



# October 2022 - Virtual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Scheduled by Appointment:</p> <ul style="list-style-type: none"> <li>- Knitwell in the Cloud</li> <li>- Spiritual Companionship</li> </ul>						<p><b>1</b></p> <p>9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Espanol)</p>
<p><b>2</b></p> <p>10:00-11:00am 2Unstoppable Pilates</p> <p>5:00-6:30pm YACS Meet Up and Support Group</p>	<p><b>3</b></p> <p>10:30-11:30am Wake-Up Morning Stretch</p> <p>12:00-1:00pm Nutrition Club</p> <p>3:00-4:30pm Meaning Centered-Psychotherapy</p> <p>6:00-7:30pm Cancer Support Group</p> <p>6:00-7:30pm Caregiver Support Group</p>	<p><b>4</b></p> <p>7:30-8:00am LGBTQIA+ Morning Meditation</p> <p>12:00-1:00pm Chair Yoga</p> <p>1:30-3:00pm SC Writes for YACS (Part 1/4)</p> <p>12:30-1:30pm Gynecologic Cancer Support Group</p>	<p><b>5</b></p> <p><b>YOM KIPPUR</b></p>	<p><b>6</b></p> <p>1:00-3:00pm Energy Balancing</p> <p>2:00-4:30pm Mindfulness-Based Stress Reduction</p> <p>5:00-6:30pm Death Cafe</p> <p>6:00-7:00pm Previvor Support Group</p> <p>6:30-8:30pm Comedic Relief: Coping Through Comedy</p>	<p><b>7</b></p> <p>10:00-11:30am Expressive Photography and Mindfulness</p>	<p><b>8</b></p> <p>9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Espanol)</p> <p>10:00-11:30am Stitched Together</p>
<p><b>9</b></p> <p>10:00-11:00am 2Unstoppable Virtual Zumba</p>	<p><b>10</b></p> <p><b>INDIGENOUS PEOPLE'S DAY</b></p>	<p><b>11</b></p> <p>7:30-8:00am LGBTQIA+ Morning Meditation</p> <p>11:00am-12:00pm 2Unstoppable Zumba Gold</p> <p>12:00-1:00pm Chair Yoga</p> <p>12:30-1:30pm Prostate Cancer Support Group</p> <p>1:30-3:00pm SC Writes for YACS (Part 2/4)</p> <p>6:00-7:15pm Gentle PM Yoga</p> <p>6:00-7:00pm Breast Cancer Support Group</p> <p>6:30-8:00pm Survivorship Support Group</p>	<p><b>12</b></p> <p>7:00-8:00am Wake-Up Morning Stretch</p> <p>10:30am-12:00pm Writing Outside the Lines</p> <p>12:00-1:00pm Healing Circle for Young Adults with Metastatic Breast Cancer</p> <p>3:00-4:30pm Mind Over Matter</p> <p>3:00-4:30pm Knitting on the Couch</p> <p>5:15-6:45pm Healing Circle for Metastatic Breast Cancer Thrivers 45+</p> <p>6:00-7:00pm Loss of a Loved One to Cancer Support Group</p> <p>6:30-8:00pm Coping through Comedy: Comedy Writing Workshop</p> <p>7:00-8:00pm Qigong</p>	<p><b>13</b></p> <p>1:00-3:00pm Energy Balancing</p> <p>2:00-4:30pm Mindfulness-Based Stress Reduction</p> <p>5:30-7:00pm Coping with Financial Stress</p> <p>6:30-8:30pm Comedic Relief: Coping Through Comedy</p>	<p><b>14</b></p> <p>9:30-10:30am House Calls with Kiersten</p> <p>11:00am-12:30pm Radical Writing Space</p>	<p><b>15</b></p> <p>9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Espanol)</p> <p>9:00am-12:00pm DC Young Adult Cancer Survivors Hiking in the City</p>
