

October Events

Sun	Mon	Tues	Wed	Thur	Fri	Sat
						1
2	3	4	5 <a href="#">Weight Watchers</a> Moses/Einstein/Tarrytown  Wellness Wednesday's – Moses Cafeteria 12:00-2:00pm	6 <a href="#">Weight Watchers</a> Yonkers/Fordham	7	8
9	10	11	12 <a href="#">Weight Watchers</a> Moses/Einstein/Tarrytown  Wellness Wednesday's – Yonkers (w/1199) Cafeteria 12:00-2:00pm	13 <a href="#">Weight Watchers</a> Yonkers/Fordham	14	15
16	17	18 <a href="#">Nutrition Workshop</a> – Moses 12:00-1:00pm  <a href="#">5Rhythms</a> 5:15-6:15pm	19 <a href="#">Nutrition Workshop</a> – Yonkers 12:00-1:00pm 1:00-2:00pm  <a href="#">Weight Watchers</a> Moses/Einstein/Tarrytown  Wellness Wednesday's – Wakefield (w/1199) Cafeteria 12:00-2:00pm	20 <a href="#">Weight Watchers</a> Yonkers/Fordham	21	22
23	24	25	26 <a href="#">Weight Watchers</a> Moses/Einstein/Tarrytown  Wellness Wednesday's – Einstein Cafeteria 12:00-1:00pm	27 <a href="#">Weight Watchers</a> Yonkers/Fordham	28	29
30	31					