





December 2018 – Wellness Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Ski Club	Zero Gain	1
2	3 Hanukkah	4	5 Wellness Wednesday	6 Weight Watchers Dunham-5:15	7 MJRC Craft Sale TRC Night at the Ice Arena	8 Toys for Tots Craft Sale
9	10	11	12 Wellness Wednesday	13 EatSmartNY L&L-Dunham Weight Watchers Dunham-5:15	14 EatSmartNY L&L- Lakeshore	15 Toys for Tots
16	17	18 Christmas Tree Craft Dunham-5pm	19 Wellness Wednesday	20 Weight Watchers Dunham-5:15	21 First Day of Winter	22
23	24 HOLIDAY  Christmas Eve	25 HOLIDAY  Christmas Day	26 Kwanzaa Wellness Wednesday	27 Weight Watchers Dunham-5:15	28	29
30	31 New Year's Eve				TRC Gives Back Fridays-Boys & Girls Club	