


# November 2009

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4 SWITCH 5:30-8 Women – Crafts Night – 6-8 Food Store – 5:30-8 Fitness-Food-Fun 5:30 – 7:30	5	6	7 SWITCH - 11-1:30 Guy Time – To Be Announced Immunizations – 11 – 1:30 Fitness-Food-Fun – 11-1
8	9	10 Fitness-Food-Fun 10-12 Well Baby Immunization Clinic 1 - 4:30	11 <b>Remembrance Day</b> <b>Clinic Closed</b> 	12	13	14 SWITCH - 11-1:30 Children's Health Day & Fluoride Varnish Clinic – 11-1:30 Immunizations – 11 – 1:30 Fitness-Food-Fun – 11-1 SWITCH Dental Clinic – 11 - 1:30
15	16	17 Fitness-Food-Fun 10-12 Well Baby Immunization Clinic 1 - 4:30	18 SWITCH 5:30-8 Women – Com. Kitchen – 6-8 Food Store – 5:30-8 Fitness-Food-Fun 5:30 – 7:30	19	20	21 SWITCH - 11-1:30 Guy Time – To Be Announced Immunizations – 11 – 1:30 Fitness-Food-Fun – 11-1
22	23	24 Fitness-Food-Fun 10-12 Well Baby Immunization Clinic 1 - 4:30	25 SWITCH 5:30-8 Women – Com. Kitchen Food Store – 5:30-8 Fitness-Food-Fun 5:30 – 7:30	26	27	28 SWITCH - 11-1:30 Children's Health Day & Fluoride Varnish Clinic – 11-1:30 Immunizations – 11 – 1:30 Fitness-Food-Fun – 11-1
29	30		<b>Dec 2<sup>nd</sup></b> – Ladies Pamper Night @ Princess Alex School –  6-8:30pm 