



Virginia Garcia Memorial  
**HEALTH CENTER**

**November 2024/ Noviembre 2024**

Wellness Center Cornelius Calendar

Calendario de Actividades del Centro de Bienestar de **Cornelius**

Monday / Lunes	Tuesday / Martes	Wednesday / Miércoles	Thursday / Jueves	Friday / Viernes
				1 Zumba 9-10am
4 Zumba 9-10am & 5:15-6:15pm	5 Zumba 9-10am & 6-7pm  CareOregon Information Booth/ Informacion de CareOregon 10-12pm	6 Zumba 10-11 am & 5:15-6:15pm  Diabetes group education/ Educación grupal sobre diabetes 10am-12pm & 3pm - 4:30pm	7 Zumba 9-10am & 6-7p  Healthy Cooking w Adelante Mujeres 5-7 PM?	8 Zumba 9-10am
11 Zumba 9-10am & 5:15-6:15pm	12 Zumba 9-10am & 6-7pm	13 Zumba 10-11 am & 5:15-6:15pm  TriMet Info/ Información de TriMet 10am-1pm  Diabetes group education/ Educación grupal sobre diabetes 10am-12pm & 3pm - 4:30pm	14 Zumba 9-10am & 6-7p  Healthy Cooking w Adelante Mujeres 10-12pm & 5-7pm	15 Zumba 9-10am
18 Zumba 9-10am & 5:15-6:15pm	19 Zumba 9-10am & 6-7pm  Free Vision Screening/ Examen de Vision gratuito 1pm-4pm	20 Zumba 10-11 am & 5:15-6:15pm  Diabetes group education/ Educación grupal sobre diabetes 10am-12pm & 3pm - 4:30pm	21 Zumba 9-10am & 6-7p  Healthy Cooking w Adelante Mujeres 5-7 PM?	22 Zumba 9-10am
25 Zumba 9-10am & 5:15-6:15pm	26 Zumba 9-10am & 6-7pm	27 Zumba 10-11 am & 5:15-6:15pm  Diabetes group education/ Educación grupal sobre diabetes 10am-12pm & 3pm - 4:30pm	28 Zumba 9-10am & 6-7p	29 Zumba 9-10am