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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |

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|  | 3 | Diabetes Prevention  Atrium Booth  11-1 pm | 4 |  | 5 | Diabetes Prevention  Atrium Booth  11-1 pm | 6 |  | 7 | Diabetes Prevention  Atrium Booth  11-1 pm | 8 |  | 9 |
|  | 10 | YMCA Membership Month Atrium Booth  11-1 pm | 11 |  | 12 | Diabetes Q & A with Michelle & Glucose Testing Community Room 10 – 2 pm | 13 |  | 14 | Teaching Nutrition Labels - Atrium Booth  11-1 pm | 15 |  | 16 |
|  | 17 | Smoking Cessation Information  Atrium Booth  11-1 pm | 18 |  | 19 | Smoking Cessation Information  Atrium Booth  11-1 pm | 20 |  | 21 | Teaching Nutrition Labels - Atrium Booth  11-1 pm  Yoga Stretch Community Room 10 – 11 am | 22 |  | 23 |
|  | 24 | Injury Prevention Atrium Booth  11-1 pm  Santa Senior Stretch – Community Room  12- 1 pm | 25 |  | 26 | Happy Thanksgiving!! | 27 |  | 28 | Santa Race Registration and Holiday Crafts!  Atrium Booth  11-1 pm | 29 |  | 30 |
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| November  2014   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | 31 |  |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | 15 | 16 | 17 | 18 | 19 | 20 | 21 | | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | 29 | 30 | 31 |  |  |  |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | October | 2014 |  | December | 2014 | |  | Farmer’s Market Wellness Hub |

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|  | 1 | Santa Race Registration and Holiday Crafts!  Atrium Booth  11-1 pm | 2 |  | 3 | Cooking with Mrs. Claus – Demo Kitchen 11- 1 pm  Santa Race Registration and Holiday Crafts! Atrium Booth  11-1 pm | 4 |  | 5 | Santa Yoga  Community Room 10:45 – 11:45 am  Santa Race Registration and Holiday Crafts!  Atrium Booth  11-1 pm | 6 |  | 7 |
|  | 8 | Injury Prevention Atrium Booth  11-1 pm HIV/AIDS Testing Community Room 11am – 1 pm | 9 |  | 10 | HIV/AIDS Education Atrium Booth  11-1 pm | 11 |  | 12 | Flu Shots Atrium Booth  11-1 pm | 13 |  | 14 |
|  | 15 | Healthy Cooking  Demo Kitchen –11– 1 pm  YMCA Membership  Atrium Booth  11-1 pm | 16 |  | 17 | Distracted Driving Safety and Prevention  Atrium Booth  11-1 pm | 18 |  | 19 | Fall Prevention and Safety Atrium Booth  11-1 pm | 20 |  | 21 |
|  | 22 | Healthy Recipes Atrium Booth  11-1 pm | 23 |  | 24 | Merry Christmas! | 25 |  | 26 | Healthy Recipes Atrium Booth  11-1 pm | 27 |  | 28 |
|  | 29 | Healthy Recipes Atrium Booth  11-1 pm | 30 |  | 31 |  |  |  |  |  |  |  |  |
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| December  2014   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  | 1 | 2 | | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  | 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | November | 2014 |  | January | 2015 | |  | Farmer’s Market Wellness Hub |