



Office Hours:
9:00 AM - 5:00 PM
Monday - Friday

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 Qigong - 10:00 AM Coping with Cancer & Survivorship - 1:00 PM Gentle Flow Yoga - 6:30 PM	2 Strength & Tone - 10:00 AM Midday Meetup - 12:30 PM Welcome Meeting - 2:00 PM Art & Healing - 6:30 PM Yoga Nidra - 8:00 PM	3 Caregivers, Family, & Friends - 6:30 PM Coping with Cancer & Survivorship - 6:30 PM	4 Seated Qigong - 10:00 AM	5 Awaken with Yoga - 8:30 AM Tai Chi - 10:00 AM
6	7 Gentle Flow Yoga - 10:00 AM Relaxation & Meditation - 11:30 AM Breast Cancer Support Group - 7:00 PM	8 Qigong - 10:00 AM Coping with Cancer & Survivorship - 1:00 PM Metastatic Breast Cancer Support Group - 3:00 PM Blood Cancer Support Group - 6:30 PM Adult Bereavement Support Group - 6:30 PM Caregivers, Family, & Friends - 6:30 PM Gentle Flow Yoga - 6:30 PM	9 Strength & Tone - 10:00 AM Midday Meetup - 12:30 PM Welcome Meeting - 2:00 PM Feeling & Dealing - 5:30 PM Raising Children, Facing Cancer - 5:30 PM Yoga Nidra - 8:00 PM	10 Caregivers, Family, & Friends - 6:30 PM Coping with Cancer & Survivorship - 6:30 PM Ovarian Cancer Support Group - 7:00 PM	11 Seated Qigong - 10:00 AM	12 Awaken with Yoga - 8:30 AM Tai Chi - 10:00 AM Couples Support Group - 11:00 AM
13	14 Gentle Flow Yoga - 10:00 AM Relaxation & Meditation - 11:30 AM Yarn, Hooks, and Needles - 1:00 PM Young Adults - 7:00 PM	15 Qigong - 10:00 AM Coping with Cancer & Survivorship - 1:00 PM Gentle Flow Yoga - 6:30 PM	16 Strength & Tone - 10:00 AM Midday Meetup - 12:30 PM Welcome Meeting - 2:00 PM Art & Healing - 6:30 PM Yoga Nidra - 8:00 PM	17 Pancreatic Cancer Support Group - 4:00 PM Caregivers, Family, & Friends - 6:30 PM Coping with Cancer & Survivorship - 6:30 PM	18 Seated Qigong - 10:00 AM	19 Awaken with Yoga - 8:30 AM Tai Chi - 10:00 AM
20	21 Gentle Flow Yoga - 10:00 AM Relaxation & Meditation - 11:30 AM Lung Cancer Support Group - 6:30 PM Breast Cancer Support Group - 7:00 PM	22 Qigong - 10:00 AM Coping with Cancer & Survivorship - 1:00 PM Metastatic Breast Cancer Support Group - 3:00 PM Adult Bereavement Support Group - 6:30 PM Caregivers, Family, & Friends - 6:30 PM Gentle Flow Yoga - 6:30 PM	23 Strength & Tone - 10:00 AM Midday Meetup - 12:30 PM Welcome Meeting - 2:00 PM Feeling & Healing - 5:30 PM Parenting Through Grief - 5:30 PM Yoga Nidra - 8:00 PM	24 Caregivers, Family, & Friends - 6:30 PM Coping with Cancer & Survivorship - 6:30 PM Ovarian Cancer Support Group - 7:00 PM	25 Seated Qigong - 10:00 AM	26 Awaken with Yoga - 8:30 AM Tai Chi - 10:00 AM Blood Cancer Support Group - 2:00 PM
27 Memorial Service - 1:00 PM	28 Gentle Flow Yoga - 10:00 AM Relaxation & Meditation - 11:30 AM Young Adults - 7:00 PM	29 Qigong - 10:00 AM Coping with Cancer & Survivorship - 1:00 PM Gentle Flow Yoga - 6:30 PM	30 Strength & Tone - 10:00 AM Midday Meetup - 12:30 PM Welcome Meeting - 2:00 PM Yoga Nidra - 8:00 PM	12 1 2 3		
4 5		NOTES Groups & Classes in RED are In Person				