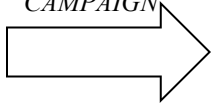



November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>UNITED WAY CAMPAIGN</i>	2 <i>OPEN ENROLL- MENT</i>	3	4 <i>WELLNESS WEDNESDAY Yoga Lunch and Learn</i>	5 YOGA THURSDAY Beginner 4:30-5:30 Advanced 6-7pm Dunham	6 <i>JEAN FRIDAY-TOYS FOR TOTS</i>	7
8	9	10	11 <i>WELLNESS WEDNESDAY</i>	12 YOGA THURSDAY Beginner 4:30-5:30 Advanced 6-7pm Dunham	13	14
15	16	17	18 <i>WELLNESS WEDNESDAY</i>	19 YOGA THURSDAY Beginner 4:30-5:30 Advanced 6-7pm Dunham Great American Smokeout	20	21 <i>International Survi- vors of Suicide Loss Day</i>
22	23 <i>ZERO GAIN CAMPAIGN</i> 	24	25 <i>WELLNESS WEDNESDAY</i>	26 <i>TRC HOLIDAY</i>  Happy Thanksgiving	27 <i>TRC HOLIDAY</i>	28
29	30 <i>PROSTATE CANCER AWARENESS MONTH</i>	<i>AMERICAN DIABETES MONTH/</i>	<i>ALZHEIMERS DISEASE AWARENESS MONTH</i>	<i>COPD AWARENESS MONTH</i>	<i>EPILEPSY AWARENESS MONTH</i>	<i>LUNG CANCER AWARENESS MONTH</i>