



MUSLIM SUPPORT NETWORK

www.muslimsupportnetwork.org

EVENT/MEETING SCHEDULE ~ 2011

Month	Monthly Lunch Meeting Fremont Senior Center – Wing A 40086 Paseo Padre Parkway Fremont, CA 94538 11 a.m. to 2 p.m.	Field Trip	Monthly Lunch Meeting Milpitas Police Department- Community Rm 1275 N. Milpitas Blvd Milpitas, CA 95035 11:30 a.m. to 2 p.m.
January	<u>Monday, Jan 24th</u> – Eye-hand coordination craft	<u>Mon, Jan 17th--</u> Lunch at Anarkalee Restaurant (\$5)	<u>Thursday, Jan 13th</u> – how to stay safe and healthy?
February	<u>Monday, Feb 28th--</u>		<u>Thursday, Feb 10th</u> --Activity making bags
March	<u>Monday, March 28th</u> –Half hour of stretching/ breathing Healthy cooking contest		<u>Thursday, March 10th</u> – Meet at Orchard Supply at Milpitas buying plants, lunch at Pizza Place.
April	<u>Monday, April 25th</u> – 20 minutes of walking outside. Dr. Abdul H Majid	<u>Tues, Apr 12th--</u> Visit to Milpitas SaveMart (\$5)	<u>Thursday, April 14th</u> –
May	<u>Monday, May 23rd</u> –Half hour of exercise session Bait Bazi	<u>Wed, May 18th--</u> Orchard Supply—Buy Veg Plant (\$5)	<u>Thursday May 12th</u> – Cancelled
June	<u>Monday, June 27th</u> – Monica— Movement for Cardio	<u>Sat, Jun 4th--</u> MSN Family Picnic	<u>Thursday, June 9th</u> – Fiber and Heart Smart
July	<u>Monday, July 25th</u> – Half hour of exercise with scarves. Cards for Eid/Crafts.		<u>Thursday, July 14th</u> – Cancelled
August	<u>Ramadan Break</u>		<u>Ramadan Break</u>
September	<u>Monday, Sept 26th</u> -- Walk outside for 20 mins. Heart Smart—Dr. Gazala.		<u>Thursday, Sept 8th</u> -- Create a healthy Salad
October	<u>Monday, Oct 24th</u> – Half hour of stretching. Reduce risk for Heart Attack.	<u>Fri, Oct 7th--</u> Eid Party at Mehran (\$7)	<u>Thursday, Oct 13th</u> – Corn Walk.
November	<u>Monday, Nov 21st</u> – Lose weight, interpret cholestrol.		<u>Thursday, Nov 10th</u> – Shake, Shake, and Stretch
December	<u>Monday, Dec 19th</u> -- Weight log. Clap and Catch.		<u>Thursday, Dec 8th</u> – Low Calorie Cookie Jars.

* All field trips are subject to change.

*Updated on 02/22/11