

August 2009

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1 No Fitness-Food-Fun SWITCH Closed
2	3 Clinic Closed Civic Holiday 	4 Fitness-Food-Fun – 10-12 Well Baby Immunization Clinic – 1-4:30	5 SWITCH – 5:30-8pm Women – Canning – 6-8pm Food Store – 5:30-8p	6	7	8 No Fitness-Food-Fun SWITCH – 11a – 1:30p Children’s Health Day – 11a-1:30p Dental Clinic – 11a-1:30p
9	10	11 Fitness-Food-Fun – 10-12 Well Baby Immunization Clinic – 1-4:30	12 SWITCH – 5:30-8pm Women – Cooking – 6-8pm Food Store – 5:30-8p	13	14	15 No Fitness-Food-Fun SWITCH – 11a – 1:30p Guy Time – 11a-1:30p
16	17	18 Fitness-Food-Fun – 10-12 Well Baby Immunization Clinic – 1-4:30	19 SWITCH – 5:30-8pm Women – Self Defense – 6-8pm Food Store – 5:30-8p	20	21	22 No Fitness-Food-Fun SWITCH – 11a – 1:30p Children’s Health Day – 11a-1:30p
23 / 30	24 / 31	25 No Fitness-Food-Fun	26 No Fitness-Food-Fun, SWITCH Closed Food Store Closed	27	28 SWITCH Golf Tournament	29 No Fitness-Food-Fun No SWITCH