



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 7:30am Community Walk  3:00pm After School/ Homework Help—FGC	3 7:30am Community Walk 10:00am DCF Hope Fla 10:00am Panera Bread and Pastry Giveaway 3:00pm After School/ Homework Help—FGC	4 7:30am Community Walk  3:00pm After School/ Homework Help—FGC	5 7:30am Community Walk  3:00pm After School/ Homework Help—FGC	6 7:30am Community Walk	7 CLOSED
8 CLOSED	9 7:30am Community Walk  3:00pm After School/ Homework Help—FGC 4:30pm Homework Help parent/student meet- ing	10 7:30am Community Walk 10:00am DCF Hope Fla 10:00am Panera Bread and Pastry Giveaway 3:00pm After School/ Homework Help—FGC	11 7:30am Community Walk 10:00am Clothing Closet  3:00pm After School/ Homework Help—FGC	12 7:30am Community Walk  3:00pm After School/ Homework Help—FGC	13 7:30am Community Walk	14 Community Health and Wellness Fair 9:00am—2:00 pm  9am 3 mi walk  See Ffyer on back
15 CLOSED	16 7:30am Community Walk  3:00pm After School/ Homework Help—FGC	17 7:30am Community Walk 10:00am DCF Hope Fla 10:00am Panera Bread and Pastry Giveaway 3:00pm After School/ Homework Help—FGC	18 7:30am Community Walk  3:00pm After School/ Homework Help—FGC	19 7:30am Community Walk  3:00pm After School/ Homework Help—FGC	20 7:30am Community Walk	21 CLOSED
22 CLOSED	23 7:30am Community Walk  3:00pm After School/ Homework Help—FGC	24 7:30am Community Walk 10:00am DCF Hope Fla 10:00am Panera Bread and Pastry Giveaway 3:00pm After School/ Homework Help—FGC	25 7:30am Community Walk 10:00am Clothing Closet 10:00am CHMC Meridian Behavioral Healthcare 3:00pm After School/ Homework Help—FGC	26 7:30am Community Walk  3:00pm After School/ Homework Help—FGC Tutors	27 7:30am Community Walk	28 CLOSED
29 CLOSED	30 7:30am Community Walk  3:00pm After School/ Homework Help—FGC Tutors	31 7:30am Community Walk 10:00am DCF Hope Fla 10:00am Panera Bread and Pastry Giveaway  3:00pm After School/ Homework Help—FGC	<b>Daily Resource Center Services</b> <ul style="list-style-type: none"> <li>Community and Family Resources</li> <li>Job Readiness Assistance</li> <li>Job Search Assistance and Job Board</li> <li>Social Service Referrals</li> </ul>			See back of calen- dar for more Re- source Center news!



Resource Center Hours:  
Mon-Thurs: 9 a.m. - 5 p.m.  
Friday: 9 a.m. - 1 p.m.  
Phone: (386) 758-3319

# NORTHSTAR

FAMILY RESOURCE CENTER

255 NE Coach Anders Lane  
Lake City, FL 32055

**NORTHSTAR**  
FAMILY RESOURCE CENTER

**PARTNERSHIP FOR STRONG FAMILIES**

## COMMUNITY HEALTH AND WELLNESS FAIR

Building a Healthier Community

**Florida Blue**

**Health Screening Services**

- Blood Pressure
- Cholesterol
- Glucose

**Health Lectures**

- Experience a round table discussion with top local medical professionals to answer your questions!

**Physical Exercises**

- Community walk
- 1, 2, and 3 mile walks
- Zumba
- Yoga
- Line Dancing
- Low Impact Exercises

**Saturday, October 14, 2023 9:30 AM - 2 PM**

Richardson Community Center  
255 NE Coach Anders Lane  
Lake City, FL 32055  
(386) 758-3319

Join us for a chance drawing and an excellent day filled with health and wellness activities the whole family will enjoy. Healthy snacks and door prizes will be part of the fun!

The contents of this project are partially funded by the Children's Bureau under grant #90CA3868. The contents of this project do not necessarily represent the official views of the Children's Bureau.

## Free Clothing Closet

2nd & 4th Wednesday

Ask at front desk for more information

## Free Faxing, Scanning & Notary Services

Patrons can send and receive faxes. Patrons must be present to receive a fax.

**Faxing/Scanning Hours:**  
Monday—Friday  
9:00 a.m.—1:00 p.m.

## Community Walks

Everyone Welcome!

Join us for a healthy walk through our community every day

Starting @ 7:30 a.m.

Meet at NorthStar FRC

## AFTER SCHOOL

## HOMEWORK HELP

**Monday—Thursday**  
**2:30 PM—4:45 PM**

## Bread & Pastry Giveaway

Every Tuesday 10am