



Ruth Stricker's
the Marsh Monthly

Volume 25, Issue 12

December 2010



Balance Bylines

By Ruth Stricker

*This holiday season, more than ever,
we are learning that less can be more...*

It is about being loved and sharing love...

and appreciating what we have,

*It is about simplicity—the small
errands of love that say “I care”.*

*It is goodness rather than glitter
and being both grateful and generous.*

*It is not just 25 days...it is knowing
that we need each other in community.*

Community...last month when Dr. Robert Putnam, co-author of *American Grace*, spoke to us about that “special juice” that creates “supercharged” friendships, he suggested that we were one of those extraordinary places. He met many of you, he ran on the treadmill with you, he had breakfast with some of you, and his words to me, “I feel as though I know everyone here and have known them for years.” He observed that while folks were coming to workout, attend classes or do rehab, etc., it was the social glue that made us community. I think we knew that, but it felt good to be affirmed by an expert.

Speaking of community, you may have noticed the recent headline “Mpls.-St. Paul the Most Relaxed Metro in the U.S.” *Forbes Magazine* listed the Twin Cities as the “most mellow” metro area in the nation, citing the categories of overall health and exercise, unemployment, working hours and access to health care. The news release continued, “Feel stressed? Chances are, the feeling would be more pronounced if you lived somewhere else.”

I think we knew that too—for we love Minnesota and the values of “Minnesota Nice.” While we admire *Forbes’* optimism, we are also aware of the many financial struggles and transitions around us and among us due to the recession. Again, we draw on the strength of community, where caring is always in season.

Putting our lives on hold and waiting for things to get better is not a good idea for our health nor does it contribute to the greater community. Artist Pablo Picasso said, upon losing some certainty in his later life, “When there’s no red... use blue!” Famed violinist Itzhak Perlman was just beginning a concert at Lincoln Center when one of the four strings on his violin snapped and broke. He waited a moment, closed his eyes and then signaled the conductor to begin again. He played the remainder of the symphony with just three strings and then he wiped the sweat from his brow and said in a quiet, pensive voice, “You know, sometimes it is the artist’s task to find out how much music you can still make with what you have left.” It isn’t the events but how we perceive them—red or blue, three strings or four—to make music with all we have or at least, to make music with what we have left!

When there is change in our lives, it is good to remember that what hasn’t changed is the true meaning of the holidays we celebrate, with their spiritual significance and meaningful rituals. Let us recall the goodness that this time can bring. Gratitude can turn what we have into enough and more. It can turn denial into acceptance, chaos into order and confusion to clarity. Let us review our values which are often overshadowed with the commercialism of the holidays... values of gathering family and friends together, feeling the warmth of giving and sharing (visit our Community Tree), giving ourselves love so we can express it to others and taking care of ourselves (keep exercising) so we can reach out with health and well-being.

We invite you to bring your fullness or emptiness to The Marsh. It is a heart-to-heart place that supports and honors you wherever you are. Now is the time to know that less can be more and that we have each other. In that spirit we look forward to seeing you at our Holiday Party on December 9th. Let us be more than consumers, let us be community and connect with each other in celebration.



To each of you...

*We wish you love and serenity at this holiday
season and in all the seasons of your life!*

The Marsh Staff



*Join us for an evening of sharing,
reaching out and celebrating!*

You are invited to our Member Holiday Party

Thursday, December 9

5:00 - 8:00 p.m.

Seatings: 5:00, 5:45 and 6:30 p.m.

Menu:

- ♦ *Wild Rice Meat Loaf* ♦ *Baby Red Mashed Potatoes*
- ♦ *Green Bean/Carrot Blend* ♦ *Apple Crisp*
- ♦ *Coffee* ♦ *Cash Bar*

Enjoy piano music by **Benny Weinbeck**,
caroling and an evening of fellowship.

