



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Rights: 1.) Your right to have a clean safe place to live in. 2.) Your right to go, if you choose to any church, temple or mosque.</p>		<p>1.) We're Closed!</p> 	<p>2.) 1.) What was your New Year Resolution? 2.) Resolution Success or Failure?</p> <p>YMCA</p>	<p>3.) Ice Skating Lock 3</p> <p>Salvation Army</p>
<p>6.) 1.) Goal Setting 2.) Foodborne Illness (FBI)</p> <p>Cooking Club Around the World</p> <p>Open M</p>	<p>7.) 1.) Tracking Success 2.) How does (FBI) Occur</p> <p>Newsletter</p> <p>Cleveland Clinic ReStore</p>	<p>8.) 1.) Diets Good or Bad 2.) People who are at Risk for (FBI)</p> <p>Choir Sign language club</p>	<p>9.) 1.) Nutrition 2.) How to Keep Food Safe</p> <p>Access</p>	<p>10.) Pizza Hut Buffet-Group 1 Five Below- Group 2</p> <p>Choir</p>
<p>13.) 1.) Reading Food Labels 2.) Pathogens</p> <p>Cooking Club Around the World</p> <p>Open M</p>	<p>14.) 1.) Whole Food vs. Processed Food 2.) Contamination</p> <p>Newsletter</p> <p>Cleveland Clinic ReStore</p>	<p>15.) 1.) Whole Food vs. Processed Food 2.) Symptoms of (FBI)</p> <p>Choir Sign language club</p> <p>Brightstar</p>	<p>16.) 1.) What is GMO? 2.) The Big 5 (FBI)</p> <p>YMCA</p>	<p>17.) Pizza/Bowling</p> <p>Choir</p> <p>Salvation Army</p>
<p>20.) 1.) What is a Gluten Intolerance? 2.) How Bacteria Grows</p> <p>Cooking Club Around the World</p> <p>Open M</p>	<p>21.) 1.) Food Allergies 2.) How to Control Bacterial Growth</p> <p>Newsletter</p> <p>Cleveland Clinic ReStore</p>	<p>22.) 1.) Tracking Calories 2.) Viruses</p> <p>Choir Sign language club</p>	<p>23.) 1.) What is a Balanced Diet? 2.) Preventing Viruses</p> <p>Access</p>	<p>24.) Pizza Hut Buffet-Group 2 Five Below- Group 1</p> <p>Choir</p>
<p>27.) 1.) Your Own Cooking Show (Planning) 2.) Contaminants</p> <p>Open M</p>	<p>28.) 1.) Your Own Cooking Show Group 1 2.) Physical Contaminants</p> <p>Newsletter</p> <p>Cleveland Clinic ReStore</p>	<p>29.) Art w/Beth</p> <p>1.) Your Own Cooking Show Group 2 2.) Chemical Cotaminants</p> <p>Choir Sign language club</p>	<p>30.) 1.) Your Own Cooking Show Group 3 2.) Allergens</p> <p>YMCA</p>	<p>31.) Smoothie King Pizza/Bowling</p> <p>Choir</p> <p>Salvation Army</p>

All events that involve money are voluntary. Other opportunities will be available for those who choose not to attend.

Group 2: Brad, Stephen, Sarah, Kari, David, Pam, Ryan, Cheryl, Brian, Ashley, Jack, Joe, Christian

- Ice Skating Lock 3 ~ The excitement and fun doesn't end once the weather turns cold! Let's ice this rink and skate our hearts out. Located in downtown Akron. For the trip it cost will be \$2.00 if you have your own skates. General admission is \$4.00 with skate rental included in price. Ice Bikes ~ Enjoy the rink on a bicycle designated for the ice! The cost to ride the bicycle is \$10.00 for 18 minutes.

Cooking Club

- 6th - Pancakes
- 13th - Hummus
- 20th - Smoothies

Ice Skating Wavier:

There will be a waiver coming home that will need to be signed and dated. Without the waiver you will be prohibited from skating. If you are not interested in skating, you are still able to attend the trip 😊 Please dress warm for this outing. Hats, Gloves and Scarves are recommended.

Pizza & Bowling- Bowl for \$2.00 or stay back at HUB and order pizza for lunch. Pizza is a \$1.00 a slice and \$1.00 for a pop.

Five Below -. Founded in October 2002 Five Below operates 850 stores in 34 states. One of the highest ranked discount stores in the United States. Please bring between \$5-\$15 for this trip.

Pizza Hut Buffet - Did you know there are 18,431 Pizza Hut locations in the United States? Pizza Hut was founded in 1958 by Dan and Frank Carney. Pizza Hut is one of the largest restaurant companies. For this trip please bring between \$10-\$20 for this trip.

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