



March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 A, C, G	3 B, F, H, L	4 A, C, H, I	5 B, F	6 J	7
8	9 A, C	10 B, D, F, H, L	11 A, C, H, I	12 B, F Cooking Skills 11:00-1:00	13 J	14
15	16 A, C, G Work Place Manners 1:30-2:30	17 B, F, H, L	18 A, C, H, I	19 B, F Teaching Kids Parental Respect 5:00-6:00	20 J	21
22	23 A, C	24 B, E, F, H, L	25 A, C, H, I Money Smart for Kids 5:00-6:00	26 B, F	27 J	28
29	30 A, C	31 B, F, H, L Recycling 11:00-12:00	GSC630-2718 Client Assistance Days M-W-F 9:30-12; 1-3:30			

Free Services at GSC

A. Stay Strong-Stay Healthy Exercise Class for 55+

—MU Extension Services

M & W (8:45-9:45) Great Hall

Call 407-3490 for registration details

B. Sliver Sneakers Exercise Class—Humana Health

Free for Humana insured—small fee for others

Tues & Thur (9-10) Great Hall

C. GED Classes

M & W (9-12) Rm 122—Call 413-5480 to enroll

D. WIC (Women, Infants, & Children)

2nd Tues (8-4) Rm 124

Arrange first appointment time by calling 595-4358

E. Clay Co. Health Dept. Well Clinic

4th Tues (1-4) Rm 124 No appointment needed

F. Vocational Rehabilitation Visits

Tues & Thur (1:30-3:30) Rm 126

Call 816-467-7900 to make appointment

G. Northland Dependency Parole/Probation

1st and 3rd Mon (8:30-4:00) Rm 123—

Appointments

only—Call 781-8999 for appointment time

H. Tri-County Mental Health Visits

Tues & Wed —Call 816-468-0400 for appointments

J. Nutrition Classes

Wed—waiting room

J. Free Health Clinic

Fri (8-noon) Minor injury; non-chronic illnesses

Services for a Fee

L. Weight Watchers

Tues (5:30- weigh in; 6:00—meeting) Great Hall

Call 1-800-651-6000 for program information