



2016
City of Lewiston
WELLNESS CALENDAR
(See back for program details)



APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Cardio Sport, 8:00am
3	4	5	6	7 Herb Garden Drawing World Health Day	8	9 Cardio Sport, 8:00am
10	11 HIIT Informational Week HIIT Timer Drawing Sign-Up	12 Banana Day Drawing Sign-up	13		15 HIIT Timer Drawing	16 National Health Kids Day
17	18 Patriot's Day	19 Walking Program Starts	20 National Banana Day Drawing	21	22 Earth Day	23 Cardio Sport, 8:00am
24	25 Paint Night Sign-up	26 Couch to 5K STARTS YMCA, 5:45pm to 7:00pm	27	28 Couch to 5K Program YMCA, 5:45pm to 7:00pm	29	30 Cardio Sport, 8:00am St. Mary's Commit to Get Fit

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 National BBQ & Hamburger Month	2	3 Couch to 5K Program YMCA, 5:45pm to 7:00pm	4	5 Couch to 5K Program YMCA, 5:45pm to 7:00pm	6 Grilling Cookbook Drawing National No Diet Day	7
8	9 Paint Night Avant Garde, 5:00pm	10 Couch to 5K Program YMCA, 5:45pm to 7:00pm	11	12 Lunch N Learn Sign-Up Couch to 5K Program YMCA, 5:45pm to 7:00pm	13 Grilling Cookbook Drawing	14
15 Hospice House 5K/ Rememberance Walk International Family Day	16	17 Couch to 5K Program YMCA, 5:45pm to 7:00pm	18 Lunch N Learn - Too Busy To Be Sick! City Hall, 11:30am	19 Couch to 5K Program YMCA, 5:45pm to 7:00pm	20 Grilling Cookbook Drawing National Pick Strawberries	21 Tiger Run 5K
22	23	24 Couch to 5K Program YMCA, 5:45pm to 7:00pm	25 Herb Book Drawing Sign-Up Sneaker Lights Drawing Sign-Up	26 Egg Day Drawing Sign-Up Couch to 5K Program YMCA, 5:45pm to 7:00pm	27 Grilling Cookbook Drawing Sunscreen Day - Wear It!!	28
29	30 Memorial Day	31 World No-Tobacco Day Couch to 5K Program YMCA, 5:45pm to 7:00pm				

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	National Dairy, Great Outdoors & Camping Month		1 National Running Day Sneaker Lights Drawing	2 Couch to 5K ENDS YMCA, 5:45pm to 7:00pm	3 Walking Program Ends National Egg Day Drawing	4 Safe Voices Walk/Run to end Domestic Violence
5	6 Herb Book Drawing National Garden Exercise Day	7	8	9	10 National Eat Your Veggies Day Drawing Sign-Up	11
12 YMCA Fit Fest 5K	13 Men's Health Week Diabetes Awareness Week	14 Flag Day Blood Donor Day	15	16	17 National Eat Your Veggies Day Drawing	18 International Picnic Day Rancourt's Run/Walk for Special Olympics
19	20 Nutritionist Drawing during this week	21	22	23 National Public Service Day	24	25
26	27	28	29	30		

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Program Details

5Ks/Run-Walks - Wellness will reimburse up to \$15 towards the entry fee, reimbursed after proof of completion. Maximum of 3 reimbursements per season. Submit requests to Sandy Brown.

Cardio Sport

Michael Laliberte, Cardio Sport Instructor

Saturdays, April 2nd, 9th, 23rd, & 30th - Ingersoll Turf Facility, 8:00am
Wellness reimburses 1st registration fee and \$16 for 2 more people.

Herb Garden Drawing

Thursday, April 7th - Sign-up with Joyce Sarchi starting Friday, April 1st

HIIT Timer Drawing (High-Intensity Interval Training)

Friday, April 15th - Sign-up with Heather Hunter starting Monday, April 11th

Walking Program Starts

Tuesday, April 19th - Register with Joyce Sarchi

Couch to 5K Program starts

YMCA

Tuesdays & Thursdays, April 26th, 28th; May 3rd, 5th, 10th, 12th, 17th, 19th, 24th, 26th, 31st; & June 2nd, 5:45pm to 7:00pm
\$40 members; \$60 non-members. Wellness reimburses half upon successful completion

National Banana Day Drawing

Wednesday, April 20th - Sign-up with Heather Hunter starting Tuesday, April 12th

Couch to 5K Program

YMCA

Tuesdays & Thursdays, May 3rd, 5th, 10th, 12th, 17th, 19th, 24th, 26th, & 31st, 5:45pm to 7:00pm

National Grilling Month Cookbook Drawing

Fridays: May 6th, May 13th, May 20th, & May 27th

Paint Night

Avante Garde

Monday, May 9th, 5:00pm; Smoothies & snacks provided. Registration fee: \$20 pre-paid.
Register with Heather Hunter starting Monday, April 25th

Lunch N Learn - Too Busy To Be Sick (Rescheduled)

Anne Charles, Maine Municipal Association

Wednesday, May 18th - City Hall, 3rd Floor Conference Room, 11:30am
Register with Joyce Sarchi by Thursday, May 12th

National Running Day Sneaker Lights Drawing

Wednesday, June 1st - Sign-up with Heather Hunter starting Wednesday, May 25th

Couch to 5K Program ends

YMCA

Thursday, June 2nd, 5:45pm to 7:00pm

Walking Program ends

Friday, June 3rd

National Egg Day Drawing

Friday, June 3rd - Sign-up with Peter Parker starting Thursday, May 26th

National Garden Exercise Day Herb Book Drawing

Monday, June 6th - Sign-up with Heather Hunter starting Wednesday, May 25th

National Eat Your Veggies Day Drawing

Friday, June 17th - Sign-up with Joyce Sarchi starting Friday, June 10th

Nutritionist Drawing - STAY TUNED for more details!

Targeted for the week of June 20th

APRIL

MAY

JUNE