*Bring your friends who might enjoy 25 Days at
The Marsh. Register before December 6 at the
Front Desk or by calling 952-935-2202.
Complimentary to Members;
\$10 for Guests*

12 Days of Fitness

A 12 Days of Fitness Passport is a great way for you to stay motivated during the holidays and a wonderful gift for your friends. It comes with an extensive list of classes you can attend in order to receive a passport stamp, including Yoga, Tai Chi, Pilates and our new BODYJAM™ and Piloxing™ classes.

When you receive 12 stamps on your passport, turn it in at the Front Desk and your name will be entered into a drawing for wonderful prizes, including personal training sessions, overnight stays and salon and spa services.

One complimentary passport per member, \$35 for adult guests and \$25 for teen guests (16+). Passports can be purchased through December 15 and used through December 31. Check at the Front Desk for more details.



Annual Healthy Holiday Luncheon with Kim Plessel

**Monday, December 13,
12:30 - 1:30 p.m.**

Gather with your Marsh friends for a light holiday lunch with Marsh Dietitian Kim Plessel, MS, RD, LD. Kim will share

cooking tips and recipes for healthy holiday entertaining and strategies for successfully navigating the holiday buffet.

Holiday Lunch Menu

- *Carrot Ginger Soup*
- *Marsh Winter Salad (mixed greens, trio of apples, cranberries, local blue cheese, spiced walnut, maple cider vinaigrette)*
- *Poached Pears*

\$15.95 per person. Register at the Front Desk.

Winter Solstice Labyrinth Walk

Enjoy a walking meditation by following the circular, single pathway of the labyrinth. Drop in at your convenience. **Tuesday, December 21, Noon - 4:00 p.m.** *Complimentary.*

Milk and Cookies with Santa Tuesday, December 21

Milk and Cookies with Santa is an annual Marsh tradition. In addition to visiting and sharing a snack with Santa, children participate in a craft project, have their photo taken with Santa and receive a special gift.

Tuesday, December 21, 11:00 a.m. - 12:00 p.m. *\$10/\$12. Please register in advance at the Front Desk by Friday, December 17.*



*Marsh Gift Cards make
a wonderful gift for the
holidays. Now available
online at TheMarsh.com*



Marsh Lite Series

Marsh Lite, our popular signature program focuses on helping people make small, sustainable lifestyle changes to improve your health. Check the calendar on page seven to see dates, times and topics in December. Find a complete list of Marsh Lite topics at TheMarsh.com under Health or at the Front Desk.

If you are interested in enrolling in *Marsh Lite*, register at our Front Desk by calling 952-935-2202. The next 12-week sessions begin **Monday, January 10** for daytime classes and **Wednesday, January 19** for evening classes.

The Monday group meetings begin at Noon; check-in begins at 11:30 a.m. The Thursday group meetings begin at 6:30 p.m.; check-in begins at 6:00 p.m. *\$15/\$20 per session or \$120/150 if you register for all 12 weeks in advance.*

Biometrics One-on-One

A discipline for over the holidays and a fresh start for the new year!

Getting started is always the hardest part of changing your habits. If you want to make changes to your eating and exercise habits so that you can feel better, look better and lead a more active lifestyle, consider our six-week Biometrics One-on-One program. It has everything you need wrapped into one easy package—pre- and post-health assessments to help you get a baseline on your health and track improvement, 90 minutes with an exercise specialist each week, a meal plan tailored to your personal preferences and consultation with a dietitian.

To learn more, visit the Health section of our website, or call Joel at 952-930-8512 or Kim at 952-930-8545. \$875/\$1175

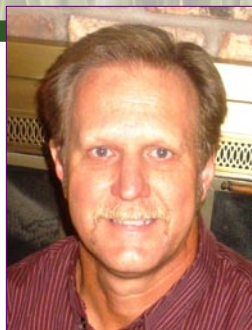


Coming in January...

“NOT ME!” Safety and Defense Training

Al Horner, founder of the “NOT ME!” Program and former Navy Seal, teaches practical, real-life self-defense techniques that focus on avoiding being in a threatening situation in the first place. Learn to be more alert to dangerous situations and find out what to do if you are attacked! Bring your friends, daughters and other women you care about.

