









Activity Calendar

2019 June

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---|--|--|
| | | | | | 1 Yoga Class 9:30a-10:30a  Rio Mobile Library 10a-12p |
| 3 | 4 Intro to Computers 9a-12p Microsoft Excel 2 1p-4p | 5 Zumba 5:30p-6:30p | 6 Financial Health Classes 10:30a-11:30a | 7 CLOSED | 8 Rio Mobile Library 10a-12p  |
| 10 | 11  Senior Produce Day 9:00a-12:00p Microsoft Word 9a-12p Microsoft Excel 1p-4p | 12 Zumba 5:30p-6:30p | 13 Farmer's Market 10a-1p Financial Health Classes 10:30a-11:30a | 14 How to Keep Your Job 9:30a-10:30a De-Stress Class 10:30a-11:30a Zumba 12p-1p Viva Bien! Live Well with Diabetes Class I 1:15p-2:15p | 15 Rio Mobile Library 10a-12p  |
| 17 | 18 Intro to Computers 9a-12p Computer Class: Excel 2 1p-4p Food IQ Kid's Summer Camp 1:00p-3:30p | 19 Food IQ Kid's Summer Camp 1:00p-3:30p Zumba 5:30p-6:30p | 20 Financial Health Classes 10:30a-11:30a Food IQ Kid's Summer Camp 1:00p-3:30p | 21 Zumba 12p-1p Food IQ Kid's Summer Camp 1:00p-3:30p Viva Bien! Live Well with Diabetes Class II 1:15p-2:15p | 22 Rio Mobile Library 10a-12p  |
| 24 | 25 Microsoft Word 9a-12p Microsoft Excel 1p-4p Garden Kid's Camp 9a-11a | 26 Garden Kid's Camp 9a-11a Zumba 5:30p-6:30p | 27 Financial Health Classes 10:30a-11:30a Garden Kid's Camp 9a-11a Lunch & Learn "Professional Development" 12p-1p | 28 NBU Class Drought Tolerant Landscaping 10:30a-11:30a Garden Kid's Camp 9a-11a Viva Bien! Live Well with Diabetes Class 1:15p-2:15p | 29 Rio Mobile Library 10a-12p  |

New Braunfels Food Bank
1620 S. Seguin Ave.
New Braunfels, TX 78130
830-327-6000
www.NBFoodbank.org

PANTRY HOURS OF OPERATION

Access to the Client Choice Pantry is by appointment only.
The Pantry is open for appointments:

| | |
|-------------------|------------------|
| Mondays | 9a-12:30p |
| Tuesdays | 9a-12:30p |
| Wednesdays | 9a-6p |
| Thursdays | 9a-12:30p |
| Fridays | 9a-4p |
| Saturdays | 9a-2p |

If you have any praise for our team, ideas to improve, or concerns, connect with our manager, Lee Wong at lwong@nbfoodbank.org

LET US SERVE YOU!

Our Client Services help you apply for benefits:

- SNAP (Food Stamps)
- WIC (Women, Infants, and Children)
- Medicaid for Adults
- MEPS (Medicaid for the Elderly and People with Disabilities)
- CHIP (Children's Health Insurance Program)
- TANF (Temporary Assistance for Needy Families)

CLIENT SERVICES TIMES

Monday-Friday

9a-3p

*Walk-ins only

For more information, contact Morgan Luna at **830-327-6001** or mluna@nbfoodbank.org

NEED ASSISTANCE IN OTHER AREAS?

NBU ASSISTANCE

Apply for assistance with your bill on our website.

FAMILY LIFE CENTER REPRESENTATIVE

Contact Kay Scott for an appointment.

kays@flcnb.org

Every Wednesday

9a-12p

NEED HELP FINDING A JOB?

Let us help!

Stop in our computer lab for job postings, or schedule an appointment with our job coaches.

For more information, contact Elizabeth Martinez at: **830-327-6007** or elmartinez@nbfoodbank.org

JOB READINESS WORKSHOP

Develop your resume and cover letter, learn tips for filling out applications, practice for interviews, and much more.

1ST Friday of each month

9:30a-10:45a

JAVA AND JOBS

Enjoy a cup of coffee and a casual conversation about the job hunt.

2ND Friday of each month

9:30a-10:30a

This month's topic:

How to Keep Your Job: The first 30-90 days on a new job are critical. This class provides tips on how to create a positive impression during this period that will help to keep the job.

COMPUTER CLASSES

*Limit 8 Spaces

Learn the basics about computer in this beginner's 101 class.

Every Tuesday

9:00a-12:00p

Intro to Excel or PowerPoint

Every Tuesday

1:00p-4:00p

Professional Development: An Inside look at how

organizations determine who to promote. Employees are concerned about a lack of advancement. It is each employee's responsibility for their development so they are eligible for opportunities. Individuals are provided with approaches to help with their advancement.

Thursday, June 27th 12p-1p

JOIN THE MOVEMENT!

Be a part of a community learning to eat well and live well through various free classes

NUTRITION CLASSES

Learn how to use different foods to make delicious meals for you and your family, and discover how changing how you eat can change your life.

Every Friday

1:15p-2:15p

ZUMBA

Burn some calories while you get your groove on in this fun, high energy class. Beginners welcome.

Every Friday

12p-1p

YOGA

Relieve stress while striking a pose and stretching. Beginners welcome.

1ST Saturday of each month

9:30a-10:30a

DE-STRESS CLASSES

Learn how to wind down and deal with daily stress.

See the calendar for dates.

10:30a-11:30a

SENIOR PRODUCE

For seniors 60+, enjoy an extra bag of produce.

2ND Tuesday of each month

9:00a-12:00p

FAMILY DINING

Experience an evening of great food, company and community. All ages welcome!

RVSP required.

See the calendar for dates.

Contact Jennifer Lankford at **830-327-6005** or

jenniferlankford@nbfoodbank.org

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