

Happy Thanksgiving!

November 2017



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
		1 12:00 <u>Diabetes</u> (Karrie Juengel) 1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	2 11:00 -1:00 S.C.A.L.E. <u>Teaching Kitchen / Easy Exercise</u> 5:30 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	3
6 11:00 <u>Diabetes</u> (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 <u>Healthy Relationship BINGO</u> (Wendy Francke)	7 11:00 <u>Nutrition and Health</u> (Mary Ann Workman) 12:00 <u>Lets Get Moving !!!</u> (Mary Ann Workman) 1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i> 2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i>	8 12:00 <u>Diabetes</u> (Karrie Juengel) 1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	9 11:00 -1:00 S.C.A.L.E. <u>Teaching Kitchen / Easy Exercise</u> 5:00 Diabetes / S.C.A.L.E. (Linda St Clair) <i>Upstairs</i> 5:30 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	10 Holiday Clinic Closed
13 11:00 <u>Diabetes / Operation Heart</u> (Karrie Juengel) 12:00 S.C.A.L.E. (Mary Ann Workman) 1:00 <u>Anger Management BINGO</u> (Wendy Francke)	14 11:00 <u>Nutrition and Health</u> (Mary Ann Workman) 12:00 <u>Lets Get Moving !!!</u> (Mary Ann Workman) 1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i> 2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i>	15 12:00 <u>Diabetes</u> (Karrie Juengel) 1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	16 11:00 -1:00 S.C.A.L.E. <u>Teaching Kitchen / Easy Exercise / Family Fun Day: Let's Talk Turkey</u> 5:30 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	17
20 11:00 <u>Pre-Diabetes</u> (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St Clair) 1:00 <u>Recovery BINGO</u> (Wendy Francke)	21 11:00 <u>Nutrition and Health</u> (Mary Ann Workman) 12:00 <u>Lets Get Moving !!!</u> (Mary Ann Workman) 1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i> 2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i>	22 12:00 <u>Diabetes</u> (Becky Flaherty) 1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	23 Holiday Clinic Closed	24 Holiday Clinic Closed
27 11:00 <u>Diabetes</u> (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 <u>Social Skills BINGO</u> (Wendy Francke)	28 11:00 <u>Nutrition and Health</u> (Mary Ann Workman) 12:00 <u>Lets Get Moving !!!</u> (Mary Ann Workman) 1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i> 2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i>	29 12:00 <u>Diabetes</u> (Karrie Juengel) 1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	30 11:00 -1:00 S.C.A.L.E. <u>Teaching Kitchen / Easy Exercise</u> 5:30 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	