

This Week in Mt. Vernon

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### Featured This Week

January 2-8, 2012

January 7

**Lose to Win Program Initial Weigh-in** at the YMCA of Jefferson County, 1304 Broadway from 10 a.m. - 1 p.m. Crossroads Community Hospital has partnered with the YMCA to bring this 8 week program. There will be cash prizes for the top 3 teams in the program, as well as for the individual weight loss winner. The program is set up for teams of 4, and the entry fee is only \$20 per person or \$80 per team. Crossroads will also have a mini health fair set up to take blood pressure, pulse ox, blood glucose checks and BMI calculations, and this will be provided free of charge. Included in the \$20 entry fee will be the use of Crossroads Hospital Aquatic Center free of charge Monday-Thursday from 5-7 p.m., access to the amenities at the YMCA, weekly health educational classes, and much more! For more information call Debi Richardson at (618) 241-8510 or Matt Greene at (618) 242-7500.

**Mt. Vernon Illinois**  
Calendar of Events  
January - June 2012  
Mt. Vernon Convention & Visitors Bureau

### This Week at Cedarhurst Center for the Arts

January 2

Mt. Vernon Woodcarvers - How to Carve a Standing Duck, 7-9 p.m.

January 4

Cedarhurst Book Club will discuss *The Family Fang: A Novel* by Kevin Wilson, 12 p.m.

January 6

Friday Morning Story Time at Cedarhurst Center for the Arts presents *Let's go to the Beach* at 10 a.m.

#### Hours:

Tues., Wed., Fri., and Sat. 10 a.m. - 5 p.m.;  
Thursday 10 a.m. - 8 p.m.; Sun. 1-5 p.m.  
2600 Richview Road  
Mt. Vernon, IL 62864  
(618) 242-1236  
www.cedarhurst.org

### This Week at AMC Showplace 8

**Alvin and the Chipmunks: Chipwrecked, G**  
11:15, 2:10, 4:40, 7:20

**Mission Impossible - Ghost Protocol, PG13**  
9:45, 1:00, 4:10, 7:10

**New Year's Eve, PG13**  
7:00

**Sherlock Holmes: A Game of Shadows, PG13**  
10:00, 12:50, 4:00, 6:50

**The Adventures of Tintin, PG**  
1:15

**The Adventures of Tintin 3D, PG**  
10:15, 3:45, 6:30

**The Girl With the Dragon Tattoo, R**  
11:30, 3:15, 6:40

**The Twilight Saga: Breaking Dawn Part I, PG13**  
10:30, 1:30, 4:20

**War Horse, PG13**  
11:45, 3:30, 6:45

**We Bought a Zoo, PG**  
11:00, 2:00, 4:50, 7:40

www.amcentertainment.com  
1-888-AMC-4FUN

\*\*Please double check movie times as they are subject to change.

The new printed version of the Calendar of Events has arrived! Pick yours up today at the Mt. Vernon Visitors Center for the latest events information, or visit us online at [www.mtvernon.com](http://www.mtvernon.com).

### Mt. Vernon Landmark Ornament



The Mt. Vernon Convention & Visitors Bureau is offering an opportunity to purchase our new Mt. Vernon landmark ornament. This first in a series original is available for \$20 at the Made in Mt. Vernon shop at 200 Potomac Blvd. For more information call (618) 242-3151.

### Check Us Out on Facebook



Like **City of Mt. Vernon, Illinois** on Facebook!

Stay up to date on current events and everything Mt. Vernon!

### Fitness Centers

For those of you with a certain New Year's resolution...

#### Anytime Fitness

618 B South 42nd Street, 242-4040

#### Curves

301 North 27th Street, 246-1287

#### Mt. Vernon Fitness Center

1318 Salem Road, 244-5061

#### Rend Lake College Fitness Center

605 North 12th Street, 242-0027.

#### Spa Nirvana

412 South 34th Street, 244-3392

#### White Lotus Yoga Studio

4225 Lincolnshire, Suite C, 787-2929

#### YMCA

1304 Broadway, 242-7500

Mt. Vernon Convention & Visitors Bureau

200 Potomac Blvd.

618-242-3151 [tourism@mvn.net](mailto:tourism@mvn.net)

Open M-F, 8-5 & Sat. 12-5

[www.mtvernon.com](http://www.mtvernon.com)

*First Impressions Matter*