



It's Back and Better Than Ever



\$2,000 Worth of Training
Cost: \$20
Health Value: Priceless

The City of Weston has proudly partnered again for 2011 with the Rotary Club of Weston in the Get Fit Weston health and fitness initiative.

Beginning October 10, 2011, anyone who registers will be able to access training programs, classes, and online education that will help you to adopt a healthier lifestyle and become more physically fit.

More Fitness Partners!

This year there is an array of 10 incredible fitness partners.

38 Workout Programs Every Week - There is no limit on how many sessions you can attend; choose one, five or go for gold and go everyday!

More activities will be posted in the future and at each fitness partner.

- The YMCA of Broward County ■ Ultimate Sports Institute ■ Midtown Athletic Club
- Billy Beck III ■ Orange Theory Fitness ■ CrossFit Ripped ■ Weston Yoga
- Z's Bike and Fitness ■ The Gridiron Club ■ Fitness 21

Register Today: www.getfitweston.com

Goals:

- Stimulate awareness and participation by children, adults and businesses in events and activities to adopt healthier lifestyles and become more physically fit.
- Through the registration fee, funding will benefit physical education programs at Weston elementary schools and it will also support local and international charities that help children and families.



What you get with GetFIT:

- Unlimited Get Fit training classes (at any of the ten athletic clubs)
- A Get Fit T-Shirt
- Contests and promotions
- Free access to online fitness and wellness tips, videos and other materials to help make healthy lifestyle choices
- Sign for just for Get Fit Weston for \$20; **OR**
- With registration for the 14th Annual Run for Tomorrow 5K or Half-Marathon (*your choice*) on December 11, 2011 you get a Get Fit Weston membership for FREE

Sixty days. That's all it takes.

In just two months, regardless of your current physical condition, you can be in good enough shape to participate in a 5K race! Think it's impossible? Well think again, because your plan for success is right here!

\$20 Never Got You So Much!

38 Workout Programs! 10 Great Fitness Centers!

Weston organizations have banded together to help achieve a major community goal: **to GetFit**-- all of us, no matter our age or the shape we're in. In just 60 days we'll help you lose weight, eat healthier and become more physically fit. We're making fitness easy and fun for the whole family.

**Sign Up!
Join In!
GetFit!**

To Register, go to:

www.getfitweston.com



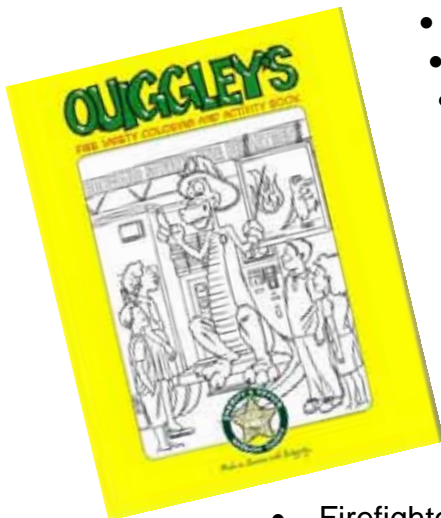
FIRE SAFETY MONTH DEMONSTRATIONS



Pictured at left, children from Eagle Point Elementary are enjoying the antics of Buzz the Smoke Alarm and the Hazard House.

On October 4th alone, Broward County Life Safety Educators made eight presentations for grades K thru 1st at Eagle Point Elementary School, teaching 345 youngsters about household fire hazards. Students were provided with fire safety coloring books, hats and reviewed general fire safety tips.

The Fire Safety Coloring Book, full of fun pictures, also provides essential safety tips to take away:



- Smoke alarms save lives
- Matches and Lighters are tools, not toys
- Draw out and practice a fire safety drill
- Always have TWO ways out of a room
- Plan a meeting location outside your home in case of a fire
- Crawl low in smoke
- In case of a Fire, Don't Hide.... Go Outside!
- If clothes catch on fire: Stop, Drop, Cover your face and Roll.
- Call 9-1-1 for Emergencies, *and*
- Firefighters are our Friends





Breast Cancer Awareness Month

Mammo-Palooza at Broward Health Oct. 10-15

In the United States, breast cancer is the most common non-skin cancer and the second leading cause of cancer-related death in women. Early detection of breast cancer improves the chances that breast cancer can be diagnosed at an early stage and treated successfully, so it is important for all women to get timely mammograms.



Schedule a Mammogram

In honor of Breast Cancer Awareness Month, Broward Health is hosting the third annual **Mammo-Palooza** from October 10-15, 2011. Schedule your appointment by calling 954-759-7500 or click [here](#) and get a mammogram today!

Walk-Ins are welcome and most insurances are accepted, or pay \$99 cash or credit. Everyone who has a mammogram will receive a special gift, and will also be eligible to win prizes. Please bring a prescription from your physician for a mammogram or physician prescriptions for the screening will be available if you do not already have one.

Detecting Breast Cancer

A mammogram is an x-ray of the breast and can be used to check for breast cancer in women who have no signs or symptoms of the disease. Getting a high-quality screening mammogram and having a clinical breast exam (an exam done by a health care provider) on a regular basis are the most effective ways to detect breast cancer early.

