



January 2018 – STARS Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 HOLIDAY 	2 Zero Gain Weigh-Out Billion Step Challenge Begins	3 Wellness Wednesday	4 Weight Watchers Dunham-5:15	5 Blood Drive Dunham-9-2:00	6
7	8 Report Steps to Heather	9	10 Wellness Wednesday	11 Weight Watchers Dunham-5:15	12	13
14	15 Report Steps to Heather Martin Luther King Day	16 Chronic Disease (CDSMP) 9-11 a.m. (Dunham) Service Awards	17 Wellness Wednesday Chautauqua Bright Spots	18 Weight Watchers Dunham-5:15	19	20
21	22 Report Steps to Heather JCC Exercise Classes Begin	23 Chronic Disease (CDSMP) 9-11 a.m. (Dunham) Chronic Pain (CPSMP) 1-3 p.m. (UPMC Chautauqua)	24 Wellness Wednesday Wellness Committee	25 Weight Watchers Dunham-5:15 New Series	26	27
28	29 Report Steps to Heather	30 Chronic Disease (CDSMP) 9-11 a.m. (Dunham) Chronic Pain (CPSMP) 1-3 p.m. (UPMC Chautauqua)	31 Wellness Wednesday	Complete Interest & Satisfaction Surveys	Ski Club-Ongoing	