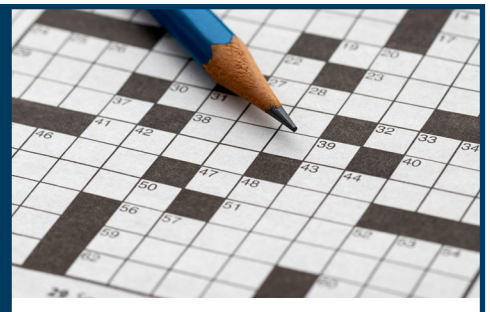




Pickleball 101



Train Your Brain Games



**BLOOD
WORK**



**BODY
COMPOSITION**

Exercise Your Brain



Cooper Puzzle Room



EVENTS

Train Your Brain Games

Training your brain is just as important for good health as training your body! Complete the weekly brain game available in the lobby or on the new CFC member private Facebook group. Ask how to join! Earn 10 My Cooper Rewards points per puzzle (limit one per week). All puzzles must be submitted by Monday, Sept. 30.

September 4-30

Cooper Puzzle Room

Join fellow members in a live-action Puzzle Room at CFC! You will work together to find clues, solve puzzles and "escape" from the Puzzle Room. (No elevator access available).

Tuesday, September 17, 5-6 p.m.

Friday, September 20, 7-8 a.m.

Meet in Lobby

Pickleball 101

Did you know court sports such as pickleball have a variety of benefits, including increasing mental acuity. Pickleball is one of the fastest growing sports in America. Come learn how to play with Tennis Pro Andre Vahdat.

Wednesday, September 18, 5:30-6:30 p.m.

Tennis Court #4

Burn the Fat Challenge Body Composition Retesting

Finish strong! Have your body composition retested to complete the Burn the Fat challenge.

Monday, September 16, 4-5 p.m.

Tuesday, September 17, 9-10 a.m.

Wednesday, September 18, 11 a.m.-Noon

Thursday, September 19, 7-8 a.m. and Noon-1 p.m.



Register for events on the Cooper Quest web page, on the CFC Member App or at the Service Desk.