

B'N Fit Calendar

**Important Numbers: B'N Fit Cell Phone: (646) 263-3677 ** PS 8: (718) 329-0595 Rachel (dietitian): 718-920-5818 ** Elicia (program coordinator) 718-920-2232
 ** Dionne (social worker) 718-920-6357 PS 8: Located at 3010 Briggs Avenue**

◀ Sep 2011	~ October 2011 ~					Nov 2011 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Family Night will be 10/26 at 6:30! All family members are welcome!	Oct 1: Help us sell B'N Fit Cookbooks at MMCC 11-1pm				1 11-1 Open House at MMCC- 3450 Dekalb Avenue- will be selling B'N Fit cookbooks
2	3 4:30- choice of - nutrition group -physical activity 5:30: physical activity- ALL 5:30- new parent orientation	4 4:30- choice of - nutrition group -physical activity 5:30: physical activity- ALL 5:30: Parent Exercise	5 4:30- choice of - nutrition group -physical activity 5:30: physical activity- ALL 5:30 Parent Group	6	7 4:30- COOKING 5:30: physical activity 5:30 Family Cooking 6:30: Family Fitness	8
9	10 Stay tuned for info about Columbus Day programming!	11 4:30- choice of - nutrition group -physical activity 5:30: physical activity- ALL 5:30: Parent Exercise	12 4:30- choice of - nutrition group -physical activity 5:30: physical activity- ALL 5:30 Parent Group	13 Make sure you make your monthly doctor's appointments for a Thursday!	14 4:30- COOKING 5:30: physical activity 5:30 Family Cooking 6:30: Family Fitness	15
16	17 4:30- choice of - nutrition group -physical activity 5:30: physical activity- ALL 5:30- new parent orientation	18 4:30- choice of - nutrition group -physical activity 5:30: physical activity- ALL 5:30: Parent Exercise	19 4:30- choice of - nutrition group -physical activity 5:30: physical activity- ALL 5:30 Parent Group	20	21 4:30- COOKING 5:30: physical activity 5:30 Family Cooking 6:30: Family Fitness	22
23	24 4:30- choice of - behavioral group -physical activity 5:30: physical activity- ALL	25 4:30- choice of - behavioral group -physical activity 5:30: physical activity- ALL 5:30: Parent Exercise	26 4:30- choice of - nutrition group -physical activity 5:30: physical activity- ALL 5:30 Parent Group 6:30- FAMILY NIGHT	27 Make sure you make your monthly doctor's appointments for a Thursday!	28 4:30- COOKING 5:30: physical activity 5:30 Family Cooking 6:30: Family Fitness	29

More Calendars: [Nov 2011](#), [Dec 2011](#), [Jan 2012](#)