

MON	TUE	WED	THU	FRI	SAT	SUN
			<p>1 10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6 PM: SPOUSES/PARTNERS BEREAVEMENT GROUP 6:30 PM: THE LIVING KINDFULLY PROJECT</p>	<p>2 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING 11 AM: <u>5 PATHWAYS OF NUTRITION SERIES: DIGESTION/DETOXIFICATION</u></p>	<p>3 10 AM: CHAIR YOGA 11 AM: MINDFUL WRITING</p>	4
<p>5 5 PM: PARENT'S BEREAVEMENT GROUP 6 PM: MBSR: MINDFULNESS BASED STRESS REDUCTION SERIES</p>	6	<p>7 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 1 PM: BYOB BOOK CLUB! 3 PM: THE WRITING LIFE 5 PM: SCATTEGORIES! 6 PM: CHAIR YOGA 6:30 PM: PANCREATIC GROUP 6:30 PM: LIFE AFTER TREATMENT</p>	<p>8 10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6:30 PM: CAREGIVERS GROUP 6:30 PM: THE LIVING KINDFULLY PROJECT 7 PM: GAME NIGHT!</p>	<p>9 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING 11 AM: INTENSATI 3 PM: <u>ACUPUNCTURE AND CHINESE MEDICINE FOR NEUROPATHIES</u></p>	<p>10 10 AM: CHAIR YOGA</p>	11
<p>12 4 PM: KIDS LIVING WITH CANCER GROUP 6 PM: MBSR: MINDFULNESS BASED STRESS REDUCTION SERIES</p>	<p>13 5 PM: PARENTING WITH CANCER GROUP 6:30 PM: ADULT FAMILY BEREAVEMENT GROUP</p>	<p>14 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 2 PM: MINDFUL MEDITATION 3 PM: MINDFUL JOURNEY BOOK CLUB 5 PM: KIDS TALK! 5 PM: SCATTEGORIES! 6 PM: CHAIR YOGA 6:30 PM: RECENTLY BEREAVED GROUP</p>	<p>15 10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6 PM: SPOUSES/PARTNER BEREAVEMENT 6:30 PM: THE LIVING KINDFULLY PROJECT 6:30 PM: COLON CANCER GROUP 7 PM: GAME NIGHT!</p>	<p>16 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING</p>	<p>17 10 AM: CHAIR YOGA 11 AM: MINDFUL WRITING</p>	18
<p>19 6 PM: MBSR: MINDFULNESS BASED STRESS REDUCTION SERIES</p>	<p>20 6 PM: LGBTQ+& CANCERS GROUP</p>	<p>21 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 1 PM: BYOB BOOK CLUB! 3 PM: THE WRITING LIFE 4 PM: TEEN TALK! 5 PM: SCATTEGORIES 6 PM: CHAIR YOGA</p>	<p>22 10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6:30 PM: CAREGIVERS GROUP 6:30 PM: THE LIVING KINDFULLY PROJECT 7 PM: GAME NIGHT!</p>	<p>23 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING</p>	<p>24 10 AM: CHAIR YOGA</p>	25
<p>26 </p>	<p>27 6:30 PM: ADULT FAMILY BEREAVEMENT GROUP</p>	<p>28 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 2 PM: MINDFUL MEDITATION 3 PM: MINDFUL JOURNEY BOOK CLUB 5 PM: SCATTEGORIES 6 PM: CHAIR YOGA 6:30 PM: RECENTLY BEREAVED GROUP</p>	<p>29 10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6:30 PM: THE LIVING KINDFULLY PROJECT 7 PM: GAME NIGHT!</p>	<p>30 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING</p>	<p>31 10 AM: CHAIR YOGA</p>	

