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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 Site  8:30a – 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 Site  8:30a – 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 Active 11a-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 Site  8:30a – 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