

Goal Group Meeting Schedule 2016 - 2017

2016

NOVEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2017

JANUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JUNE

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

OCTOBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Workplace Wellness

1st Thursday of each month

7:30 - 9:00 am (unless noted*)

Nov. 3, 2016 – Essentia Health-St. Joseph's Medical Center Kerst @ *8:00 am, 523 North 3rd St, Brainerd

December – OFF

Jan. 5, 2017 – Pequot Lakes City Hall, 4638 C R 11, Pequot Lakes

Feb. 2, 2017 – Minnesota Department of Transportation, West Lunch Rm, 7694 Industrial Park Rd, Baxter

Mar. 2, 2017 – Heartwood Senior Living Community 500 Heartwood Dr, Crosby

Apr. 6, 2017 – Clow Stamping, 23103 CR 3, Merrifield

May 4, 2017 – CTC, 1102 Madison St, Brainerd

June 1, 2017 – Essentia Health St. Joseph's Medical Center Thabes 1 – Lower Level, 523 North 3rd Street, Brainerd

July – OFF

Aug. 3, 2017 – Heartwood Senior Living Community 500 Heartwood Dr., Crosby

Sept. 7, 2017 – Minnesota Department of Transportation – West Lunch Rm, 7694 Industrial Park Rd, Baxter

Oct. 5, 2017 – Pequot Lakes City Hall, 4638 CR 11, Pequot Lakes

Nov. 2, 2017 – Clow Stamping, 23103 CR 3, Merrifield

Dec. 7, 2017 – CTC, 1102 Madison St, Brainerd

Mental Fitness

2nd Thursday of each month, 7:45 - 9:15 am at Essentia Health-St. Joseph's Medical Center, 523 North 3rd St, Brainerd

Nov. and July – OFF

Dec. - Mar., May – Teresa (lower level). Apr. – Benedict (1st floor)

Healthy Choices

2nd Tuesday of each month, 7:30 - 9:00 am

Nov. 8, 2016 – Essentia Health St. Joseph's Medical Center, Teresa Rm Lower Level, 523 North 3rd Street Brainerd

December – OFF

Jan. 10, 2017 – Brainerd City Hall - 2nd Floor Conference Rm, 501 Laurel St Brainerd, MN 56401

Feb. 14, 2017 – Hallett Center, 470 8th Street NE Crosby

Mar. 14, 2017 – Brainerd Family YMCA, 602 Oak St, Brainerd

April 11, 2017 – ISD 181 Washington Building Room 217, 804 Oak Street, Brainerd

May 9, 2017 – Essentia Health St. Joseph's Medical Center, Teresa Rm Lower Level, 523 North 3rd Street Brainerd

June 13, 2017 – Northland Arboretum – Upper Level Conference Rm, 14250 Conservation Dr, Brainerd

July – OFF

Aug. 8, 2017 – Essentia Health St. Joseph's Medical Center, Thabes 2 Rm Lower Level, 523 North 3rd Street Brainerd

Sept. 12, 2017 – St. Mathias Farm, 7579 St. Mathias Rd, Brainerd

Oct. 10, 2017 – Essentia Health St. Joseph's Medical Center, Teresa Rm Lower Level, 523 North 3rd Street Brainerd

Nov. 14, 2017 – Brainerd Public Library, 416 S 5th St, Brainerd

Dec. 12, 2017 – Brainerd Family YMCA, 602 Oak St, Brainerd

Community Connections

2nd Thursday of each month, 11:00 am - 12:30 pm
Essentia Health-St. Joseph's Medical Center, Benedict 1st floor,
523 North 3rd St, Brainerd. Nov. and July OFF.