Saturday, January 29, 2:00 - 5:00 p.m. (*\$79 for those 18 and older; \$59, 13-17 years of age*). Space is limited to 40, so reserve your space today by calling *The Marsh* at 952-935-2202. *The first 10 to sign up will receive a FREE personal alarm!*



One Member's Story...

“The Marsh is my oasis.” This is what Bill Miller, a Marsh member since September, tells his friends. Along with his wife, Claudia, and 21-year-old son, Ben, the 55 year-old businessman from Plymouth found The Marsh when he needed it most. A 30-year corporate finance veteran, he entered the world of unemployment in June. So having a place where he can take care of himself and connect with others is a perfect fit. By participating in everything from group exercise classes to education programs to happy hours, Bill has learned a great deal about both The Marsh and himself.

Since September, Bill has participated in *Marsh Lite: A Weight Loss & Fitness Group* that meets weekly. Unlike other weight loss programs he has

“The Marsh is my oasis.”

experienced, which he describes as more of a weekly pep fest, Bill says, “Marsh Lite has completely changed my whole approach to how I

eat and exercise. Now I have useful information that I use every day to help me make better choices.”

A longtime mountain biker and now a frequent participant in Marsh cycling classes, Bill is delighted to know how to make the time he spends being active assist his weight loss. He now wears a heart rate monitor during exercise and makes sure he gets into his cardiovascular zone for 30 minutes at least three times a week. He also tracks his intake and output—calories consumed and calories burned—using one of the many online applications available for this purpose. By paying attention and making small changes in his eating habits, he has shed 10 pounds.

And while the exercise and weight loss piece is important to him, Bill says The Marsh membership is worth so much more, concluding, “The Marsh has become a place of comfort and encouragement for me during a difficult time in my life. A place where everyone knows your name.”



Marsh Gift Cards make a wonderful gift for the holidays.

Now available online at TheMarsh.com

Studio Highlights...



Restorative Yoga

Saturday, December 11

4:00 - 5:30 p.m.

Breathe, focus and prepare yourself for the holidays during a candlelight yoga class focused on filling you with peace and energy going into the holiday season. *Led by Sharon "Shar" Hills-Bonczyk, MPH, RYT. \$20/\$30. Register at the Front Desk.*

About Shar... Shar is a 500 RYT hour Certified Kripalu Yoga instructor registered with Yoga Alliance. Her personal experience with cancer, combined with 15 years as a leader in health care and 30 years teaching yoga, have equipped her with insight, knowledge, and skills to help others celebrate their inherent wholeness.

BodyJam™ Samplers

Kick your cardio into high speed and just dance, when you attend our brand new BodyJam™ class, an addictive fusion of the latest dance styles and hottest new sounds. BodyJam™ is for people of all ages. The more people in the room, the more fun the class. BodyJam™ will be on the regular schedule in January. **Monday, December 6, 7:15 p.m., Saturday, December 11, 10:30 a.m., Friday December 17, 10:15 a.m. and Friday, December 31, 9:15 a.m.**



New! Piloxing™

Join popular Marsh instructor Jillian Markus for this exciting, new, high energy inter-disciplinary class that mixes Pilates and boxing and combines cardio interval training, core work, body sculpting and fun! Piloxing™ will appear on the regular schedule in January. **Monday, December 27, 9:15 a.m.**

Calling All Cyclers

As the roadways become icy and snow packed participation in our cycling classes skyrockets. Please be sure to call within 24 hours before each class to reserve a bike. We have a total of 20 bikes available. Reservations cannot be made more than 24 hours in advance.

Cycling Class Schedule

***6:00 a.m.** - Monday, Wednesday, Friday

9:15 a.m. - Monday, Wednesday, *Saturday

** These classes are not open to 12 Days of Fitness Participants*



Franklin Method Workshops

Led by Eric Franklin

Saturday, December 4

Marsh members have a rare opportunity this month to participate in two Franklin Method workshops led by founder Eric Franklin of the Franklin-Method Institute in Switzerland. The Franklin Method teaches you how to make the most of the mind-body continuum by helping you understand body design and function and using imagery, touch and movement to create effortless alignment and balance. The following workshops are co-sponsored by The Marsh and Minneapolis-based OPTP (*Orthopedic Physical Therapy Products*).



