

Fit Newz is a free publication of Fitness Stylz Community Fitness Center, 17 Depot Street, Livermore Falls, Maine. 897-5978. We invite members to submit news for our monthly issues... from an upcoming birthday to your fitness progress, or any other items of interest. Contact Leslie with your news: FitNewz@FitnessStylz.com

Thanksgiving Groaners

If April showers bring May flowers what do May flowers bring?
Pilgrims!

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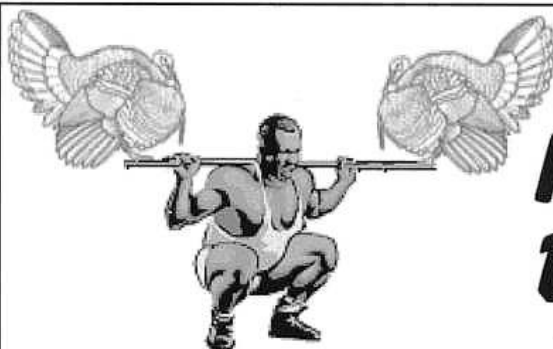
Asked to write a composition entitled, "What I'm thankful for on Thanksgiving," a student wrote, "I am thankful that I'm not a turkey."

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Why did the police arrest the turkey? *They suspected it of fowl play.*

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Why did the turkey cross the road? *It was the chicken's day off.*



NOVEMBER BIRTHDAYS

- Wednesday, November 1: Sue Biliouris, David Hathaway
- Thursday, November 2: Dillon Newcomb
- Saturday, November 4 – Julie Lee
- Sunday, November 5: Brianne Lovewell
- Monday, November 6: Betty Frazier, Joan Haeger, Patricia Hennesy
- Tuesday, November 7 – Travis Knight
- Wednesday, November 8: Louise Castonguay
- Friday, November 10: Debra Kendall, Heather Denton
- Saturday, November 11: Pierre Castonguay
- Sunday, November 12: Robert Bennett
- Monday, November 13: Gayla Drake
- Tuesday, November 14 – Alana Stevenson
- Thursday, November 16: Crystal Pineau, Deb Walsh
- Friday, November 17: Sherry Given, Caleb Baron, Sarah Judd, Tarah Judd
- Monday, November 20: Gavin Smith
- Tuesday, November 21 – Chontelle Davis, Nikki Castonguay
- Thursday, November 23 – Cindy Gauvin, Billy Moore
- Friday, November 24 – Bill Gats, Patty Brown
- Saturday, November 25 – Veronica Duguay
- Tuesday, November 28 – Kelsey Wilkins

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Shhh! So, I thought, where's the LAST place they'd look for me at Thanksgiving? And I decided, BODYFLOW class!