



# Mission Nutrition at the Y

## February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Fitness</b> <b>Word Search</b>	2 <b>Lunch: 11:30-12:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy</b> <b>Living Coloring</b> <b>Sheet</b>
3	4 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy</b> <b>Living Coloring</b> <b>Sheet</b>	5 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy</b> <b>Living Word Search</b>	6 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Fruit and</b> <b>Veggie Word Activ-</b> <b>ity</b>	7 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy</b> <b>Living Coloring</b> <b>Sheet</b>	8 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy</b> <b>Foods Word Search</b>	9 <b>Lunch: 11:30-12:30</b> <b>@ the Y Lobby</b> <b>Activity: Physical</b> <b>Activity Coloring</b> <b>Sheet</b>
10	11 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy</b> <b>Living Coloring</b> <b>Sheet</b>	12 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy</b> <b>Living Word Search</b>	13 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy</b> <b>Foods Word Search</b>	14 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy</b> <b>Living Coloring</b> <b>Sheet</b>	15 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Fitness</b> <b>Word Search</b>	16 <b>Lunch: 11:30-12:30</b> <b>@ the Y Lobby</b> <b>Activity: Fruit and</b> <b>Veggie Word</b> <b>Scramble</b>
17	18 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Fruit and</b> <b>Veggie Word</b> <b>Scramble</b>	19 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy</b> <b>Foods Word Search</b>	20 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Build a</b> <b>Healthy Plate</b> <b>Activity</b>	21 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Fitness</b> <b>Word Search</b>	22 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy</b> <b>Living Coloring</b> <b>Sheet</b>	23 <b>Lunch: 11:30-12:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy</b> <b>Living Coloring</b> <b>Sheet</b>
24	25 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy</b> <b>Living Coloring</b> <b>Sheet</b>	26 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Fruit and</b> <b>Veggie Coloring</b> <b>Page</b>	27 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Fitness</b> <b>Word Search</b>	28 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Build a</b> <b>Healthy Plate Activ-</b> <b>ity</b>	1 <b>Supper: 4:30-5:30</b> <b>@ the Y Lobby</b> <b>Activity: Healthy</b> <b>Living Coloring</b> <b>Sheet</b>	2 <b>Lunch: 11:30-12:30</b> <b>@ the Y Lobby</b> <b>Activity: Physical</b> <b>Activity Coloring</b> <b>Sheet</b>