The Pelvic Powerhouse: Core Integration

9:30 a.m. - 12:45 p.m. - Learn how to create power and balance in the core by having your joints, ligaments, muscles and organs interact dynamically. This will improve posture and increase the safety of the lower back, knees and feet.

Imagery Exercises for a Strong, Flexible and Healthy Spine

2:15 p.m. - 5:30 p.m. - Learn about spinal evolution, design and function and the use of imagery and simple movement to discover daily exercise that will benefit your spinal health.

For more details on these workshops, visit TheMarsh.com or pick up a flier at the Front Desk. Register by calling 952-930-8548. \$150 per workshop or \$200 for both workshops.

Pilates...

Introduce yourself to Pilates this month by attending our complimentary Pilates Open Doors on either **Monday, December 6, 10:00 a.m.** or **Saturday, December 18, 11:00 a.m.** This is an excellent opportunity to speak with a Pilates instructor and learn about the various Pilates offerings at The Marsh.

New Pilates Mat Series Dates and Times!

Beginning Mat

Tuesdays, **December 21 - February 8, 10:30 - 11:30 a.m.**

Intermediate/Advanced Mat

Mondays, **December 20 - February 7, 6:45 - 7:45 p.m.**

Thursdays, **December 23 - February 10, 10:30 - 11:30 a.m.**



The Marsh Speakers Series Presents...

The Chemistry of Calm: Cultivating Resilience in a Stress-filled World

Henry Emmons, MD

Wednesday, December 1, 7:00 p.m.

Henry Emmons, recently featured in the *Star Tribune*, is a psychiatrist and author of *The Chemistry of Joy* and *The Chemistry of Calm* who views the anxiety

epidemic in America as a breakdown in resilience. He will discuss the core factors in resilience and offer specific nutrients, lifestyle changes and inner practices that can return anyone to a state of greater calmness and equanimity. Complimentary to members and their guests. Call 952-935-2202 to register. Come early and enjoy dinner in our restaurant. Call 952-930-8560 for a reservation. Book signing follows presentation. Books now available in the Shop, \$15.00 + tax.

The Calming Effects of Spa Services

While spa services are all too often viewed as a luxury, members of the medical community are increasingly speaking out about their medical value both physically and psychologically.

- Henry Emmons, MD urges us to marry Eastern techniques, such as acupuncture, meditation and massage, with the traditional Western solutions of diet and exercise to reclaim resilience and decrease anxiety and depression.
- MayoClinic.com urges us to get in touch with the health benefits of massage for a wide range of conditions, including anxiety and depression.
- Many doctors now write prescriptions for massage and acupuncture.

If you are experiencing symptoms of anxiety and depression, consider talking to your medical provider or our spa staff about the role our spa can play in supporting your wellbeing.

If you have a prescription for spa services, many insurance companies will reimburse you for the cost of the service. Check with your insurance company about their policy. Also, we are able to waive the sales tax on a massage if it is prescribed by a medical doctor.

Learn more about Cold Laser Therapy Treatments in the Spa...

After trying several standard treatments to heal a persistent wound, I tried cold laser therapy treatments in the spa. The wound is now completely healed. I couldn't be happier. - Charles Hommeyer, Marsh Member

Cold laser therapy, an innovative, non-invasive, painless treatment for pain due to injury, chronic pain or persistent wound care is one of the newest services available in our spa. It is an excellent compliment to other therapies or medical treatments. We work in collaboration with Relief Laser, a laser therapy clinic on the Abbott Northwestern Hospital campus to deliver service. For a complimentary consultation with our cold laser technician, Carey Mohan, call the spa at 952-930-8905 to schedule an appointment.

Pool Highlights...

Quiet Your Mind and Body with Suzanne Rubenbauer

Thursday, December 2, 7:00 p.m. - 8:00 p.m.

