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| October | 2019 |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **Thanksgiving Turkey Applications will be taken during the month of October!!!!**  **See Dates.** | 1 | 2  **Zumba Gold 12p - 1p**  **Weight Management Series Class # 4 1p – 2p** | 3 | 4 |
|  |  |  |  |  |
| 7 | 8 | 9 | 10 | 11 |
| **FLYY FITNESS!! Zumba and Mindfulness 11a - 12p**  **Turkey Applications in Lobby 11a-1p** |  | **Zumba Gold 12p - 1p**  **Weight Management Series Class #5 1p – 2p**    **Turkey Applications in Lobby 11a-1p** |  |  |
| 14  **Foodshare Mobile Site**  **225 Washington St. 8:30a – 9:30a**  **FLYY FITNESS!! Zumba and Mindfulness 11a - 12p**  **Turkey Applications in Lobby 11a-1p** | 15 | 16  **Zumba Gold 12p - 1p**  **FAT Attack Class with Community Health Network Educator 1PM**  **Turkey Applications in Lobby 11a-1p** | 17 | 18  **Paint Class**  **11a - 2p**  **If planning to participate, please call a CHW to register. Limited to 23.** |
| 21  **FLYY FITNESS!! Zumba and Mindfulness 11a - 12p**  **Turkey Applications in Lobby 11a-1p** | 22 | 23  **Zumba Gold 12p - 1p**  **Benefits of Pumpkins Class 1PM  Turkey Applications in Lobby 11a-1p** | 24 | 25  **Turkey Applications in Lobby 11a-1p** |
| 28  **Foodshare Mobile Site**  **225 Washington St. 8:30a – 9:30a**  **FLYY FITNESS!! Zumba and Mindfulness 11a - 12p** | 29 | 30  **Zumba Gold 12p - 1p**  **Weight Management Series Class # 6 1p – 2p** | 31 |  |

**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!**