Mammograms can also be used to check for breast cancer after a lump or other sign or symptom of breast cancer has been found. This type of mammogram is called a diagnostic mammogram. Signs of breast cancer may include pain, skin thickening, nipple discharge, or a change in breast size or shape. A diagnostic mammogram also may be used to evaluate changes found during a screening mammogram, or to view breast tissue when it is difficult to obtain a screening mammogram because of special circumstances, such as the presence of breast implants.

Checking one's own breasts for lumps or other unusual changes is called a breast self-exam, or BSE. Breast self-exams cannot replace regular screening mammograms or clinical breast exams. In clinical trials (research studies), breast self-exams alone have not been found to help reduce the number of deaths from breast cancer.



Greater Fort Lauderdale National College Fair

Wednesday, October 19, 2011

Students Can Learn More About College Options at the Greater Fort Lauderdale National College Fair which will be held on Wednesday, October 19, 2011 at the Greater Fort Lauderdale/Broward County Convention Center in Fort Lauderdale, from 9 a.m. to 1 p.m. and 5 to 8:30 p.m.

Sponsored by the National Association for College Admission Counseling (NACAC) and hosted by the Southern Association for College Admission Counseling (SACAC) and Broward County Public Schools, this event is free and open to the public.

As the process of applying to and selecting a college becomes more and more competitive and complex, students and parents need all the help and information they can get. Attending a college fair is the best way to gather information about colleges and universities. The national college fair program provides valuable resources for students and parents attempting to navigate the college-admission process.

The fair allows students and parents to meet one-on-one with admission representatives from a wide range of national and international, public and private, two-year and four-year colleges and universities.

Participants will learn about admission requirements, financial aid, course offerings, and campus environment, as well as other information pertinent to the college-selection process. At the fair's counseling center, students and parents can discuss their individual needs with college experts.

Now in its 39th year, the National College Fair program annually helps more than 500,000 students and families nationwide explore their options for higher education, making it one of the most visible college recruitment tools in the country.

Students can now register prior to attending these events. This makes navigating the fair and collecting information from multiple colleges and universities much easier for students. By registering, students can print a bar coded confirmation to be used on-site at the fair as an electronic ID. Register online at www.gotomyncf.com

More Information

More information about the Greater Fort Lauderdale National College Fair, including directions to the fair, a list of colleges exhibiting at the fair, and tips for preparing for the fair, is available on the NACAC Web site at

<http://www.nacacnet.org/EventsTraining/CollegeFairs/ncf/Fall/Pages/11FFtL.aspx> or by emailing (collegefairs@nacacnet.org)



TRIATHLON

Looking for a Challenge? Give it a TRI !

Give it a TRI! The Sheinberg Family YMCA of Weston is offering a youth and adult triathlon this October for first-timers and experienced athletes.

What: A multi-fitness event STARTING with a **30 minute outdoor cycle**, a **16 lap swim**, and a **3.2 mile run**. The swimming is 16 laps or 30 minutes timed whichever approaches first.

When: **Sunday, October 23 from 6:30am – 10:30am**

Fee: \$40

Time: Wave I: 7am – 15 to 24 years old
Wave II: 8am – 25 years old and over

Details: Registration limit is 60 individuals. There will be 2 heats of 30 participants. The first heat will be 15 years of age to 24 and the second will be 25 years of age and over. **See Coach Beverly for ALL your training needs**

Call To Register: 954-424-9622 and for additional information contact Scott Hendry at ext. 210 or Beverley Clarke at extension 225.



SHEINBERG FAMILY YMCA OF WESTON

20201 Saddle Club Road, Weston, FL 33327

954-424-9622

www.ymcabroward.org



ANNUAL HARVEST DRIVE KICKS OFF WITH COMMUNITY FUN DAY & FOOD COLLECTION *Children Helping Children...*

Since 1992, the Harvest Drive has been a yearlong project that culminates in a food collection event that takes place at numerous public schools prior to Thanksgiving. Fundraising efforts and collections go on throughout the fall season. This year students from over 150 public and private schools, as well as churches, temples and neighborhoods are holding drives to supply the Harvest Drive with the non-perishable food that is distributed to the families.

The unique characteristic of the program is that in addition to the business and corporate donations, **children** are at the helm of all collections. In addition to helping others, the purpose of the Harvest Drive is to teach children at an early age that their contributions can make a difference in the lives of others, by facilitating their direct participation in the project.

The Harvest Drive provides needy families with children residing in Broward County with a complete Thanksgiving meal and a week's worth of groceries, as well as personal and household necessities during the Thanksgiving season.

