

## Monday, 15th

Core Fitness Class: 12:15 -1PM — Monroe Building, Level S. \$6

## Tuesday, 16th

Picnic in the Park: during your lunch break — Capitol Square

Core Fitness Class: 12:15 - 1 PM — Monroe Building, Level S. \$6

## Wednesday, 17th

**HOME WEATHERIZATION: SAVE MONEY AND ENERGY.** 11AM - 1:30 PM (demos to be held at noon and 1 p.m.) — Governor and E. Grace streets — Are you looking for ways to save money and reduce energy use in your home? The Virginia Department of Housing and Community Development (DHCD), along with several partners and service providers, will be on hand with interactive demonstrations, including a pressurized house to show where energy escapes in your home.

**FOOD TRUCKS:** 11AM - 1:30 PM — Every Wednesday through October at Governor and E. Grace streets.

Yoga Basics: 12:15 -1 PM — Monroe Building, Level S. \$5

Midday Meditation: Noon — Email Frank at [FwReece@valottery.com](mailto:FwReece@valottery.com) for location

## Thursday, 18th

Core Fitness Class: 12:15 - 1 PM — Monroe Building, Level S. \$6

## Friday, 19th

Game Day: Lunch Break — Games can be checked out at the Oliver Hill Building at DGS Parking Services, Patrick Henry Building and Monroe Building.

Yoga Basics: 12:15 - 1PM — Monroe Building, Level S. \$5

## Save the Date: Halloween Open House, October 31

The Governor and First Lady of Virginia will open the Executive Mansion to ghosts and goblins of all ages. Costumes are encouraged. RSVP requested at <http://vaexmansionhalloween2018.rsvpify.com>.

Visit [onthesquareva.virginia.gov](http://onthesquareva.virginia.gov) for information on hosting an OnTheSquareVA Anywhere event.

For more information go to  
[OnTheSquareVA.virginia.gov](http://OnTheSquareVA.virginia.gov).

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