

May 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>If you are homebound and need a ride, please call at least 2 days prior to the scheduled event. Cloquet-area residents, call (218) 878-2128. Duluth-area residents, please call (218) 279-4128. Cloquet events are in BLUE and Duluth area events are in RED. Events that apply to both Cloquet and Duluth are in BLACK. All Cloquet Exercise classes are at the Tribal Center. All Duluth Exercise Classes are at Washington Center. Any changes in location will be noted.</p> <p>The calendar and activities are brought to you and endorsed by the RBC.</p>						<p>1</p>
<p>2</p>	<p>3</p> <p>Exercise Class 9-11 AM</p>	<p>4</p>	<p>5</p> <p>Exercise Class 9-11 AM 9-11 AM</p>	<p>6</p>	<p>7</p> <p>Yoga Class McKnight Rm 12-1 PM</p>	<p>8</p>
<p>9</p> <p>Mother's Day</p>	<p>10</p> <p>CLINIC CLOSED FDL Memorial Day</p>	<p>11</p> <p>Foot Clinic 9-11 AM MNAW McKnight Rm</p>	<p>12</p> <p>Exercise Class 9-11 AM 9-11 AM</p>	<p>13</p>	<p>14</p> <p>Yoga Class McKnight Rm 12-1 PM</p>	<p>15</p>
<p>16</p> <p>CHECK YOUR SMOKE DETECTOR BATTERIES</p>	<p>17</p> <p>Exercise Class 9-11 AM</p>	<p>18</p>	<p>19</p> <p>Exercise Class 9-11 AM 9-11 AM</p>	<p>20</p>	<p>21</p> <p>Foot Clinic 9-11 AM CAIR 215 Bldg Yoga Class McKnight Rm 12-1 PM</p>	<p>22</p>
<p>23</p>	<p>24</p> <p>Exercise Class 9-11 AM</p>	<p>25</p>	<p>26</p> <p>Exercise Class 9-11 AM 9-11 AM</p>	<p>27</p>	<p>28</p> <p>Yoga Class McKnight Rm 12-1 PM</p>	<p>29</p> <p>There are 12 moths and butterflies in this newsletter.</p>
<p>30</p>	<p>31</p> <p>CLINIC CLOSED Memorial Day</p>	<p>FDL PHN Department Contacts (218) 878-2128 (this is not a comprehensive list)</p> <p>Smoking Cessation—Roberta Welper Nutrition Education— Amber Ahonen Injury Prevention—Holly Kostrzewski Home Safety— Denise Houle Cancer Outreach— Deb Susienka & Deb Johnson-Fuller Home Health—Amy Zacher (MNAW) or Mike Jensen (CAIR)</p>				