

AIRPORT TOWER

OCTOBER 2023 NEWSLETTER



OCTOBER 2-31, 2023

Fall in Love with **FITNESS** CHALLENGE

MOVE YOUR BODY • FEEL BETTER • WIN PRIZES

How to Participate

Sign up: Email airporttower@mullerco.com with your full name, suite #, Instagram handle (if you have one) and best email address to reach you during the challenge. For best chances to win, sign up by October 2nd.

Be active, Get Social and Share the (Fitness) Love during your workday!
See next page for activities and details.

Provide proof of participation for each activity via email, Instagram or class sign-in sheet. Points will be totaled at the end of each week.

Win Prizes!

Sweepstakes Winner

One 55-minute Personal Training Session + 10 additional entries into raffle + Top 5 prizes

Top 5 Contenders

\$25 gift card each + Myofascial Release Class with Elissa (therapy ball set included)

Streak Bonus

Document activity every day M-F throughout the challenge dates:
5 additional entries into the raffle drawing

Class VIP

Attend all weekly classes + bonus flash fitness classes:
5 additional entries into raffle drawing

All Participants

Entered into raffle for \$25 gift card or One 55 minute Personal Training Session

CHALLENGE DATES
 October 2nd - 31st
 Monday - Friday



MOVE YOUR BODY • FEEL BETTER • WIN PRIZES


For each activity, provide proof of participation daily via email, Instagram or class sign-in sheet. Points will be totaled at the end of each week.

EARN POINTS

- Be Active** Pts Scan to sign up for classes

| | | |
|--|---|---|
| Attend Hub Fitness Classes (drop-in) | 4 |  |
| Sign up online and attend Hub Fitness Classes..... | 5 | |
| Workout in the Gym in the Hub..... | 3 | |
| Take a walk outdoors..... | 3 | |
| Play (Rec Room Games, Mini Golf, Cornhole in the Courtyard)..... | 2 | |

- Get Social** Pts

| | | |
|---|---|--|
| Follow us on Instagram @airport_tower_irvine..... | 2 |  |
| Like and comment on weekly wellness posts..... | 1 | |

- Share the Love** Pts

| | |
|---|--------|
| Bring someone new to class..... | 5 each |
| Work out or attend class with colleagues, go for a group walk, etc..... | 4 each |

HOW TO LOG POINTS

Classes: Drop in or scheduled, be sure to sign in before class with full name and suite number.

Social: Share your activity! Tag @airport_tower_irvine in your Instagram story or post.

Email: If you do not have Instagram or prefer to submit entries via email, send a picture of your activity with name(s) and suite number(s) for yourself or your group to: airporttower@mullerco.com

OCTOBER 2023 CLASS SCHEDULE

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----|------------------------------|-----------------------------|--|----------------------------------|--------|
| 2 | 3 Mat Pilates 12:10pm | 4 | 5 Strength & Conditioning 12:10pm | 6 Yoga & Movement 12:10pm | |
| 9 | 10 Mat Pilates 12:10pm | 11 Lift & Tone 5:15pm | 12 Strength & Conditioning 12:10pm | 13 Yoga & Movement 12:10pm | |
| 16 | 17 Mat Pilates 12:10pm | 18 | 19 Strength & Conditioning 12:10pm | 20 Yoga & Movement 12:10pm | |
| 23 | 24 Mat Pilates 12:10pm | 25 Zumba 5:15pm | 26 Strength & Conditioning 12:10pm | 27 Yoga & Movement 12:10pm | |
| 30 | 31 Mat Pilates 12:10pm | | | | |



AIRPORT TOWER

Oktoberfest

OCTOBER 2

IT'S TIME TO JUMP INTO YOUR LEDERHOSEN,
GRAB A BIER STEIN AND YODEL YOUR WAY OVER
TO THE CLUBHAUS TO TAKE A BREAK &
CELEBRATE OKTOBERFEST!





Meet the Bees!

Join our beekeeper, Giulia, at our hive on the roof level of the parking structure to meet the Airport Tower bees!

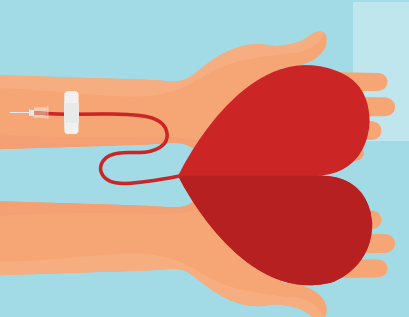
Giulia will guide attendees through a day in the life of a beekeeper, share some buzzing bee facts & facilitate other sweet activities!

Tuesday, October 3rd

11 AM - 12 PM

Roof Level, Parking Structure

RSVP by emailing airporttower@mullerco.com



American Red Cross **BLOOD DRIVE**

Event Information

Thursday, October 5th, 2023
9AM to 3:00 PM

Airport Tower Conference Center, Lower Level
18881 Von Karman
Irvine CA 92612

3 Ways to Schedule your Donation Appointment:

- Scan the QR Code on the right
- Sign up on-line at RedCrossBlood.org & use sponsor code: Muller
- Call the American Red Cross at 1-800-Red-Cross (1-800-733-2767).



***Photo ID Required to Donate**

Fall into giving blood and get a \$15 Amazon.com Gift Card by email. Visit rblood.org/together for details. .

FIRE WARDEN TRAINING

October 19, 2023 from 2-3:30 PM

MANDATORY IN-PERSON TRAINING

As we prepare for our annual fire drill, one participant per suite is required to serve as fire warden.

Please send the name of your suite's fire warden to airporttower@mullerco.com by October 11.



Preparedness in the event of an emergency is key. This building-wide, mandatory drill is an important step in ensuring the safety of all, should an emergency occur.

October 24, 2022

Mandatory Participation

FIRE DRILL

SAVE THE DATE

**Fire Warden
Virtual Training
October 19, 2023
2 PM**

BREAST CANCER AWARENESS MONTH

Breast cancer awareness month is a global healthcare event held in October for the awareness of breast cancer since 1985. The Muller Company invites you to **wear pink** to stand with those who are fighting breast cancer and celebrate the survivors, while spreading awareness.

We will also be hosting a Breast Cancer Research Fundraiser in partnership with City of Hope, one of the nation's leaders in breast cancer research and treatment. Please consider donating below and **WEAR PINK ON FRIDAY OCTOBER 13TH** to show your support!



[Click here](#) or scan the QR code on the right to make your donation.



the **Muller**
company



City of Hope®

AIRPORT TOWER

Annual Pumpkin Patch & Pumpkin Decorating Contest

October 26

Email airporttower@mullerco.com to claim your free pumpkin! *Pumpkins are available for decorating participants while supplies lasts.*

October 31

Drop off your carved or decorated pumpkin in the building lobby by 10 am to be entered to win an awesome prize!

Pumpkins will be based on the following categories:

- Most Traditional
- Most Creative
- Scariest
- Best in Show

SPECIAL *Reminders*

With the holiday season just around the corner, we understand that tenants will soon be decorating their offices. As you prepare your decorations, we ask that you please adhere to the following guidelines, so as to ensure the safety of all:

- No open flames (lanterns, candles, etc.) or smoke machines are allowed.
- Only fire-resistant or flame retardant trees and decorations may be used; live trees are prohibited.
- Decorations on doors and windows facing common corridors are not permitted.

We thank you for your cooperation with these guidelines and wish you all the greatest joy this holiday season!