

October 2020 Program Calendar

The Palmer Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
5	6	7 1:00 Virtual Chronic Disease Self-Management Program #	8	9	10
12	13 10:00 AM Virtual Walk With Ease #	14 1:00 Virtual Chronic Disease Self-Management Program #	15 10:00 AM Virtual Walk With Ease #	16	17
19	20 10:00 AM Virtual Walk With Ease #	21 1:00 Virtual Chronic Disease Self-Management Program #	22 10:00 AM Virtual Walk With Ease #	23	24
26	27 10:00 AM Virtual Walk With Ease #	28 1:00 Virtual Chronic Disease Self-Management Program #	29 10:00 AM Virtual Walk With Ease #	30	31
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