

Community Calendar

May 2012

Room Locations:
BR= Boardroom
CA= Classroom A
CB= Classroom B
G = Gym
GR= Game Room
MA= Multi-purpose A
MB= Multi-purpose B (Aerobics)
MAB= Multi-Purpose A & B
FC= Fitness Center
WT= Walking Trail
O= Outside

Bold = City of Dallas Program; * = Fee required; **Special Event/ Program**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:15-9a Freedom Walk (WT) 9-10a Reach Up (MB) 10:30 -11:30a Wellness Tea-English: Problem Solving-Getting to Know ECI (MA) 3-6p After School Program 5-6:30p STOMP(CB) 5:30-6:25p Tone & Sculpt (MAB) 7:30-9p African Dance & Drum (MAB)	2 8:15-9a Freedom Walk (WT) 9-10a Stretch (MB) 10-11a Sit and Fit (MB) 10-11a Head Start (GR) 11-12p Community Bible Study(CB) 12-1p Cooking & Nutrition Education with Chef & Diabetes Educator (MA) 3-6p After School Program 4-6p PALS Skills Camp (Gym) 5-6:30p STOMP(CB) 6:00-6-55p Zumba* (Gym) 6-7p Water Aerobics (No Transportation)	3 8:15-9a Freedom Walk (WT) 9-10a Reach Up (MB) 9a-4p CHW Training Program (CB) 10:30-11:30a- Water Aerobics (Transportation Provided) 1-2p Water Aerobics (No Transportation) 3-6p After School Program 3:30-5p Dallas County Probation 6:30-7:25p Line Dancing (MB) 7:30-9p African Dance & Drum (MAB)	4 10-5p Farm Stand (MA) 10-11a Parkinson Group(MB) 10-2p Eligibility Consultants, Inc. 3-6p After School Program 5-6:30p Digital Media Program (CB)	5
6	7 8:15-9a Freedom Walk (WT) 9-10a Stretch (MB) 10-11a Sit and Fit (MB) 10-11a Head Start (GR) 10:30-11:30a- Water Aerobics (Transportation Provided) 1-2p Water Aerobics (No Transportation) 3-6p After School Program 5-6:30p Digital Media Program (CB) 6:00-6-55p Zumba* (Gym) 6:00-6:55p Kickboxing(MAB) 6-7p Water Aerobics (No Transportation)	8 8:15-9a Freedom Walk (WT) 9-10a Reach Up (MB) 10:30 -11:30a Wellness Tea-Spanish: Problem Solving-Getting to Know ECI (MA) 3-6p After School Program 5-6:30p STOMP(CB) 5:30-6:25p Tone & Sculpt (MAB) 7:30-9p African Dance & Drum (MAB)	9 8:15-9a Freedom Walk (WT) 9-10a Stretch (MB) 9:30-12:30p Bus Barn Meeting (Gym) 10-11a Sit and Fit (MB) 10-11a Head Start (GR) 11-12p Community Bible Study(CB) 12-1p Cooking & Nutrition Education w/ Chef & Diabetes Educator (MA) 3-6p After School Program 4-6p PALS Skills Camp (Gym) 5-6:30p STOMP(CB) 6:00-6-55p Zumba* (Gym) 6-7p Water Aerobics (No Transportation)	10 8:15-9a Freedom Walk (WT) 9-10a Reach Up (MB) 9a-4p CHW Training Program (CB) 10:30-11:30a- Water Aerobics (Transportation Provided) 1-2p Water Aerobics (No Transportation) 3-6p After School Program 3:30-5p Dallas County Probation 6:30-7:25p Line Dancing (MB) 7:30-9p African Dance & Drum (MAB)	11 10-5p Farm Stand (MA) 10-11a Parkinson Group(MB) 10-2p Eligibility Consultants, Inc. 3-6p After School Program 5-6:30p Digital Media Program (CB)	12
13 Mother's Day	14 8:15-9a Freedom Walk (WT) 9-10a Stretch (MB) 10-11a Sit and Fit (MB) 10-11a Head Start (GR) 10:30-11:30a- Water Aerobics (Transportation Provided) 1-2p Water Aerobics (No Transportation) 3-6p After School Program 5-6:30p Digital Media Program (CB) 6:00-6-55p Zumba* (Gym) 6:00-6:55p Kickboxing (MAB) 6-7p Water Aerobics (No Transportation)	15 8:15-9a Freedom Walk (WT) 9-10a Reach Up (MB) 10:30 -11:30a Wellness Tea-English: Reducing Risk -Men's Health (MA) 3-6p After School Program 5-6:30p STOMP(CB) 5:30-6:25p Tone & Sculpt (MAB) 7:30-9p African Dance & Drum (MAB)	16 8:15-9a Freedom Walk (WT) 9-10a Stretch (MB) 10-11a Sit and Fit (MB) 10-11a Head Start (GR) 11-12p Community Bible Study(CB) 12-1p Cooking & Nutrition Education w/ Chef & Diabetes Educator (MA) 3-6p After School Program 4-6p PALS Skills Camp (Gym) 5-6:30p STOMP(CB) 6:00-6-55p Zumba* (Gym) 6-7p Water Aerobics (No Transportation)	17 8:15-9a Freedom Walk (WT) 9-10a Reach Up (MB) 9a-4p CHW Training Program (CB) 10:30-11:30a- Water Aerobics (Transportation Provided) 1-2p Water Aerobics (No Transportation) 12-1p Cooking & Nutrition Education w/ Chef & Diabetes Educator-Spanish (MA) 3-6p After School Program 3:30-5p Dallas County Probation 6:30-7:25p Line Dancing (MB) 7:30-9p African Dance & Drum (MAB)	18 10-5p Farm Stand (MA) 10-11a Parkinson Group(MB) 10-2p Eligibility Consultants, Inc. 3-6p After School Program 5-6:30p Digital Media Program (CB)	19 9-11am Diabetes Discussions-Spanish (MAB) 2-6pm Private Event Reservation(MAB)

