| Down: | 1. north american berry - sour and tart | Across: | 3. orange squash                   |
|       | 2. October 31                           |         | 4. a season                        |
|       | 6. a monster created from lightning     |         | 5. a member of the poultry family  |
|       | 7. one that can cast spells             |         | 8. keep crows away                 |
|       | 9. fall from trees in fall              |         | 11. don't let if walk in your path |
|       | 10. put in the cavity of a bird         |         | 12. a home with spirits            |
|       |   |         | 13. Canada holiday of thankfulness |
|       |   |         | 14. something you say on halloween |
|       |   |         | 15. spirit of dead person          |