


# November

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Independent Health/Buffalo Bills Health and Wellness Challenge (continues)	1pm Let's Move Pros Cappa	Wellness Wednesday	10am Brunchtime with Leslie		
National Alzheimer's Disease Awareness Month Day Light Savings Time ends			Wellness Wednesday 9am Activity-Edgewater 12pm Lunch and Learn-ZONTA 1pm Activity-MJRC		2pm Afternoon Break with Leslie Dunham  Veteran's Day	
American Diabetes Month		1pm Let's Move Pros Cappa	Wellness Wednesday 3pm Wellness Committee	Great American Smoke Out	10am Brunchtime with Leslie Dunham	
COPD Awareness Month			Wellness Wednesday	Thanksgiving	Holiday	
Lung Cancer Awareness Month Pancreatic Cancer Awareness Month		6pm Paint Nite	Wellness Wednesday 2pm Afternoon break with Leslie Dunham Last day to turn in STARS POINTS		