

October 2018 – Wellness Activities



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Remember JCC Exercise Classes	1	2	3 Wellness Wednesday	4 Weight Watchers Dunham-5:15	5	6 Buddy Walk-Lakewood Rod & Gun
7	8	9	10 Wellness Wednesday	11 Weight Watchers Dunham-5:15	12	13
14	15	16	17 Wellness Wednesday	18 Weight Watchers Dunham-5:15	19 Domestic Violence L&L-Cappa	20 Walk for Paws
21	22	23	24 Wellness Wednesday Wellness Team Mtg.-3:00 Dunham	25 Weight Watchers Dunham-5:15	26	27
28 Nat'l. Dental Hygiene Month	29 Start of Open Enrollment	30 Disability Awareness Awards-Clarion-DNK	31 Wellness Wednesday HALLOWEEN 	Breast Cancer Awareness Month	Nat'l. Domestic Violence Month	Nat'l. Medicine Abuse Awareness Month