

Events for October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1 CODA 4pm-5pm	2 Yoga with Naomi 3:30pm-4:30pm	3	4 Tai Chi for Health 10am-11am CODA 11:30am-1pm	5 Alcoholics Anonymous 12pm-1pm
6	7 NAMI Peer Support Group 5:30pm-7pm	8 CODA 4pm-5pm	9 Yoga with Naomi 3:30pm-4:30pm	10	11 Tai Chi for Health 10am-11am CODA 11:30am-1pm	12 Alcoholics Anonymous 12pm-1pm
13	14	15 CODA 4pm-5pm	16 Yoga with Naomi 3:30pm-4:30pm	17	18 Tai Chi for Health 10am-11am CODA 11:30am-1pm	19 Alcoholics Anonymous 12pm-1pm
20	21 NAMI Peer Support Group 5:30pm-7pm	22 CODA 4pm-5pm	23 Yoga with Naomi 3:30pm-4:30pm	24	25 Tai Chi for Health 10am-11am CODA 11:30am-1pm	26 Alcoholics Anonymous 12pm-1pm
27	28	29 CODA 4pm-5pm	30 Yoga with Naomi 3:30pm-4:30pm	31	1 CODA 11:30am-1pm	2 Alcoholics Anonymous 12pm-1pm