






North Sac FRC Calendar of Activities

Monday / Lunes	Tuesday / Martes	Wednesday/Miércoles	Thursday/ Jueves	Friday/ Viernes
3 Group Exercise 10-11:30 am Sistah to Sistah 10-11:30 am	4 Group Exercise 10-11:30 am IS Walk-In Hours 9-12:00pm 	5 Group Exercise 10-11:30 am	6 Group Exercise 10-11:30 am Desarrollando la Imaginación de Nuestros Niños 12-1:30pm Teen Success 3:30 pm –6:00 pm	7 Group Exercise 10-11:30 am Circle Time 10:15-11:00am
10 Group Exercise 10-11:30 am Sistah to Sistah 10-11:30 am Supporting Mothers in Recovery 5-6:30 pm	11 Group Exercise 10-11:30 am IS Walk-In Hours 9-12:00pm	12 Group Exercise 10-11:30 am	13 Group Exercise 10-11:30 am IS Walk-In Hours 9-12:00pm	14 Group Exercise 10-11:30 am Circle Time 10:15-11:00am Sentimientos Verdaderos 11-12:30
17 Group Exercise 10-11:30 am Sistah to Sistah 10-11:30 am	18 Group Exercise 10-11:30 am IS Walk-In Hours 9-12:00pm	19 Group Exercise 10-11:30 am  5:00-7:00pm	20 Group Exercise IS Walk-In Hours 9-12:00pm Desarrollando la Imaginación 12-1:30pm	21 Group Exercise 10-11:30 am Circle Time 10:15-11:00am
24 Group Exercise 10-11:30 am Sistah to Sistah 10-11:30 am Supporting Mothers in Recovery 5-6:30 pm	25 Car Seat Class 9-11:00 am  Group Exercise 10-11:30 am Making Parenting a Pleasure 10-12:00pm <i>Call 916-290-8263 with questions</i>	26 Group Exercise 10-11:30 am 	27 Group Exercise 10-11:30 am IS Walk-In Hours 9-12:00pm Making Parenting a Pleasure 10-12:00pm	28 Group Exercise 10-11:30 am ONE IN HEART 10:30-11:30 Sentimientos Verdaderos 11-12:30
1 Group Exercise 10-11:30 am Sistah to Sistah 10-11:30 am	2 Group Exercise 10-11:30 am IS Walk-In Hours 9-12:00pm Making Parenting a Pleasure 10-12:00pm <i>Last day to register!</i>	3 Group Exercise 10-11:30 am	4 	5 Group Exercise 10-11:30 am Circle Time 10:15-11:00am