Community Calendar

May 2012

Room Locations:
BR= Boardroom
CA= Classroom A
CB= Classroom B
G = Gym
GR= Game Room
MA= Multi-purpose A
MB= Multi-purpose B (Aerobics)
MAB= Multi-Purpose A & B
FC= Fitness Center
WT= Walking Trail
O= Outside

Bold = City of Dallas Program; * = Fee required; **Special Event/ Program**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
20	21 8:15-9a Freedom Walk (WT) 9-10a Stretch (MB) 10-11a Sit and Fit (MB) 10-11a Head Start (GR) 10:30-11:30a- Water Aerobics (Transportation Provided) 1-2p Water Aerobics (No Transportation) 3-6p After School Program 5-6:30p Digital Media Program (CB) 6:00-6:55p Zumba* (Gym) 6:00-6:55p Kickboxing (MB) 6-7p Water Aerobics (No Transportation)	22 8:15-9a Freedom Walk (WT) 9-10a Reach Up (MB) 10:30 -11:30a Wellness Tea- Spanish: Reducing Risk -Men's Health (MA) 3-6p After School Program 5-6:30p STOMP(CB) 5:30-6:25p Tone & Sculpt (MB) 7:30-9p African Dance & Drum (MAB)	23 8:15-9a Freedom Walk (WT) 9-10a Stretch (MB) 10-11a Sit and Fit (MB) 10-11a Head Start (GR) 11-12p Community Bible Study(CB) 12-1p Cooking & Nutrition Education w/ Chef & Diabetes Educator (MA) 3-6p After School Program 4-6p PALS Skills Camp (Gym) 5-6:30p STOMP(CB) 6:00-6:55p Zumba* (Gym) 6-7p Water Aerobics (No Transportation)	24 8:15-9a Freedom Walk (WT) 9-10a Reach Up (MB) 9a-4p CHW Training Program (CB) 10:30-11:30a- Water Aerobics (Transportation Provided) 1-2p Water Aerobics (No Transportation) 11:30a-4p Head Start Reservation (Gym) 3-6p After School Program 3:30-5p Dallas County Probation 6:30-7:25p Line Dancing (MB) 7:30-9p African Dance & Drum (MAB)	25 10-5p Farm Stand (MA) 10-11a Parkinson Group(MB) 10-2p Eligibility Consultants, Inc. 3-6p After School Program 5-6:30p Digital Media Program (CB)	26
27	28 Memorial Day CLOSED	29 8:15-9a Freedom Walk (WT) 9-10a Reach Up (MB) 10:30 -11:30a Wellness Tea-English: Monitoring (MA) 3-6p After School Program 5-6:30p STOMP(CB) 5:30-6:25p Tone & Sculpt (MB) 7:30-9p African Dance & Drum (MAB)	30 8:15-9a Freedom Walk (WT) 9-10a Stretch (MB) 10-11a Sit and Fit (MB) 10-11a Head Start (GR) 11-12p Community Bible Study(CB) 12-1p Cooking & Nutrition Education with Chef & Diabetes Educator (MA) 3-6p After School Program 4-6p PALS Skills Camp (Gym) 5-6:30p STOMP(CB) 6:00-6:55p Zumba* (Gym) 6-7p Water Aerobics (No Transportation)	31 8:15-9a Freedom Walk (WT) 9-10a Reach Up (MB) 9a-4p CHW Training Program (CB) 10:30-11:30a- Water Aerobics (Transportation Provided) 1-2p Water Aerobics (No Transportation) 3-6p After School Program 3:30-5p Dallas County Probation 6:30-7:25p Line Dancing (MB) 7:30-9p African Dance & Drum (MAB)		

Reminder: Spanish Cooking Demo moved to 3rd Thursday: April-December 2012
Zumba* Class has moved to the gym
Wellness Support Group Classes- Cancelled

SPECIAL NOTICE:

Water Aerobics: Participants **MUST** register with Health Partner for all classes:
Mondays & Thursdays 10:30-11:30* Transportation provided
Mondays & Thursdays 1:00-2:00pm-**No Transportation provided**
Mondays & Wednesdays 6:00-7:00pm- **No Transportation provided**