

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's day TRC HOLIDAY	2 Wellness Wednesday	3 WW 5:15-6pm	4 Red Cross Blood Drive 9-2pm Dunham	5 Chautauqua Striders Winter 5K Series 9:45am Lakewood Rod and Gun
6 Eat Smart NY presentation at Prendergast Library 11-12pm (MONDAY, January 7)	7 Eat Smart NY Lunch and Learn Dunkirk/Lakeshore 12:10-12:50pm	8	9 Wellness Wednesday	10 WW 5:15-6pm	11	12 Chautauqua Striders Winter 5K Series 9:45am Lakewood Rod and Gun
13	14	15 TRC Service Award Recognition	16 Wellness Wednesday	17 WW 5:15-6pm	18	19 Chautauqua Striders Winter 5K Series 9:45am Lakewood Rod and Gun
20	21 M L King Day	22	23 Wellness Wednesday/ Wellness Committee	24 WW 5:15-6pm	25	26 Chautauqua Striders Winter 5K Series 9:45am Lakewood Rod and Gun
27	28	29	30 Wellness Wednesday	31 WW 5:15-6pm		
	Birth Defects Prevention Month	Blood Donor Month	Cervical Health Awareness Month	Glaucoma Awareness Month	Thyroid Awareness Month	