

New Classes and new times are highlighted below!



S.C.A.L.E. is sponsored by:

AstraZeneca HealthCare Foundation
Connections for Cardiovascular HealthSM

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>11:00 <u>Diabetes</u> (Mary Ann Workman)</p> <p>12:00 <u>S.C.A.L.E.</u> (Linda St.Clair)</p> <p>1:00 <u>Resiliancy BINGO</u> (Wendy Francke)</p>	<p>4</p> <p>Holiday Clinic Closed</p>	<p>5</p> <p>11:00 <u>Post Holiday Lets Get Moving !!!</u>(Mary Ann Workman)</p> <p>12:00 <u>Diabetes</u> (Mary Ann Workman)</p> <p>1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i></p>	<p>6</p> <p>11:00 -1:00 <u>S.C.A.L.E. Teaching Kitchen / Easy Exercise</u></p> <p>5:00 <u>Diabetes / S.C.A.L.E.</u> (Linda St Clair) Upstairs</p> <p>5:30 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i></p>	<p>7</p>
<p>10</p> <p>11:00 <u>Diabetes</u> (Karrie Juengal)</p> <p>12:00 <u>S.C.A.L.E.</u> (Linda St.Clair)</p> <p>1:00 <u>Healthy Relationship BINGO</u> (Wendy Francke)</p>	<p>11</p> <p>11:00 <u>Nutrition and Health</u> (Mary Ann Workman)</p> <p>12:00 <u>Lets Get Moving !!!</u>(Mary Ann Workman)</p> <p>1:00 <u>Improve Your Mood</u>(Wendy Francke) <i>Downstairs</i></p> <p>2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i></p>	<p>12</p> <p>11:00 <u>Adult Coloring – Make Art To Music</u> (Sarah Tucker)</p> <p>12:00 <u>Diabetes</u> (Karrie Juengel)</p> <p>1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i></p>	<p>13</p> <p>11:00 -1:00 <u>S.C.A.L.E. Teaching Kitchen / Easy Exercise</u></p> <p>5:30 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i></p>	<p>14</p>
<p>17</p> <p>11:00 <u>Diabetes</u> (Karrie Juengal)</p> <p>12:00 <u>S.C.A.L.E.</u> (Linda St.Clair)</p> <p>1:00 <u>Self Esteem BINGO</u> (Wendy Francke)</p>	<p>18</p> <p>11:00 –1:00 <u>Movie Day - Healthy Snacks</u></p> <p>1:00 <u>Improve Your Mood</u>(Wendy Francke) <i>Downstairs</i></p> <p>2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i></p>	<p>19</p> <p>11:00 <u>Lets Get Moving !!!</u>(Mary Ann Workman)</p> <p>12:00 <u>Diabetes</u> (Becky Flagherty)</p> <p>1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i></p>	<p>20</p> <p>11:00 -1:00 <u>S.C.A.L.E. Teaching Kitchen / Easy Exercise</u></p> <p>5:30 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i></p>	<p>21</p>
<p>24</p> <p>11:00 <u>Pre-Diabetes</u> (Karrie Juengel)</p> <p>12:00 <u>S.C.A.L.E.</u> (Linda St.Clair)</p> <p>1:00 <u>Recovery BINGO</u> (Wendy Francke)</p>	<p>25</p> <p>11:00 <u>Nutrition and Health</u> (Mary Ann Workman)</p> <p>12:00 <u>Lets Get Moving !!!</u>(Mary Ann Workman)</p> <p>1:00 <u>Improve Your Mood</u>(Wendy Francke) <i>Downstairs</i></p> <p>2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i></p>	<p>26</p> <p>12:00 <u>Diabetes</u> (Karrie Juengel)</p> <p>1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i></p>	<p>27</p> <p>11:00 -1:00 <u>S.C.A.L.E. Teaching Kitchen / Easy Exercise/ Family Fun Day Learn To Crochet with Judy Turley</u></p> <p>5:30 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i></p>	<p>28</p>
<p>31</p> <p>11:00 <u>Diabetes</u> (Karrie Juengal)</p> <p>12:00 <u>S.C.A.L.E.</u> (Linda St.Clair)</p> <p>1:00 <u>Social Skills BINGO</u> (Wendy Francke)</p>				