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| April | 2019 |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 |  3 | 4 | 5 |  |
|  | Food Share Mobile Site8:30a – 9:30a **FLYY Fitness!!Zumba and Mindfulness 11a-12p** | **Fact or Fiction****Nutrition Department****With Michelle RDE** **1:00 PM** | **Zumba Gold 12p-1p****Cooking Matters****Class #3 1p - 3p** |  |  |  |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|  | **FLYY Fitness!!Zumba and Mindfulness 11a-12p** | **Fact or Fiction****Nutrition Department****With Michelle RDE** **1:00 PM**  | **Zumba Gold 12p-1p****Cooking Matters** **Class #4 1p - 3p** |  | **Paint Class****11a-2p****If planning to participate, please call a CHW to register. Limited to 23.** |  |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|  | Food Share Mobile Site8:30a – 9:30a **FLYY Fitness!!Zumba and Mindfulness 11a-12p** | **Fact or Fiction****Nutrition Department****With Michelle RDE** **1:00 PM**  | **Diabetes Self-Care Behaviors: Being Active11a-12p****Zumba Gold 12p-1p****Cooking Matters** **Class #5** **1p - 3p** |  | National GARLIC Day |  |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|  | **FLYY Fitness!!Zumba and Mindfulness 11a-12p** | **Fact or Fiction****Nutrition Department****With Michelle RDE** **1:00 PM**  | **The NEW Nutrition Facts Label: 11a-12p****Zumba Gold 12p-1p****Cooking Matters** **Class #6 1p - 3p** |  |  |  |
| 28 | 29 | 30 |  |  |  |  |
|  | Food Share Mobile Site8:30a – 9:30a **FLYY Fitness!!Zumba and Mindfulness 11a-12p** | **Fact or Fiction****Nutrition Department****With Michelle RDE** **1:00 PM**  |  |  |  |  |

All Nutrition Classes take place in Nutrition Department 4th floor

Food Share Mobile Site is located at 225 Washington Street / Salvation Army Parking Lot – **ALL** in need of food are welcome