<p><b>16</b></p> <p>10:00-11:00am 2Unstoppable Barre</p>	<p><b>17</b></p> <p>10:30-11:30am Wake-Up Morning Stretch</p> <p>11:00am-12:00pm Early Stage Cancer Caregiver Support Group</p> <p>11:00am-12:00pm Healing Circle for Moms with Cancer</p> <p>3:00-4:30pm Meaning Centered-Psychotherapy</p> <p>6:00-7:30pm Cancer Support Group</p> <p>6:00-7:30pm Caregiver Support Group</p>	<p><b>18</b></p> <p>7:30-8:00am LGBTQIA+ Morning Meditation</p> <p>12:00-1:00pm Chair Yoga</p> <p>12:30-1:30pm Multiple Myeloma Cancer Support Group</p> <p>1:30-3:00pm SC Writes for YACS (Part 3/4)</p> <p>6:00-7:15pm Gentle PM Yoga</p>	<p><b>19</b></p> <p>7:00-8:00am Wake-Up Morning Stretch</p> <p>10:30am-12:00pm Outside the Lines</p> <p>2:00-2:30pm Meditation and Mindfulness</p> <p>3:00-4:30pm Knitting on the Couch</p> <p>3:00-4:30pm Mind Over Matter</p> <p>4:45-5:30pm Yoga Nidra</p> <p>6:00-7:30pm Abstract Self-Portrait</p> <p>6:00-7:30pm Mastering Fear of Recurrence</p>	<p><b>20</b></p> <p>1:00-3:00pm Energy Balancing</p> <p>2:00-4:30pm Mindfulness-Based Stress Reduction</p> <p>6:30-8:30pm Comedic Relief: Coping Through Comedy</p>	<p><b>21</b></p>	<p><b>22</b></p> <p>9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Espanol)</p> <p>1:00-3:00pm An Ayurvedic Approach to Autumn: Balancing Vata</p> <p>1:30-3:00pm 2Unstoppable Yoga4Cancer</p>
<p><b>23</b></p> <p>7:00-8:00pm 2Unstoppable Virtual Meet-Up</p>	<p><b>24</b></p> <p>10:30-11:30am Wake-Up Morning Stretch</p> <p>3:00-4:30pm Meaning Centered-Psychotherapy</p> <p>6:00-7:30pm Loss of a Parent to Cancer Support Group</p> <p>6:00-7:30pm Poetry as a Tool for Joy, Grief, and All Points in Between</p>	<p><b>25</b></p> <p>7:30-8:00am LGBTQIA+ Morning Meditation</p> <p>11:00am-12:30pm Give Your Voice Life After Death: An Ethical Will Writing Workshop (Part 1/3)</p> <p>12:00-1:00pm Chair Yoga</p> <p>1:30-3:00pm SC Writes for YACS (Part 4/4)</p> <p>6:00pm-7:30pm <b>NEW!</b> Creating Symbols for Personal Power</p> <p>6:00-7:15pm Gentle PM Yoga</p>	<p><b>26</b></p> <p>7:00-8:00am Wake-Up Morning Stretch</p> <p>10:30am-12:00pm Writing Outside the Lines</p> <p>12:00-1:00pm Face Your Truth to Find Your Glory</p> <p>3:00-4:30pm Knitting on the Couch</p> <p>3:00-4:30pm Mind Over Matter</p> <p>6:00-7:00pm LGBTQ+ Cancer Support Group</p> <p>7:00-8:00pm Qigong</p>	<p><b>27</b></p> <p>1:00-3:00pm Energy Balancing</p> <p>2:00-4:30pm Mindfulness-Based Stress Reduction</p> <p>6:30-8:30pm Comedic Relief: Coping Through Comedy</p> <p>7:00-8:30pm A Healing Circle: Support Group for Gay Men with Prostate Cancer</p>	<p><b>28</b></p>	<p><b>29</b></p> <p>9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Espanol)</p>
<p><b>30</b></p> <p>10:00-11:15am Sustainable Journaling</p>	<p><b>31</b></p> <p>10:30-11:30am Wake-Up Morning Stretch</p> <p>3:00-4:30pm Meaning Centered-Psychotherapy</p>					