

August 2019

116 27th St. NE Suite 1A Cedar Rapids, IA 52402

Day-HAB Director: Dave Wetherell 319-826-3421 ext. 205

Day-HAB hours are 9:00am until 2:00pm Monday through Friday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Hiking @ Palisades Bring lunch Healthy living	3
4	5 Art Galleries Museum	6 Mini Golf	7 Library & Downtown walking	8	9 Fontana Park Picnic at Park \$2	10
11	12 Fishing day Bring Lunch	13 YMCA Discussion on Healthy living	14 Art, Stain glass painting	15	16 Outdoor Games Potluck meal	17
18	19 Disc Golf Bring lunch	20 Bubble Painting	21 Food banks & Downtown library	22 Naibi Zoo Sign up \$9 ticket \$3 for gas	23 Softball practice Recipe cooking	24
25	26 Game day @ Day Hab Bring Lunch	27 Healthy relationship Discussion @ Newbo	28 Picnic with Waterloo, @ Byrnes Park	29	30 YMCA Discussion on Healthy living Bring your Own lunch	31

Day HAB members: please pack a cold/sack lunch because we will be spending more time outdoors and in the community as the weather improves. Thank you!