



# CARVER GO FIT FOR LIFE!

## EVENTS



### OCTOBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> Zumba Class 6:00 - 6:45 pm Location: Carver	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> Yoga Class 5:30 - 6:30 pm Location: Carver	<b>6</b>	<b>7</b>	<b>8</b> Zumba Class 6:00 - 6:45 pm Location: Carver	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b> Yoga Class 5:30 - 6:30 pm Location: Carver	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> Yoga Class 5:30 - 6:30 pm Location: Carver Is it Flu or is it Covid? 5:30 - 6:30 pm Location: Carver	<b>20</b>	<b>21</b> Is it Flu or is it Covid? 1:00 pm Location: YouTube	<b>22</b> Zumba Class 6:00 - 6:45 pm Location: Carver	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> Yoga Class 5:30 - 6:30 pm Location: Carver Chair Yoga 5:30 - 6:30 pm Location: Carver	<b>27</b>	<b>28</b>	<b>29</b> Zumba Class 6:00 - 6:45 pm Location: Carver	<b>30</b>	<b>31</b>

### NOVEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> Yoga Class 5:30 - 6:30 pm Location: Carver I have Covid - Now What? 5:30 - 6:30 pm Location: Carver	<b>3</b>	<b>4</b> I have Covid - Now What? 1:00 pm Location: YouTube	<b>5</b> Zumba Class 6:00 - 6:45 pm Location: Carver	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> Yoga Class 5:30 - 6:30 pm Location: Carver Art and Relaxation 5:30 - 6:30 pm Location: Carver	<b>10</b>	<b>11</b>	<b>12</b> Zumba Class 6:00 - 6:45 pm Location: Carver	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> Yoga Class 5:30 - 6:30 pm Location: Carver Keeping your family safe 5:30 - 6:30 pm Location: Carver	<b>17</b>	<b>18</b> Keeping your family safe 1:00 pm Location: YouTube	<b>19</b> Zumba Class 6:00 - 6:45 pm Location: Carver	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> Yoga Class 5:30 - 6:30 pm Location: Carver	<b>24</b>	<b>25</b>	<b>26</b> Zumba Class 6:00 - 6:45 pm Location: Carver	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b> Yoga Class 5:30 - 6:30 pm Location: Carver					

### DECEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>	<b>2</b>	<b>3</b> Zumba Class 6:00 - 6:45 pm Location: Carver	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> Yoga Class 5:30 - 6:30 pm Location: Carver	<b>8</b>	<b>9</b>	<b>10</b> Zumba Class 6:00 - 6:45 pm Location: Carver	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> Stress & Anxiety issues during Covid 5:30 - 6:30 pm Location: Carver	<b>15</b>	<b>16</b> Stress & Anxiety issues during Covid 1:00 pm Location: YouTube	<b>17</b> Zumba Class 6:00 - 6:45 pm Location: Carver	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		



**Public Health**  
Prevent. Promote. Protect.

Peoria City/County  
Health Department