Spend a meditative evening in our Warm Water Pool with visiting Marsh instructor Suzanne Rubenbauer leading you in a peaceful Ai Chi session followed by a quiet meditation. The room is lit by candle light, the water is warm and the experience will relax and reenergize you. Register at the Front Desk. \$15/\$20

New! Warm Water Aquatics for Arthritis

Thursdays, December 2 - 23

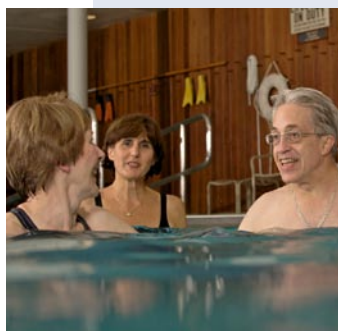
11:30 a.m. – 12:15 p.m.

Just being in our Warm Water Pool helps relieve pain and stiffness for those living with arthritis. It is also a safe environment in which to exercise in order to gain strength and flexibility without putting excess strain on your joints and muscles. Register at the Front Desk. \$10/\$20 for the four week series; \$5/\$8 per class.

New! Aqua Sport

Wednesday, December 15, 9:30 a.m. and Friday, December 31, 11:00 a.m.

This fun new class features sports-inspired exercises, teamwork and light-hearted competition. Get your heart rate up with relays, hoop shots and skating moves! Complimentary/\$15



Children's Winter Swimming Lessons

Plan ahead and sign your children up now for Winter Swimming Lessons **January 9 - March 17**. Group Lessons are scheduled between 4:00 and 6:00 p.m. on Sundays, Tuesday and/or Thursdays. Find details at *TheMarsh.com* under fitness, ask for a brochure at the Front Desk or contact Jillian at jmarkus@themarsh.com or 952-930-8511.

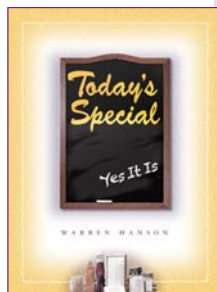
In the Shop...

Find wonderful holiday gifts from \$5 stocking stuffers to the perfect clothing or jewelry item for under the tree, including unique gifts for children, foodies and readers such as stuffed toys, kitchen gadgets and reading glasses with lights. Merchandise changes weekly.

Lunch and Book Signing with Warren Hanson

Saturday, December 4, Noon - Lunch; 1:30 p.m. - Book Signing

Enjoy a special meal with author/illustrator Warren Hanson (*A Cup of Christmas Tea, The Next Place*) as he shares the story behind the story of his newly-released book, *Today's Special... Yes It Is*. Or simply come to meet him and get a book signed. Buffet lunch \$12.95 per person. No charge to attend the book signing. Call 952-935-2202 to register.



Friendship Tea and Book Signing

Wednesday, December 8, 11:00 a.m. - 1:00 p.m.

Enjoy a cup of tea with Nancy Chakrin and Laurie Ellis-Young, the two women who conceived, wrote and photographed *FRIENDSHIP: The Art of the Practice*, a beautiful book marrying yoga photographs with inspirational messages.

Helen Wang Jewelry Trunk Show

Tuesday, December 14, 9:00 a.m. - 6:00 p.m.

Minnesota jewelry artist Helen Wang honors individuality and tradition with her one-of-a-kind jewelry designs. Ask about custom orders.

Let's Talk Books - It's Reader's Choice

All readers are encouraged to give a brief report on the best book they've read this year. Both new and regular book club members welcome. Great fun and we get a wonderful list for future reading pleasure. **Tuesday, December 14, 7:00 p.m. and Tuesday, December 21, 1:00 p.m. Complimentary.**

In the Restaurant...

The restaurant at The Marsh is the perfect place to start your day.

Breakfast service begins at 7:30 a.m. Gather with friends and colleagues for hand-crafted omelettes, steel cut oats, cranberry scones or any number of other delicious items on our Breakfast Menu.

