

October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Planning meeting	2 Current Events	3 United Way Exercise Group- CSB invited 10:30 am	4 Walmart Trip Exercise Blog Worksheets	5
6 Rachel's Birthday	7	8 Health and Safety Advocacy Program	9 Current Events Project RTCOM Soup Kitchen	10 United Way Exercise Group Civil War Speaker Bill Shrieves 1:00 Isaiah's birthday	11 Exercise Blog	12
13 Steve's Birthday	14	15 Cleaning Day	16 Current Events	17 United Way Exercise Group Board meeting 3:30	18 Walmart Trip Southern Newsletter Blog	19
20	21	22 Film series	23 Current Events Project	24 United Way Exercise Group Strengthen your Mind Lunch Making Day	25 Exercise Blog Northern Newsletter	26
27 Maureen's Birthday	28	29 Garden Work	30 Current Events	31 United Way Exercise Group- at GF Horne 10:30		