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# OCTOBER



## Workshop Schedule for Tioga County



SUN

MON

TUE

WED

THU

FRI

SAT

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	<b>Candor Free Library</b> 2 Bank St, Candor, NY <b>Fruits &amp; Vegetables - Simple Solutions</b> 10:15 am - 11:15 am 5	<b>Common Ground</b> 28 W. Main St., Owego, NY <b>Enjoy Healthy Foods That Taste Great</b> 11am-12pm 6	7	8	9
10	11	<b>Candor Free Library</b> 2 Bank St, Candor, NY <b>Family Time Active and Fun</b> 10:15 am - 11:15 am 12	13	<b>Zoom/Online</b> <b>Cooking Matters for Adults Lesson 1</b> 12 pm - 1 pm 14	<b>Zoom/Online</b> <b>Fit Family Friday</b> 11:30 am - 12:30 pm 15	16
17	<b>Zoom/Online</b> <b>Noodles with Peanut Sauce- A Quick Healthy Meal</b> 5 pm - 6 pm 18	<b>Candor Free Library</b> 2 Bank St, Candor, NY <b>Rethink Your Drink</b> 10:15 am - 11:15 am 19	20	<b>Zoom/Online</b> <b>Cooking Matters for Adults Lesson 2</b> 12 pm - 1 pm 21	22	23
24	<b>Zoom/Online</b> <b>Orange Glazed Carrots- Fruits &amp; Vegetables- Simple Solutions</b> 5 pm - 6 pm 25	<b>Candor Free Library</b> 2 Bank St, Candor, NY <b>Blubber Burger</b> 10:15 am - 11:15 am 26	27	<b>Zoom/Online</b> <b>Cooking Matters for Adults Lesson 3</b> 12 pm - 1 pm 28	29	30
31	<p><b>To register, contact Caitlin at (607) 258-6856 or <a href="mailto:cm847@cornell.edu">cm847@cornell.edu</a></b></p> <p><i>Visit <a href="http://www.snapedny.org">www.snapedny.org</a> for a full listing of virtual workshops, healthy recipes, tips for saving money, and more!</i></p>					

