

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
			Walking Group/Couch-to-5K 6:15-7:00pm	ZUMBA 5:45-6:45pm Parish Hall		
6	7	8	9	10	11	12
			Walking Group/Couch-to-5K 6:15-7:00pm	ZUMBA 5:45-6:45pm Parish Hall		
13	14	15	16	17	18	19
			Walking Group/Couch-to-5K 6:15-7:00pm	*5:45-6:45pm ZUMBA Parish Hall *7-8:00pm Healthy Eating during the Holidays, Jackie Ogden with the UGA Cooperative Extension		
20	21	22	23	24	25	26
APOD Kickball 12:30pm			Walking Group/Couch-to-5K 6:15-7:00pm			
27	28	29	30			
			Walking Group/Couch-to-5K 6:15-7:00pm			

Adults Play Outside Day (APOD) – Cabrini Field, after 11am Mass. Open to young/older adults aged 15 and over. Activities for children (BINGO & Board Games) will be provided, in the Parish Hall by the Cabrini Cub Scouts Pack 48, Cost: Donation.
Walking Group/Couch-to-5K – Cabrini Field, open to all ages. 10 min. stretching/strengthening exercises, 30-45 minutes walking/jogging (your choice).

For more information: 912.644.5209, cpgibson@dhr.state.ga.us

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