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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | JANUARY | | | | | | | | S | M | T | W | Th | F | S | |  |  |  |  |  |  | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | 31 |  |  |  |  |  | | 1/6- HRCAP Weight Loss seminar  1/26- HRCAP Depression Webinar  1/24 – 1/28 National Drug and Alcohol Facts Week |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | JULY | | | | | | | | S | M | T | W | Th | F | S | |  |  |  |  |  | 1 | 2 | | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | 31 |  |  |  |  |  |  | | 7/8 – PCDC Board Meeting  7/9 – Policy Pathways Graduation  7/5 – Employment Cohort Information Session  7/12 – Hypertension Health Seminar (Tentative)\*  7/21 – HRCAP Food Pantry\*  7/21& 7/26 – Interviewing Strategies Workshop  7/26 – Exercise Class (Tentative) |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | FEBRUARY | | | | | | | | S | M | T | W | Th | F | S | |  |  | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 |  |  |  |  |  | | 2/1 – 2/4 - African Heritage and Health Week  2/9 – Parent Workshop Project Discovery  2/12 – Project Discovery Bowling Event  2/14, 2/18, 2/23 - Health Cohort Info Session  2/17 – Air Force NAF Civilian |  | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | AUGUST | | | | | | | | | S | M | T | W | Th | F | S | |  | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | 31 |  |  |  | | 8/4 – All day one on one sessions  8/8 Resume Building  8/11 Hiring Information Session  8/15 Agency Closed – Training Day  8/18 – HRCAP Food Pantry\*  8/23 – Dental Health Seminar (Tentative)\*  8/22 – Exercise Class (Tentative)  8/28 – WFA Social – Busch Gardens |
|  |  |  |  |  |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | MARCH | | | | | | | | S | M | T | W | Th | F | S | |  |  | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | 31 |  |  | |  |  |  |  |  |  |  | | 3/1 – 3/31 – Community needs assessment (health service)  3/10 – Protecting your home  3/24 – Homebuyer Information Session  3/24 – Cocktails for a cause  FACES Tax Preparation |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | SEPTEMBER | | | | | | | | S | M | T | W | Th | F | S | |  |  |  |  | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | 25 | 26 | 27 | 28 | 29 | 30 |  | |  |  |  |  |  |  |  | | 9/4 – WFA Social – VA Aquarium  9/15 – HRCAP Food Pantry\*  9/20 – Exercise Class (Tentative)  9/18 – WFA Social – Botanical Gardens  9/27 – Healthy Pregnancy Seminar (Tentative)\*  9/3 -9/24 – National Recovery Month Pain Awareness Month  9/29 – Your Voice Your Vote Conversation |
|  |  |  |  |  |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | APRIL | | | | | | | | S | M | T | W | Th | F | S | |  |  |  |  |  | 1 | 2 | | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | 4/1 0 4/7 – National Public Health Week  4/8 – Social Security Updates  4/9- Health Fair at Downing-Gross  4/11 – 4/15 – National Youth Violence Prevention Week  4/14 – HRCAP Food Pantry  4/14 – Identifying Theft, Elder, Abuse & Scams |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | OCTOBER | | | | | | | | S | M | T | W | Th | F | S | |  |  |  |  |  |  | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | 31 |  |  |  |  |  | | 10/3 – 10/7 – National Substance Abuse Prevention  10/7 PCDC Board Meeting  10/15 – WFA Pumpkin Patch: Virginia Beach  10/20 – HRCAP Food Pantry\*  10/25 – Exercise Class (Tentative)  10/4 – Suffolk Financial Literacy Class |
|  |  |  |  |  |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | MAY | | | | | | | | S | M | T | W | Th | F | S | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | 15 | 16 | 17 | 18 | 19 | 20 | 21 | | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | 29 | 30 | 31 |  |  |  |  | |  |  |  |  |  |  |  | | 5/19 – HRCAP Food Pantry\*  5/14 – Employment Cohort Information Session  5/18 – Employment Cohort Information Session  5/19 – Community Builder’s Award  5/23 – Employment Cohort Information Session  5/1 – 5/31 – Hepatitis Awareness Month |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | NOVEMBER | | | | | | | | S | M | T | W | Th | F | S | |  |  | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 |  |  |  | | 11/2 - Diabetic Eye Disease Month  11/4 – Why Rent When you can own?  11/15 – Let’s Talk Credit  11/8 – Holiday Stress Seminar (Tentative)\*  11/17 – HRCAP Food Pantry\*  11/22 – WFA / Emergency Service Food Distribution – Newport News  11/23 – WFA Food Distribution – Chesapeake |
|  |  |  |  |  |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | JUNE | | | | | | | | S | M | T | W | Th | F | S | |  |  |  | 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 |  |  | | 6/9 Successful Renter workshop  6/11, 6/25 – First time Homebuyer Education class  6/16 – HRCAP Food Pantry\*  6/13 – Resume Building Workshop  6/26 – 7/9 Policy Pathways Instruction (see 5/29 newsletter)  6/27 –Exercise Class (Tentative)  6/27 – Let’s Talk Credit  6/28 – Healthy Habits with HALO  6/28 – Resume Writing Workshop |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | DECEMBER | | | | | | | | S | M | T | W | Th | F | S | |  |  |  |  | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | 12/6 – Sticking to New Year’s Resolutions Seminar (Tentative)\*  12/8 – Newport News Human Rights Commission Breakfast  12/15 – HRCAP Food Pantry\*  12/19 - Exercise Class (Tentative) |

# 2022 HRCAP CALENDAR OF EVENTS

\* = Volunteers Needed | A = Closed to Public