

November 2023

Wellbeing @ ACM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 ZOOM Mental Health training: 8 - 4:30 pm. Contact Renee Gibson	2	3	4
5	6 FLU Shots available All Month in NMWC Call for Appt	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29 ACM Bowling Night @ White Oaks 5-7pm	30	1 Personal Budgeting and Finances -Serenity Room: 12 - 1 pm	2
3	4	Notes Wellbeing program provides a \$20 credit for a CE course				