Watch for **special holiday treats** in our pastry case, including Chanukah and Christmas cookies, as well as warm holiday beverages... Egg Nog Latte, Candy Cane Mocha and Holiday Blend Coffee.

Holiday Hours...

Christmas Eve

Building: 5:30 a.m. - 3:00 p.m.
Spa: 8:00 a.m. - 3:00 p.m.
Restaurant: 7:00 a.m. - 2:00 p.m.
Shop: 8:00 a.m. - 3:00 p.m.
Kids Club: 8:00 a.m. - 3:00 p.m.

Christmas Day

Building: noon - 4:00 p.m.
Spa, Restaurant, Shop and Kids Club are closed

New Year's Eve

Building: 5:30 a.m. - 6:00 p.m.
Spa: 8:00 a.m. - 3:00 p.m.
Restaurant: 7:00 a.m. - 2:00 p.m.
Shop: 8:00 a.m. - 3:00 p.m.
Kids Club: 8:00 a.m. - 3:00 p.m.

New Year's Day

Building: 7:00 a.m. - 3:00 p.m.
Spa, Restaurant, Shop and Kids Club are closed



Members' Corner...

Happy Trails... A few tips to help you as you enjoy the trails around The Marsh.

- We have Three Rivers Park District Trail maps available at the Front Desk to show you where the LRT Trail on the south side of Minnetonka Boulevard can take you.
- If you follow our backyard walking trail out to the bridge and back, you will walk about 1.2 miles.
- Our backyard snowshoe trails, marked in the winter, can exceed 3.5 miles.

Snow Removal... We do our best to keep our parking lot and sidewalks clear of snow and ice during the winter months. Please walk and drive with care and avoid parking in areas that still have snowcover. Let us know if you need extra assistance.

Winter Footwear... Please help us keep our studio floors and Training Center equipment free of grit and grime by replacing your outdoor footwear with clean shoes before exercising.

From the Membership Office... Talk to our membership representatives to learn more about how you can:

- Reduce paper by prepaying your memberships a year in advance, autopaying on your credit card each month or receiving monthly statements via email.
- Rent a locker
- Sign your student up for a Student Break Membership

New Members...

Mike Badower	Ashley Gunderson	Nancy Messerli
Barbara Baleisis	Mary Gunderson	William Miller
Stuart Belkin	Janiece Haglund	Claudia Miller
Connie Bell	David Heegaard	Ben Miller
James Berdahl	Joanne Heegaard	Kathy Miller
Susan Berdahl	Annemarie Heise	Kristen Monahan
Karin Berkholtz	Arthur Heise	Bob Nienkerk
Judith Bowers	Regina Hudson	Anne Peek
Viola Bowers	Gigi Jabbour	Amy Perwien
Kelley Brandt	Amy Johnson	Mary Pula
Leslee Cady	Cindy Kanter	Debbie Reynolds
Catherine Cich	Ronald Kenmir	Kim Ross
Danelle Connor	Monica Krumwiede	Kris Scharping
Lisa Crump	Dale Kunz	Anna Schwartz
Scott Crump	Melinda Kunz	Nick Skinner
Linda Dahl	Carla Larsen	Linda Sklar
Ron Dahl	Carole Leomporra	Jeffery Smith
Caroline Doherty	Shari Levy	Scott Stabeck
Suzanne Fischer	Sharon Lundberg	Arthur Stickley
Alan Fleischauer	Peter Malkovich	Cheryl Stinchfield
Paula Fleischauer	Gilbert Malm	Camille Stork
Rebecca Flint	Ben Marks	Jan Symchych
Peter Flint	Brenda Marks	Joanie Thompson
Dick George	Patricia McAuliffe	Carol Valenti
Terri Gilson	Jack McQuellon	Gregory Willodson
Sandy Gruenhagen	Mary McQuellon	Danelle Wolf

DECEMBER

2010

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



the Marsh
A Center for Balance and Fitness

15000 Minnetonka Blvd., Minnetonka, MN 55345
952-935-2202 • www.themarsh.com

Upcoming Events...

