



# October 2019

1503 4th Street NW, Albuquerque 87102

Call 1 (844) 366-2472

Hours of Operation: Monday – Friday 8:30am– 3:30pm



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 International Coffee Day	2 11am-1pm Retrain Your Brain 12-1p gentle chair Yoga w/ Stephanie	3	4 Balloon Fiesta Begins	5 National Do Something Nice Day
6	7 Fire Prevention Week	8	9 11am-1pm Retrain Your Brain 12:30-1:30 Budget Basics w/ Nusenda Credit Union	10	11	12
13 Balloon Fiesta Ends	14 Indigenous People Day Sorry WE'RE CLOSED Columbus Day	15	16 11am-1pm Retrain Your Brain October 16 National Boss Day	17	18 Chocolate Cupcake Day	19
20	21 11:00a-12:30p Alternative Behavior Strategies 12:30-2:30 Paint, Coffee, and Conversation NO TARDIES ALLOWED	22	23 11am-1pm Retrain Your Brain 12:30-1:30 Financial Services w/ Nusenda Credit Un-	24	25 Closed for Training	26 National Pumpkin Day
27 Navy Day	28	29	30 11am-1pm Retrain Your Brain HALLOWEEN POLUCK 12pm-1pm NeuroAcupuncture Demonstration	31 Happy Halloween		

**Oct 1-** Today is *International Coffee Day*. This day celebrates one of the world's favorite hot beverages, which is enjoyed and celebrated around the world. Call it what you like: coffee, Java, cup of Joe, or any of dozens of names. Billions of people around the world drink billions of cups of coffee on a daily basis. Look around for places giving away a free cup of coffee

**October 5th-** Today is *Do Something Nice Day*. Go ahead, do something nice, anything nice. And, do it to, or for, another individual. It won't hurt.....we promise. Doing something nice for someone almost always evokes a very pleasant response. At the very least, it results in a smile. More likely, that person will do something nice to, or for you. And, best of all, doing something nice just might be contagious. In keeping with the spirit of this day, set a goal to do something nice for someone. Perhaps, you can do this for several people. Then, sit back and watch the results!

**Oct 8-** According to legend, on October 8, 1871, Mrs. O'Leary was in her barn, milking her cow. The cow kicked over a lamp, which started the Great Chicago Fire of 1871. The fire burned for over 27 hours. When it was over, more than 300 people were killed, 100,000 people were left homeless, and over 17,000 structures were destroyed. The Great Chicago fire sparked major efforts in fire prevention. Forty years later, the Fire Marshall's Association of North America (FMANA) held the first Fire Prevention Day. In 1920, President Woodrow Wilson proclaimed Fire Prevention Week.

**Oct 14- OFFICE CLOSED** For decades and decades, American history books and school teaching, told us Christopher Columbus discovered America. What those books and teachings did not give credit, to was the fact that Native Americans were already here. Native Americans truly discovered America. It also gave little mention, to the fact that Nordic explorers had travelled down the eastern coast of Canada hundreds of years before Columbus arrived.

**Oct 16-** Now here is a day that gives you a chance to both tell and show the boss what you really think of him or her. And, it is an opportunity to give your boss the appreciation that he or she truly deserves. So go right ahead and give it to him.....give it to him good! After all, it only comes around once a year.

**Oct. 18-** National Chocolate Cupcake Day is observed annually on October 18. With a dollop of frosting, one sweet serving will satisfy chocolate and dessert lovers!

**Oct 26-** Pumpkins are so much more than just a fun holiday decoration. Not only are they one of the best-known sources of beta-carotene (an antioxidant that is converted to vitamin A in the body), but pumpkins are loaded with fiber, potassium, and vitamin C. On October 26 do yourself a favor and eat a hearty helping of pumpkin to celebrate National Pumpkin Day (and of course have a little fun carving them).

**Oct 27-** In the United States, *Navy Day* is commonly celebrated on October 27th. This date was selected as it was the birth date of President Theodore Roosevelt, an avid supporter of the U.S. Navy. In the 1970's, research determined that the birthday of the U.S. Continental Navy was October 13, 1775. At the time, efforts were made to move Navy Day to this date. However, *Navy Day* in the United States, is still largely recognized as October 27th