

December - Virtual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>Scheduled by Appointment:</p> <ul style="list-style-type: none"> - Knitwell in the Cloud - Individual Dramatherapy Work - Spiritual Companionship 	<p>1</p> <p>10:30am-12:30pm Outside the Lines: Social Hour</p> <p>1:00-1:30pm Meditation & Mindfulness</p> <p>3:00-4:30pm Knitting on the Couch</p> <p>6:00-7:00pm Loss of a Loved One to Cancer Support Group</p>	<p>2</p> <p>10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p> <p>6:00-7:30pm Writing for Self-Care and Healing</p>	<p>3</p>	<p>4</p> <p>9:00-10:30am Walk-n-Talk in Vienna, VA with 2Unstoppable</p> <p>9:00am-12:00pm Nueva Vida Grupo de Apoyo (<i>en Español</i>)</p> <p>10:00-11:00am Body Groove</p>
<p>5</p> <p>11:00am-12:00pm Zumba with 2Unstoppable</p> <p>5:00-6:30pm YACS Meet Up & Support Group</p>	<p>6</p> <p>10:00-11:00am House Calls with Kiersten</p> <p>2:00-3:15pm Exploring Improvisation</p> <p>6:00-7:30pm Cancer Support Group</p> <p>6:00-7:30pm Caregiver Support Group</p>	<p>7</p> <p>7:30-8:00am LGBTQIA+ Meditation</p> <p>12:00-1:00pm Chair Yoga</p> <p>12:00-1:00pm Read with Smith Center</p> <p>12:30-1:30pm Head & Neck Cancer Support Group</p> <p>1:30-3:00pm SC Writes for YACS</p> <p>6:00-7:00pm Breast Cancer Support Group</p> <p>6:00-7:00pm Breast Cancer Caregiver Support Group</p> <p>6:00-7:15pm Gentle PM Yoga</p> <p>6:30-7:30pm Healing Circle for Moms with Cancer</p>	<p>8</p> <p>10:30-11:30am Writing Outside the Lines</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>6:30-8:00pm Comedy Writing Workshop</p>	<p>9</p> <p>10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p> <p>6:00-7:30pm Poetry as a Tool for Joy, Grief, and All Points in Between</p> <p>6:00-8:00pm Healing Circle for Young Adults with MBC</p>	<p>10</p> <p>11:00am-12:00pm Radical Writing Space</p>	<p>11</p> <p>9:00am-12:00pm Nueva Vida Grupo de Apoyo (<i>en Español</i>)</p> <p>10:00-11:00am Body Groove</p> <p>10:00-11:30am Stitched Together</p> <p>12:00-1:00pm Pilates with 2Unstoppable</p>
<p>12</p> <p>12:00-1:30pm Virtual Walk-n-Talk with 2Unstoppable</p>	<p>13</p> <p>2:00-3:15pm Exploring Improvisation</p>	<p>14</p> <p>7:30-8:00am LGBTQIA+ Meditation</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</p> <p>6:00-7:15pm Gentle PM Yoga</p> <p>6:30-8:00pm Survivorship Support Group</p>	<p>15</p> <p>10:30am-12:30pm Outside the Lines</p> <p>1:00-1:30pm Meditation & Mindfulness</p> <p>3:00-4:30pm Knitting on the Couch</p> <p>4:45-5:30pm Yoga Nidra</p>	<p>16</p> <p>10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p> <p>5:30-7:00pm Art Lab</p>	<p>17</p>	<p>18</p> <p>9:00am-12:00pm Nueva Vida Grupo de Apoyo (<i>en Español</i>)</p> <p>10:00-11:00am Body Groove</p> <p>1:30-3:00pm Yoga4Cancer with 2Unstoppable</p>
<p>19</p>	<p>20</p> <p>2:00-3:15pm Exploring Improvisation</p> <p>6:00-7:30pm Cancer Support Group</p> <p>6:00-7:30pm Caregiver Support Group</p> <p>6:00-7:30pm Loss of a Parent to Cancer Support Group</p>	<p>21</p> <p>7:30-8:00am LGBTQIA+ Meditation</p> <p>12:00-1:00pm Chair Yoga</p> <p>12:30-1:30pm Multiple Myeloma Support Group</p> <p>6:00-7:00pm Breast Cancer Support Group</p> <p>6:00-7:00pm Breast Cancer Caregiver Support Group</p> <p>6:00-7:15pm Gentle PM Yoga</p> <p>8:00-8:30pm Healing Circle for Moms with Cancer</p>	<p>22</p> <p>10:30-11:30am Writing Outside the Lines</p> <p>3:00-4:30pm Knitting on the Couch</p> <p>6:30-7:30pm LGBTQ+ Cancer Support Group</p>	<p>23</p> <p>10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p> <p>7:00-8:30pm A Healing Circle: Gay Men with Prostate Cancer</p>	<p>CLOSED FOR THE HOLIDAYS</p>	
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>HAPPY NEW YEAR!</p>