- The Organizing Guy - January 8 and 22
- Organizing for Your Peace of Mind
- Organizing Photos for Life
- Letting Go: The Overburdened Household - January 12

Represents complimentary programs for members



<p>5</p> <p><i>Last week of Swim Lessons</i></p> <p>Aquababies and Aquatots 4:00 - 6:00 p.m.</p>	<p>6</p> <p><i>Chair Massage available</i> 9:00 - 11:00 a.m.</p> <p>✓ Pilates Open Door 10:00 a.m.</p> <p>Marsh Lite: Maximizing Group and Pool Exercise 12:00 p.m.</p> <p>✓ BodyJam 7:15 p.m.</p>	<p>7</p> <p>✓ Latin Grooves in the Therapy Pool 10:15 a.m.</p> <p>✓ MBSR Information Session 6:30 p.m.</p> <p><i>Last week of Swim Lessons</i></p>	<p>1</p> <p><i>12 Days of Fitness begins</i></p> <p>✓ The Chemistry of Calm with Henry Emmons, MD 7:00 p.m.</p>	<p>2</p> <p><i>Happy Chanukah!</i></p> <p>Warm Water Aquatics for Arthritis begins 11:30 a.m.</p> <p>Marsh Lite: Myths to Weigh Loss 6:30 p.m.</p> <p>Quieting Your Mind and Body 7:00 p.m.</p> <p><i>Pasta Night - 5:00 - 8:00 p.m.</i></p>	<p>3</p> <p><i>Chair Massage available</i> 9:00 - 11:00 a.m.</p> <p>✓ Pinwheel Step 9:15 a.m.</p> <p><i>Fresh Catch Friday</i></p>	<p>4</p> <p>Eric Franklin Workshops 9:30 a.m. and 2:15 p.m.</p> <p>✓ Nia 10:30 a.m.</p> <p>Warren Hanson Lunch 12:00 p.m.</p> <p><i>Jazz Happy Hour with Benny Weinbeck</i> 5:00 - 7:00 p.m.</p> <p><i>Prime Rib Special</i></p>
<p>12</p> <p>✓ 80s Nia 10:15 a.m. <i>Come dressed in 80s clothes!</i></p> <p>✓ Family Yoga 5:30 p.m. Ages 6+</p>	<p>13</p> <p><i>Chair Massage available</i> 9:00 - 11:00 a.m.</p> <p>Time Change!</p> <p>Marsh Lite: Reviewing Our Successes and Planning for the Future 11:30 a.m.</p> <p>Healthy Holiday Luncheon 12:30 p.m.</p>	<p>14</p> <p>Helen Wang Trunk Show 9:00 a.m. - 6:00 p.m.</p> <p>✓ Let's Talk Books 7:00 p.m.</p>	<p>15</p> <p>✓ Step Interval 7:00 a.m.</p> <p>✓ Aqua Sport 9:15 a.m.</p>	<p>16</p> <p>Warm Water Aquatics for Arthritis 11:30 a.m.</p> <p>Marsh Lite: Reviewing Our Successes and Planning for the Future 6:30 p.m.</p> <p><i>Pasta Night - 5:00 - 8:00 p.m.</i></p>	<p>17</p> <p><i>Chair Massage available</i> 9:00 - 11:00 a.m.</p> <p>✓ Soothing Holiday Ai Chi 10:15 a.m.</p> <p>✓ BodyJam 10:15 a.m.</p> <p><i>Fresh Catch Friday</i></p>	<p>18</p> <p>✓ Body Rhythms with Live Drumming 10:30 a.m.</p> <p>✓ Pilates Open Door 11:00 a.m.</p> <p><i>Jazz Happy Hour with Benny Weinbeck</i> 5:00 - 7:00 p.m.</p> <p><i>Prime Rib Special</i></p>
