

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>December 2011</h1>						
				1 6 p.m. Bariatric Support Group	2 9:30 a.m. Weight Watchers	3
4 3 p.m. Parkinson Support Group	5 5:30 p.m. Weight Watchers	6 4:30 p.m. Smoking Cessation - Call 377-5787	7 10:30 a.m. 50+ Coffee Club	8 11 a.m. Diabetes Support Group 377-2500 6 p.m. MS Support Group	9 9:30 a.m. Weight Watchers	10
11 3 p.m. Compassionate Friends Candlelight Service Meets at First Baptist Church Fellowship Hall	12	13 4:30 p.m. Smoking Cessation - Call 377-5787	14 10:30 a.m. 50+ Coffee Club	15 6 p.m. Bariatric Seminar - Call 377-SLIM	16	17
18	19	20 4:30 p.m. Smoking Cessation - Call 377-5787	21 10:30 a.m. 50+ Coffee Club	22	23	24
25	26	27 4:30 p.m. Smoking Cessation - Call 377-5787	28 10:30 a.m. 50+ Coffee Club	29	30	31