

Yakama Nation Diabetes Program



November 2017

S Mon Tue Wed Thu Fri Sat

BUSINESS INFO
94 Wishpoosh Road/P.O. Box 151
Toppenish, WA 98948
Phone: 509-865-5121, ext. 6757
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STAR PARTICIPANTS =
 Loren Corpuz
 Lydia Arneecheer

HOURS: MONDAY - THURSDAY = 6:00 am - 7:00 pm
 FRIDAY = 6:00 am - 6:00 pm
 SATURDAY = 8:00 am - 12:00 pm

5	6	7	8	9	10	11
				 VETERAN' DAY WALK 10:00am—2:00	 Closed for Veteran's Day	Closed for Veteran's Day CULTURAL CLASS 9AM @CENTER

12	13	14	15	16	17	18
	 FIRST NATIONS DEVELOPMENT INSTITUTE	FOOD SOVEREIGNTY TRAINING (CALL FOR DETAILS)		DIABETES AWARENESS WALK @ R.V. Park 8:00am— 1:00pm DIABETES CONFERENCE @WINTERLODGE 1:00pm—6:00pm		 CULTURAL CLASS 9AM @CENTER

19	20	21	22	23	24	25
 THANKSGIVING Dinner @YNDC Elders @ 11:00am Community @ 12:00pm-3:00pm				 THANKSGIVING HOLIDAY (closed)	Closed for Native American Heritage 	Closed for Veteran's Day CULTURAL CLASS 9AM @CENTER

26	27	28	29	30	NOVEMBER DIABETES AWARENESS MONTH National	
			Diabetes Day W/ Healthy Heart @ Center 8:00am— 11:00am 			

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
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Circuit 6:10-6:40a		Circuit 6:10-6:40a		Circuit 6:10-6:40a		Circuit 6:10-6:40a		Circuit 6:10-6:40a			
H.I.I.T. 6:45-7:45a		H.I.I.T. 6:45-7:45a		H.I.I.T. 6:45-7:45a		H.I.I.T. 6:45-7:45a		H.I.I.T. 6:45-7:45a			
Chair Fit 8:00-8:40a		Chair Fit 8:00-8:40a		Chair Fit 8:00-8:40a		Chair Fit 8:00-8:40a		Chair Fit 8:00-8:40a			
Yoga 9:10-9:50a	Chair Fit @ WANITY 10:30-11:00a	Yoga 9:10-9:50a	Chair Fit @ FOSTER 10:30-11:00a	Yoga 9:10-9:50a	Chair Fit @ WANITY 10:30-11:00a	Yoga 9:10-9:50a	Chair Fit @ FOSTER 10:30-11:00a	Yoga 9:10-9:50a			
T25 11:15-11:50a	White Swan Community Center Chair Fit 11:00-12:00 Circuit 12:00-1:00	T25 11:15-11:50a	White Swan Community Center Chair Fit 11:00-12:00 Circuit 12:00-1:00	T25 11:15-11:50a	White Swan Community Center Chair Fit 11:00-12:00 Circuit 12:00-1:00	T25 11:15-11:50a	White Swan Community Center Chair Fit 11:00-12:00 Circuit 12:00-1:00	T25 11:15-11:50a	White Swan CC Chair Fit 11:00- 12:00 Circuit 12:00- 1:00		
Step Aerobics 12:10-12:50p		Zumba 12:10-12:50p		Step Aerobics 12:10-12:50p		Zumba 12:10-12:50p		Step Aerobics 12:10-12:50p		Zumba 12:10-12:50p	Step Aerobics 12:10-12:50p
Booty Boot Camp 2:00-2:45p		Piyo 2:00-2:45p		Booty Boot Camp 2:00-2:45p		Piyo 2:00-2:45p		Booty Boot Camp 2:00-2:45p		Piyo 2:00-2:45p	Booty Boot Camp 2:00-2:45p
Yoga 3:10-3:50p		Yoga 3:10-3:50p		Yoga 3:10-3:50p		Yoga 3:10-3:50p		Yoga 3:10-3:50p		Yoga 3:10-3:50p	Yoga 3:10-3:50p
Insanity 4:00-5:00p		Insanity 4:00-5:00		Insanity 4:00-5:00		Insanity 4:00-5:00		Insanity 4:00-5:00		Insanity 4:00-5:00	Insanity 4:00-5:00
Strength & Sweat 5:15-6:10pm	S & S 5:15-6:10pm	Pow Wow Sweat 5:00-6:00pm	S & S 5:15-6:10pm	S & S 5:15-6:10pm	S & S 5:15-6:10pm	ABS of Steel 5:15-5:50					