



OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Exercise Group 11-12 Wellbriety 5:30-7:30	4 Flu Shot Clinic 2:00-7:00pm	5	6
7	8 Walking Group 11:00-12:00	9 FSU Reading Program 3:45-5:15 Beading 5:30-8:30	10 Exercise Group 11-12 Wellbriety 5:30-7:30	11 FSU Reading Program 3:45-5:15 WISE 1:00-3:00 Beading 5:30-8:30	12	13
14	15 Walking Group 11:00-12:00 Advisory Board 5:30-7:30	16 FSU Reading Program 3:45-5:15	17 Exercise Group 11-12 Wellbriety 5:30-7:30	18 FSU Reading Program 3:45-5:15 Diabetes Class 12:00pm-2:00pm Beading 5:30-8:30	19	20 Two Spirit Group 12pm-3pm @ Discovery Center
21	22 Walking Group 11:00-12:00 Cherokee Nation Meeting 5:00-8:00	23 FSU Reading Program 3:45-5:15 Beading 5:30-8:30	24 Exercise Group 11:00-12:00 Wellbriety 5:30-7:30	25 FSU Reading Program 3:45-5:15 WISE 1:00-3:00 Beading 5:30-8:30	26	27
28	29 Walking Group 11:00-12:00	30 FSU Reading Program 3:45-5:15 Beading 5:30-8:30	31 Halloween! Exercise Group 11:00-12:00 Wellbriety 5:30-7:30			

NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Walking Group 11:00-12:00	6 FSU Reading Program 3:45-5:15 Beading 5:30-8:30	7 Exercise Group 11:00-12:00 Wellbriety 5:30-7:30	8 FSU Reading Program 3:45-5:15 WISE 1:00-3:00 Beading 5:30-8:30 Two Spirit Group 5:30-7:30	9	10
11	12 Office Closed Veterans Day Parade	13 FSU Reading Program 3:45-5:15	14 Exercise Group 11:00-12:00 Wellbriety 5:30-7:30	15 FSU Reading Program 3:45-5:15 Diabetes Class 12:00pm-2:00pm Beading 5:30-8:30	16	17 Native Car Show 11:00am-5:00pm
18	19 Walking Group 11:00-12:00 Advisory Board 5:30-7:30	20 FSU Reading Program 3:45-5:15 Beading 5:30-8:30	21 Exercise Group 11:00-12:00 Wellbriety 5:30-7:30	22 Office Closed 	23 Office Closed	24
25	26 Walking Group 11:00-12:00 Cherokee Nation Meeting 5-8	27 FSU Reading Program 3:45-5:15 Beading 5:30-8:30	28 Exercise Group 11:00-12:00 Wellbriety 5:30-7:30	29 WISE 1:00-3:00	30	