<p>19</p> <p>✓ Intro to Friends & Family BodyPump 11:30 a.m.</p> <p>Reiki Affirmation Dance 7:00 p.m.</p>	<p>20</p> <p><i>Chair Massage available</i> 9:00 - 11:00 a.m.</p> <p>Pilates Int/Adv Mat Series begins 6:45 p.m.</p>	<p>21</p> <p>✓ Let's Talk Books 1:00 p.m.</p> <p>Pilates Beginning Mat Series begins 10:30 a.m.</p> <p>Milk and Cookies with Santa 11:00 a.m.</p> <p>✓ Winter Solstice Labyrinth Walk 12:00 - 4:00 p.m.</p>	<p>22</p> <p><i>Get a student-break membership for someone you love.</i></p> <p>✓ Intro to Step 7:00 a.m.</p>	<p>23</p> <p>✓ Holiday Flo 10:30 a.m.</p> <p>Pilates Int/Adv Mat Series begins 10:30 a.m.</p> <p>Warm Water Aquatics for Arthritis 11:30 a.m.</p> <p><i>Pasta Night - 5:00 - 8:00 p.m.</i></p>	<p>24</p> <p><i>No Chair Massages</i></p> <p><i>Christmas Eve Building Hours:</i> 5:30 a.m. - 3:00 p.m. <i>Spa, Shop, and Kids Club:</i> 8:00 a.m. - 3:00 p.m. <i>Restaurant:</i> 7:00 a.m. - 2:00 p.m.</p>	<p>25</p> <p><i>Merry Christmas! Building Hours:</i> Noon - 4:00 p.m. <i>Spa, Restaurant, Shop, and Kids Club Closed</i></p>
<p>26</p> <p><i>No Swim Lessons</i></p> <p>✓ Nia 10:15 a.m.</p>	<p>27</p> <p><i>Chair Massage available</i> 9:00 - 11:00 a.m.</p> <p>✓ New! Piloxing 9:15 a.m.</p>	<p>28</p> <p><i>Breathe!</i></p> <p>✓ Intro to Nia 6:00 p.m.</p>	<p>29</p> <p><i>Try new classes!</i></p> <p>✓ Warm Water Yoga 11:15 a.m.</p>	<p>30</p> <p><i>Bring a friend; use your guest pass!</i></p> <p><i>Pasta Night - 5:00 - 8:00 p.m.</i></p>	<p>31</p> <p><i>New Years Eve Building Hours:</i> 5:30 a.m. - 6:00 p.m. <i>Spa, Shop, and Kids Club:</i> 8:00 a.m. - 3:00 p.m. <i>Restaurant:</i> 7:00 a.m. - 2:00 p.m.</p> <p>✓ New Years Eve BodyJam Dance Party 9:15 a.m.</p> <p>✓ Aqua Sport 11:00 a.m.</p>	<p><i>Happy New Year! Building Hours:</i> 7:00 a.m. - 3:00 p.m. <i>Spa, Restaurant, Shop, and Kids Club Closed</i></p>

Denotes special events that may affect parking

INSIDE THIS ISSUE:

- *Member Holiday Party*
- *Restorative Yoga*
- *Healthy Holiday Luncheon*
- *BodyJamTM Samplers*
- *12 Days Of Fitness*
- *Milk and Cookies with Santa*
- *New! PiloxingTM*
- *Franklin Method Workshops*
- *Lunch with Today's Special author Warren Hanson*
- *New! Aqua Sport*

Feel the Warmth of Giving... Buy a Bell

We are all concerned about the growing number of homeless or hungry people in our community. This year, in addition to collecting **Toys for Tots**, we find it compelling to reach out to others even more.

Our "**Community Tree**" in the lobby will become an opportunity to help others in some small way. The little brass bells hanging on the tree will be yours to hang on your tree or in your home for \$5, which we will donate to our local food shelves, **ICA** (Intercongregation Communities Association) and **IOCP** (Interfaith Outreach & Community Partners). *Please pick out your favorite bell, pay our attendant and leave knowing that your contribution will "help make someone happy."*

Gift Giving Made Easy...

Marsh gift cards open the door to everything from spa services to personal training to membership. This year, our **gift cards are available online at TheMarsh.com**, making it easier than ever to purchase and send a gift card, no matter where you live.

