

June 2019



May 2019

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

July 2019

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Mon	Tue	Wed	Thu	Fri	Sat & Sun
					1
					2
3	4	5	6	7	8
					9
10	11	12	13	14	15
					DIABETES CLASS 10:30-12:30 Dixon
					16
17	18	19	20	21	22
					23
24	25	26	27	28	29
BALANCE & STRENGTH 1:30-2:30pm DIXON			LOW BACK PAIN WKSH 1:30-2:30PM DIXON	NAVIGATING SERVICES FOR SENIORS 1:30- 3:30PM DIXON	
					30

July 2019



June 2019

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
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August 2019

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Mon	Tue	Wed	Thu	Fri	Sat & Sun
1	2	3	4	5	6
					7
8	9	10	11	12	13
					14
15	16	17	18	19	20
		DIABETES CLASS 6-8pm DIXON			Stress Workshop 10:30-12:30PM WESTON SMOKING CESSATION Class 10:30-12:30pm DIXON
					21
22	23	24	25	26	27
			MEDITERRANEAN DIET & HEART HEALTH WKSHP) 6-8pm WESTON		28
29	30	31			

August 2019



July 2019

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Mon	Tue	Wed	Thu	Fri	Sat & Sun
			1	2	3
					4
5	6	7	8	9	10
					11
12	13	14	15	16	17
		DIABETES CLASS 6-8pm DIXON			18
19	20	21	22	23	24
					25
26	27	28	29	30	31
ENGAGING ACTIVE SENIORS WORKSHOP 1:30-3:30PM DIXON					

September 2019



August 2019

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

October 2019

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Mon	Tue	Wed	Thu	Fri	Sat & Sun
					1
2	3	4	5	6	7
					8
9	10	11	12	13	14
				SENIORS SYSTEM NAVIGATOR SESSION 1:30-3:30PM DIXON	STRESS WORKSHOP 10:30-12:30PM WESTON SMOKING CESSATION Class 10:30-12:30pm DIXON
					15
16	17	18	19	20	21
		DIABETES CLASS 6-8pm DIXON			22
23	24	25	26	27	28
					29
30					

October 2019



September 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

November 2019

S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Mon	Tue	Wed	Thu	Fri	Sat & Sun
SEPTEMBER 30	OCTOBER 1	2	3	4	5
					DIABETES CLASS 10:30-12:30 Dixon
					6
7	8	9	10	11	12
					13
14	15	16	17	18	19
					20
21	22	23	24	25	26
			MEDITERRANEAN DIET 6-8PM WESTON		27
28	29	30	31		
			HALLOWEEN		

November 2019



October 2019

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

December 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Mon	Tue	Wed	Thu	Fri	Sat & Sun
				1	2
					3
4	5	6	7	8	9
					10
11	12	13	14	15	16
					STRESS WORKSHOP 10:30-12:30PM WESTON SMOKING CESSATION Class 10:30-12:30pm DIXON
					17
18	19	20	21	22	23
		DIABETES CLASS 6-8pm DIXON			24
25	26	27	28	29	30
BALANCE & STRENGTH WORKSHOP 1:30-3:30PM DIXON					

December 2019



November 2019

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

January 2020

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Mon	Tue	Wed	Thu	Fri	Sat & Sun
					1
2	3	4	5	6	7
					8
9	10	11	12	13	14
				NAVIGATING SERVICES FOR SENIORS 1:30-3:30PM DIXON	15
16	17	18	19	20	21
		DIABETES CLASS 6-8pm DIXON			22
23	24	25	26	27	28
					29
30	31				