THIS YEAR'S GOAL: Feed 2,000 families in Broward

**JOIN THE KICKOFF EFFORT AT THE COMMUNITY FUN DAY
SUNDAY, NOVEMBER 6, 2011
WESTON TOWN CENTER
2:00pm – 5:00pm**

HOW TO HELP:

Requested non-perishable items:

Juice	Pancake Mix	Cereal/Oatmeal
Rice	Pasta	Cookies
Jelly	Peanut Butter	Stuffing
Napkins	Aluminum Foil	Shampoo
Dish Soap	Laundry Detergent	Canned meats
Toothpaste	Soap/Body Wash	Canned Vegetables
Canned Fruit	Canned Cranberries	Canned Sweet Potatoes
Canned Gravy		



Sorting day at Western High School!

No glass containers. For more information please visit www.harvestdriveflorida.com



SHEINBERG FAMILY YMCA *UPCOMING PROGRAMS & EVENTS*



YMCA KIDZ CLUB AFTER SCHOOL CARE

This program is for children in Kindergarten through 5th grade. We pick up at seven local elementary schools and provide care from 2pm – 5:45pm. The children participate in homework time, sports, arts & crafts, swimming and more! YMCA Family Members: \$240/per child/per month and Non-Members: \$300/per child/per month.

Pre-registration required. Register on-line at www.ymcabroward.org or contact Wendy Milordis at wmilordis@ymcabroward.org or 954.424.9622

YMCA PARENT'S NIGHT OUT

Children ages 5 -12, join us on the third Saturday of each month from 6pm-10pm for a night of fun. Parents can drop off their children for a night out, while the kids enjoy a pizza party, swimming, arts and crafts, sports and more. YMCA Family Members: \$35/per child and Non-Members: \$45/child.

Pre-registration required. Register on-line at www.ymcabroward.org or contact Wendy Milordis at wmilordis@ymcabroward.org or 954.424.9622 or stop by the Member Services Desk at the YMCA.

YMCA AQUATICS PROGRAMS

Join the YMCA Swim Team and/or Water Polo team for the fall! Also, check the website for information on our monthly Flick 'n Float movies which are free to members!

Register on-line at www.ymcabroward.org or contact Scott Hendry at shendry@ymcabroward.org or 954.424.9622 or stop by the Member Services Desk at the YMCA.



Continued on Next Page



YMCA Fiesta – Celebrating Hispanic Heritage Month

Sunday, October 30th from 11AM – 4PM

The celebration includes performances of folkloric dance from many Latin American countries and various Latin American arts & crafts. Delicious ethnic dishes will be available from vendors. Also join us in trying to break the Guinness Book of World Record's largest ZUMBA CLASS.

The Sheinberg Family YMCA of Weston is located at 20201
Saddle Club Road, 954-424-9709
www.ymcabroward.org





UPCOMING EVENTS

Wednesday, October 19th – Saturday, October 22nd

FREE Bulk Pick-Up

Bulk Pick-Up will take place on your regularly scheduled garbage collection day only. Items should be curbside by 7:00 AM on your collection day.

Wednesday, October 19th

Thursday, October 20th

Friday, October 21st

**Saturday, October 22nd (multi-family units with dumpsters)*

THINK BEFORE YOU THROW – Consider donating before tossing

Help those in need, keep items out of the waste stream, *and* get a tax deduction. Several national organizations will even pick-up directly from your residence – you don't have to wait for bulk pick-up day! There are many local, well-established charitable organizations that readily accept donated items. From your home to a New home... and don't forget pets, many pet shelters are in need of sheets and towels on a regular basis.

For questions regarding bulk pick-up please call the City of Weston Public Works Services Center at 954-385-2600 or click on 'Public Works' on the homepage of the City's Website.



Friday, October 28, 2011 at 6:00 p.m.

Halloween Safety Expo

Tequesta Trace Park, 600 Indian Trace

Sponsored by the City of Weston and the Broward Sheriff's Office this entertaining, action-packed, safe Trick-or-Treating event is **FREE** and don't forget to wear your cutest or spookiest costume. Be sure to bring a bag for goodies! There will be entertainment, bounce houses and plenty of kid oriented activities such as an Obstacle Course, Arts and Crafts activities and much more! Public Safety vehicles include helicopters, fire engines and rescue trucks, police motorcycle units, SWAT and marine units.





Saturday, October 29th at 8PM

Symphony of the Americas - Cirque de la Symphonie

Cypress Bay Theater, 18600 Vista Park Blvd., Weston

The Symphony of the Americas Orchestra performs familiar classics with internationally-acclaimed cirque performers.

Tickets \$20 in advance / \$30 at the door
Students: \$10 in advance / \$15 door

Available now at the Weston Community Center, 954-389-4321.



Sunday, October 30, 2011 at 11:00AM – 4PM

YMCA Fiesta – Celebrate Hispanic Heritage Month

Sheinberg Family YMCA, in the Regional Park

People of all ethnicities will come together to celebrate National Hispanic Heritage Month. The diverse Hispanic-Latino Community will assemble to celebrate their wide-ranging traditions. The celebration includes performances of folklore dance from many Latin American Countries and various Latin American arts & crafts.

Then at 3 p.m. help break the **Guinness Book of World Record's largest Zumba class record!** Whether you know how to Zumba or not, bring your friends and family to the FIESTA for this fun and free class.

Delicious ethnic Latin American dishes will be available from local vendors.