



# October 2022



MONDAY	TUESDAY	'WORKING WEDNESDAY'	THURSDAY	FRIDAY
<p>3 <b>Adult Basic Education (GED)*</b> 10am – 1pm HealthLinc Ins./FSSA-HIP 11:30am – 1pm <b>*Computer Basics</b> 1:45 – 2:30p</p>	<p>4 <b>Substance Abuse Education</b> 9 – 10:30am <b>Adult Basic Education (GED)*</b> 10am – 1pm <b>Thinking for Good</b> 10:30am – 12noon <b>Coping Skills for Trauma (Also Virtual)</b> 1 – 2pm <b>Grief Group (Also Virtual)</b> 2 – 3pm <b>Coping/Chronic Illness (Also Virtual)</b> 3 – 4pm <b>AA with Grace</b> 4 – 5pm</p>	<p>5 <b>Adult Basic Education (GED)*</b> 10am – 1pm <b>*Intermediate Computers</b> 1:45 – 2:30pm <b>WorkReady</b> 2:30 – 3:15pm <b>Critical Thinking Skills</b> 3:30 – 4:15pm</p>	<p>6 <b>For the Health of It</b> <b>9am – 10am</b> <b>TRIO Services</b> 9am – 10:30am <b>Adult Basic Education (GED)*</b> 10am – 1pm <b>Nutrition Education</b> 11am - 12pm <b>Healthy Communities/FSSA</b> 11am - 12:45pm</p>	<p>7 <b>Anger Management</b> 3 – 4pm <b>Nicotine Anonymous</b> 4pm – 5pm</p>
<p>10 <b>Adult Basic Education (GED)*</b> 10am – 1pm HealthLinc Ins./FSSA-HIP 11:30am – 1pm <b>*Computer Basics</b> 1:45 – 2:30p</p>	<p>11 <b>Substance Abuse Education</b> 9 – 10:30am <b>Adult Basic Education (GED)*</b> 10am – 1pm <b>Thinking for Good</b> 10:30am – 12noon <b>Coping Skills for Trauma (Also Virtual)</b> 1 – 2pm <b>Grief Group (Also Virtual)</b> 2 – 3pm <b>Coping/Chronic Illness (Also Virtual)</b> 3 – 4pm <b>AA with Grace</b> 4 – 5pm</p>	<p>12 <b>Adult Basic Education (GED)*</b> 10am – 1pm <b>Healthy Relationships</b> <b>10am – 11am (Also Virtual)</b> <b>*Intermediate Computers</b> 1:45 – 2:30pm <b>WorkReady</b> 2:30 – 3:15pm <b>Dining with Diabetes</b> 3:30 – 5:30p</p>	<p>13 <b>For the Health of It</b> <b>9am – 10am</b> <b>Adult Basic Education (GED)*</b> 10am – 1pm <b>Nutrition Education</b> 11am - 12pm <b>Healthy Communities/FSSA</b> 11am - 12:45pm <b>Credit Repair</b> 2pm – 3pm</p>	<p>14 <b>Anger Management</b> 3 – 4pm <b>Nicotine Anonymous</b> 4pm – 5pm</p> <p><i>*HAP: 1-4 @ SH</i></p>
<p>17 <b>Adult Basic Education (GED)*</b> 10am – 1pm HealthLinc Ins./FSSA-HIP 11:30am – 1pm <b>*Computer Basics</b> 1:45 – 2:30p</p>	<p>18 <b>Substance Abuse Education</b> 9 – 10:30am <b>Adult Basic Education (GED)*</b> 10am – 1pm <b>Thinking for Good</b> 10:30am – 12noon <b>Coping Skills for Trauma (Virtual)</b> 3 – 4pm <b>Grief Group (Virtual)</b> 2 – 3pm <b>Coping/Chronic Illness (Virtual)</b> 3 – 4pm <b>AA with Grace</b> 4 – 5pm</p>	<p>19 <b>Adult Basic Education (GED)*</b> 10am – 1pm <b>Healthy Relationships</b> 10am – 11am <b>*Intermediate Computers</b> 1:45 – 2:30pm <b>WorkReady</b> 2:30 – 3:15pm <b>Dining with Diabetes</b> 3:30 – 5:30p</p>	<p>20 <b>For the Health of It</b> <b>9am – 10am</b> <b>Adult Basic Education (GED)*</b> 10am – 1pm <b>Nutrition Education</b> 11am – 12pm <b>Healthy Communities/FSSA</b> 11am – 12:45pm</p>	<p>21 <b>NARCAN® TRAINING</b> 10 – 11am <b>Aliveness Project (HIV/Hep-C testing)</b> 11:30am – 1pm <b>Anger Management</b> 3 – 4pm <b>Nicotine Anonymous</b> 4pm – 5pm</p>
<p>24 <b>Adult Basic Education (GED)*</b> 10am – 1pm HealthLinc Ins./FSSA-HIP 11:30am – 1pm <b>*Computer Basics</b> 1:45 - 2:30p</p>	<p>25 <b>Substance Abuse Education</b> 9 – 10:30am <b>Adult Basic Education (GED)*</b> 10am – 1pm <b>Thinking for Good</b> 10:30am – 12noon <b>Coping Skills for Trauma (Virtual)</b> 1 – 2pm <b>Grief Group (Virtual)</b> 2 – 3pm <b>Coping/Chronic Illness (Virtual)</b> 3 – 4pm <b>AA with Grace</b> 4 – 5pm</p>	<p>26 <b>Financial Literacy w/Centier</b> 9am – 10am <b>Healthy Relationships</b> 10am – 11am <b>Adult Basic Education (GED)*</b> 10am – 1pm <b>Healthy Relationships</b> 10am – 11am <b>*Intermediate Computers</b> 1:45 – 2:30pm <b>WorkReady</b> 2:30 – 3:15pm <b>Dining with Diabetes</b> 3:30 – 5:30p</p>	<p>27 <b>The Four M's of Diabetes</b> <b>9am – 10am</b> <b>Adult Basic Education (GED)*</b> 10am – 1pm <b>Healthy Communities/FSSA</b> 11am – 12:45pm <b>Credit Repair</b> 2 pm – 3pm</p>	<p>28 <b>Anger Management</b> 3 – 4pm <b>Nicotine Anonymous</b> 4 – 5pm</p>

<p>31 <b>Adult Basic Education (GED)*</b> 10am – 1pm <b>HealthLinc Ins./FSSA-HIP</b> 11am - 2pm <b>Lunchbreak Alcoholics Anon.</b> 12 - 1p <b>*Computer Basics</b> 1:45 - 2:30p</p>				<p><b>*Class taught in <u>GLC's computer lab</u></b> <b>*Classes in blue <u>also offered virtually/by remote</u></b> <b>*NEW CLASS</b></p>
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