



CTHP Outreach Calendar January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Clinic Closed	2	3 Diabetes Prevention Class 5:30pm—6:30pm	4 Elder's Circle 10:30am—2pm	5 Family Spirit Group 12pm—1pm	6
7	8	9 Diabetes Wellness Group 10:30am—2pm	10 Diabetes Prevention Class 5:30pm—6:30pm	11 Exercise Class 9:30am—10:30am	12 Family Spirit Group 12pm—1pm	13
14	15 Clinic Closed	16	17 Diabetes Prevention Class 5:30pm—6:30pm	18 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	19 Family Spirit Group 12pm—1pm	20
21	22	23 Women's Health and Wellness 10:30am—2pm	24 Diabetes Prevention Class 5:30pm—6:30pm	25 Exercise Class 9:30am—10:30am	26 Family Spirit Group 12pm—1pm	27
28	29	30	31 Diabetes Prevention Class 5:30pm—6:30pm			



CTHP Outreach Calendar *February 2024*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 Exercise Class 9:30am—10:30am</p> <p>Elder's Circle 10:30am—2pm</p>	<p>2 Family Spirit Group 12pm—1pm</p>	<p>3</p>
4	5	6	<p>7 Exercise Class 9:30am—10:30am</p> <p>Diabetes Prevention Class 5:30pm—6:30pm</p>	8	<p>9 Family Spirit Group 12pm—1pm</p>	10
11	12	<p>13 Diabetes Wellness Group 10:30am—2pm</p>	<p>14 Diabetes Prevention Class 5:30pm—6:30pm</p>	<p>15 Exercise Class 9:30am—10:30am</p> <p>Elder's Circle 10:30am—2pm</p>	<p>16 Family Spirit Group 12pm—1pm</p>	17
18	<p>19 Clinic Closed</p>	20	<p>21 Diabetes Prevention Class 5:30pm—6:30pm</p>	<p>22 Exercise Class 9:30am—10:30am</p>	<p>23 Family Spirit Group 12pm—1pm</p>	24
25	26	<p>27 Exercise Class 9:30am—10:30am</p> <p>Women's Health and Wellness 10:30am—2pm</p>	<p>28 Diabetes Prevention Class 5:30pm—6:30pm</p>	29		



CTHP Outreach Calendar *March 2024*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Family Spirit Group 12pm—1pm	2
3	4	5	6 Diabetes Prevention Class 5:30pm—6:30pm	7 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	8 Family Spirit Group 12pm—1pm	9
10	11	12 Diabetes Wellness Group 10:30am—2pm	13 Diabetes Prevention Class 5:30pm—6:30pm	14 Exercise Class 9:30am—10:30am	15 Family Spirit Group 12pm—1pm	16
17	18 Exercise Class 9:30am—10:30am	19	20	21 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	22 Family Spirit Group 12pm—1pm	23
24	25 Exercise Class 9:30am—10:30am	26 Exercise Class 9:30am—10:30am	27 Diabetes Prevention Class 5:30pm—6:30pm	28 Exercise Class 9:30am—10:30am	29 Family Spirit Group 12pm—1pm	30
31		Women's Health and Wellness 10:30am—2pm				



CTHP Outreach Calendar *April 2024*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Exercise Class 3pm—4pm	2	3	4 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	5 Family Spirit Group 12pm—1pm	6
7	8 Exercise Class 3pm—4pm	9 Diabetes Wellness Group 10:30am—2pm	10 Diabetes Prevention Class 5:30pm—6:30pm	11 Exercise Class 9:30am—10:30am	12 Family Spirit Group 12pm—1pm	13
14	15 Exercise Class 3pm—4pm	16	17 Diabetes Prevention Class 5:30pm—6:30pm	18 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	19 Family Spirit Group 12pm—1pm	20
21	22 Exercise Class 3pm—4pm	23 Exercise Class 9:30am—10:30am Women's Health and Wellness 10:30am—2pm	24	25 Exercise Class 9:30am—10:30am	26 Family Spirit Group 12pm—1pm	27
28	29 Exercise Class 3pm—4pm	30				



CTHP Outreach Calendar *May 2024*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	3 Family Spirit Group 12pm—1pm	4
5	6 Exercise Class 3pm—4pm	7	8 Diabetes Prevention Class 5:30pm—6:30pm	9 Exercise Class 9:30am—10:30am	10 Clinic Closed	11
12	13 Exercise Class 3pm—4pm	14 Diabetes Wellness Group 10:30am—2pm	15	16 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	17 Family Spirit Group 12pm—1pm	18
19	20 Exercise Class 3pm—4pm	21	22 Diabetes Prevention Class 5:30pm—6:30pm	23 Exercise Class 9:30am—10:30am	24 Family Spirit Group 12pm—1pm	25
26	27 Clinic Closed	28 Exercise Class 9:30am—10:30am Women's Health and Wellness 10:30am—2pm	29	30 Exercise Class 9:30am—10:30am	31 Family Spirit Group 12pm—1pm	



CTHP Outreach Calendar June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Exercise Class 3pm—4pm	4	5 Diabetes Prevention Class 5:30pm—6:30pm	6 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	7 Family Spirit Group 12pm—1pm	8
9	10 Exercise Class 3pm—4pm	11 Diabetes Wellness Group 10:30am—2pm	12	13 Exercise Class 9:30am—10:30am	14 Family Spirit Group 12pm—1pm	15
16	17 Exercise Class 3pm—4pm	18	19 Clinic Closed	20 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	21 Family Spirit Group 12pm—1pm	22
23	24 Exercise Class 3pm—4pm	25 Exercise Class 9:30am—10:30am	26 Diabetes Prevention Class 5:30pm—6:30pm	27 Exercise Class 9:30am—10:30am	28 Family Spirit Group 12pm—1pm	29
30		Women's Health and Wellness 10:30am—2pm				



