



Janson Family ShopRite of Patchogue Dietitian's Calendar



November 2016
Sara Turnasella, RDN
Diabetes Awareness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 	31 	1 1 - 10 Cooking Class for Adults sign-up required 6:30 pm	2 8:30 - 5:30 <i>NUG Meeting</i> 9 am - 1 pm <i>Office Hours</i> 2:30 - 4:30 pm	3 10 - 7 <u>By Appt. Only</u> 11 - 1 pm Brookhaven Library Talk (Private event) 4 pm	4 8 - 5 Sara is out of the office and in the community planning events. To partner on events, send her an e-mail!	5 8:30 - 5:30 <u>By Appt. Only</u> 9:30 - 12:30 pm Spaghetti Squash Demo 3 pm
6 	7 9 - 6 <u>By Appt. Only</u> 10 - 12:30 pm <i>Office Hours</i> 2 - 4:30 pm Walking Club 5 pm	8  Election Day	9 10 - 7 <u>By Appt. Only</u> 11 - 12:30 pm Grass Fed Beef Cooking Demo 4 pm	10 10 - 7 Glucose Screening 10 am - 2 pm <u>By Appt. Only</u> 4 - 5:30 pm	11 	12 8:30 - 5:30 Kids Snack 'n' PAINT sign-up required 1 & 3 pm
13 	14 7 - 4 High School Health Class Nutrition Talk 7:30 - 3 pm	15 7 - 4 High School Health Class Nutrition Talk 7:30 - 3 pm	16 7 - 4 High School Health Class Nutrition Talk 7:30 - 3 pm	17 11:30 - 8:30 <i>Office Hours</i> 12:30 - 2:30 pm <u>By Appt. Only</u> 4 - 7:30 pm	18 8:30 - 5:30 CDCLI Meeting (Private event) 11 am - 12 pm <u>By Appt. Only</u> 2 - 4:30 pm	19  <i>Did you know?</i> America's very first folk song was written about pumpkins!
20 8:30 - 5:30  Kid's Baking sign-up required 1 & 3 pm	21 9 - 6 <u>By Appt. Only</u> 10 - 12:30 pm <i>Office Hours</i> 2 - 4:30 pm Walking Club 5 pm	22 11:30 - 8:30 CCE Suffolk SNAP Info Table 1 - 4 pm <u>By Appt. Only</u> 6 - 7:30 pm	23 10 - 7 <u>By Appt. Only</u> 11 am - 1 pm Thanksgiving Veggie Demo 4 pm	24 	25	26 
27 	28 9 - 6 <u>By Appt. Only</u> 10 - 12:30 pm <i>Office Hours</i> 2 - 4:30 pm Walking Club 5 pm	29 1 - 10 Cooking Class for Adults sign-up required 6:30 pm	30 1 - 10 Cooking Class for Adults sign-up required 6:30 pm	1 11:30 - 8:30 <u>By Appt. Only</u> 12:30 - 3 pm Girl Scout Cooking Class (Private event) 5:30 pm	2 8:30 - 5:30 TOPS Presentation (Private event) 10 am - 12 pm <u>By Appt. Only</u> 2:30 - 4:30 pm	3 

Please note that all office hours, dates/times of appointments, and events are subject to change without notice if absolutely necessary. All services are **FREE** of charge.

For details about events, or to schedule an appointment, please call
(631) 286-5000 ext. 3001 or e-mail: Sara.Turnasella@wakefern.com