



# Mission Nutrition at the Y December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i> <b>Lunch: 11:30-12:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy Living Coloring Sheet</b>
<i>2</i>	<i>3</i> <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy Living Coloring Sheet</b>	<i>4</i> <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Group Games</b>	<i>5</i> <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Group Games</b>	<i>6</i> <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy Living Coloring Sheet</b>	<i>7</i> <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Group Games</b>	<i>8</i> <b>Lunch: 11:30-12:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy Foods Bingo</b>
<i>9</i>	<i>10</i> <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy Living Coloring Sheet</b>	<i>11</i> <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Group Games</b>	<i>12</i> <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy Foods Word Search</b>	<i>13</i> <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy Living Coloring Sheet</b>	<i>14</i> <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy Living Worksheet</b>	<i>15</i> <b>Lunch: 11:30-12:30</b> <b>@ the Y Lobby</b> <b>Activity: Group Games</b>
<i>16</i>	<i>17</i> <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Group Games</b>	<i>18</i> <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy Foods Word Search</b>	<i>19</i> <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Build a Healthy Plate Activity</b>	<i>20</i> <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Group Games</b>	<i>21</i> <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy Living Coloring Sheet</b>	<i>22</i> <b>Lunch: 11:30-12:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy Living Coloring Sheet</b>
<i>23</i>	<i>24</i> <b>No Meals Served</b>	<i>25</i> <b>No Meals Served</b>	<i>26</i> <b>No Meals Served</b>	<i>27</i> <b>Lunch: 11:30-12:30</b> <b>@ the Y Lobby</b> <b>Snack: 3-4pm @ the Y Lobby</b> <b>Activity: Coloring</b>	<i>28</i> <b>Lunch: 11:30-12:30</b> <b>@ the Y Lobby</b> <b>Snack: 3-4pm @ the Y Lobby</b> <b>Activity: Coloring</b>	<i>29</i> <b>Lunch: 11:30-12:30</b> <b>@ the Y Lobby</b> <b>Activity: Group Games</b>