CTHP Outreach Calendar *July 2024*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Exercise Class 3pm—4pm	2	3	4 Clinic Closed	5 Family Spirit Group 12pm—1pm	6
7	8 Exercise Class 3pm—4pm	9 Diabetes Wellness Group 10:30am—2pm	10 Diabetes Prevention Class 5:30pm—6:30pm	11 Exercise Class 9:30am—10:30am	12 Family Spirit Group 12pm—1pm	13
14	15 Exercise Class 3pm—4pm	16	17	18 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	19 Family Spirit Group 12pm—1pm	20
21	22 Exercise Class 3pm—4pm	23 Exercise Class 9:30am—10:30am Women's Health and Wellness 10:30am—2pm	24 Diabetes Prevention Class 5:30pm—6:30pm	25 Exercise Class 9:30am—10:30am	26 Family Spirit Group 12pm—1pm	27
28	29 Exercise Class 3pm—4pm	30	31			



CTHP Outreach Calendar August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	2 Family Spirit Group 12pm—1pm	3
4	5 Exercise Class 3pm—4pm	6	7 Diabetes Prevention Class 5:30pm—6:30pm	8 Exercise Class 9:30am—10:30am	9 Family Spirit Group 12pm—1pm	10
11	12 Exercise Class 3pm—4pm	13 Diabetes Wellness Group 10:30am—2pm	14	15 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	16 Family Spirit Group 12pm—1pm	17
18	19 Exercise Class 3pm—4pm	20	21 Diabetes Prevention Class 5:30pm—6:30pm	22 Exercise Class 9:30am—10:30am	23 Family Spirit Group 12pm—1pm	24
25	26 Exercise Class 3pm—4pm	27 Exercise Class 9:30am—10:30am Women's Health and Wellness 10:30am—2pm	28	29 Exercise Class 9:30am—10:30am	30 Family Spirit Group 12pm—1pm	31



CTHP Outreach Calendar *September 2024*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Clinic Closed	3	4 Diabetes Prevention Class 5:30pm—6:30pm	5 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	6 Family Spirit Group 12pm—1pm	7
8	9 Exercise Class 3pm—4pm	10 Diabetes Wellness Group 10:30am—2pm	11	12 Exercise Class 9:30am—10:30am	13 Family Spirit Group 12pm—1pm	14
15	16 Exercise Class 3pm—4pm	17	18	19 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	20 Family Spirit Group 12pm—1pm	21
22	23 Exercise Class 3pm—4pm	24 Exercise Class 9:30am—10:30am Women's Health and Wellness 10:30am—2pm	25	26 Exercise Class 9:30am—10:30am	27 Clinic Closed	28
29	30 Exercise Class 3pm—4pm					



CTHP Outreach Calendar *October 2024*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	4 Family Spirit Group 12pm—1pm	5
6	7 Exercise Class 3pm—4pm	8 Diabetes Wellness Group 10:30am—2pm	9	10 Exercise Class 9:30am—10:30am	11 Family Spirit Group 12pm—1pm	12
13	14 Clinic Closed	15	16	17 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	18 Family Spirit Group 12pm—1pm	19
20	21 Exercise Class 3pm—4pm	22 Exercise Class 9:30am—10:30am Women's Health and Wellness 10:30am—2pm	23	24 Exercise Class 9:30am—10:30am	25 Family Spirit Group 12pm—1pm	26
27	28 Exercise Class 3pm—4pm	29	30	31 Exercise Class 9:30am—10:30am		



CTHP Outreach Calendar *November 2024*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Family Spirit Group 12pm—1pm	2
3	4 Exercise Class 3pm—4pm	5	6	7 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	8 Family Spirit Group 12pm—1pm	9
10	11 Clinic Closed	12 Diabetes Wellness Group 10:30am—2pm	13	14 Exercise Class 9:30am—10:30am	15 Family Spirit Group 12pm—1pm	16
17	18 Exercise Class 3pm—4pm	19	20	21 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	22 Family Spirit Group 12pm—1pm	23
24	25 Exercise Class 3pm—4pm	26 Exercise Class 9:30am—10:30am Women's Health and Wellness 10:30am—2pm	27	28 Clinic Closed	29 Clinic Closed	30



CTHP Outreach Calendar *December 2024*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Exercise Class 3pm—4pm	3	4	5 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	6 Family Spirit Group 12pm—1pm	7
8	9 Exercise Class 3pm—4pm	10 Diabetes Wellness Group 10:30am—2pm	11	12 Exercise Class 9:30am—10:30am	13 Family Spirit Group 12pm—1pm	14
15	16 Exercise Class 3pm—4pm	17	18	19 Exercise Class 9:30am—10:30am Elder's Circle 10:30am—2pm	20 Family Spirit Group 12pm—1pm	21
22	23 Exercise Class 3pm—4pm	24 Clinic Half Day	25 Clinic Closed	26 Exercise Class 9:30am—10:30am	27 Family Spirit Group 12pm—1pm	28
29	30 Exercise Class 3pm—4pm	31 Clinic Half Day				