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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 1PMTurkey 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!**