

January - Virtual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Scheduled by Appointment: - Knitwell in the Cloud - Individual Dramatherapy Work - Spiritual Companionship	1 CLOSED FOR THE HOLIDAY
2 CLOSED FOR THE HOLIDAY	3 CLOSED FOR THE HOLIDAY	4 7:30-8:00am LGBTQIA+ Meditation 12:00-1:00pm Chair Yoga 12:00-1:00pm Read with Smith Center 12:30-1:30pm Head and Neck Cancer Support Group 6:00-7:00pm Breast Cancer Support Group 6:00-7:00pm Breast Cancer Caregiver Support Group 6:00-7:15pm Gentle PM Yoga	5 10:30-11:30am Outside the Lines: Social Hour 1:00-1:30pm Meditation and Mindfulness 3:00-4:30pm Knitting on the Couch 6:00-7:00pm Loss of a Loved One to Cancer Support Group	6 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing	7	8 9:00am-12:00pm Nueva Vida Grupo de Apoyo (<i>en Español</i>) 10:00-11:00am Zumba with 2Unstoppable 10:00-11:30am Stitched Together 11:00am-1:00pm Healing Circle for Young Adults with MBC
9 10:00-11:15am Sustainable Journaling (1/4 parts) 11:00am-12:30pm Virtual Walk-n-Talk with 2Unstoppable 5:00-6:30pm YACS Meet Up & Support Group	10 10:00-11:00am House Calls with Kiersten 2:00-3:15pm Exploring Improvisation 6:00-7:30pm Cancer Support Group 6:00-7:30pm Caregiver Support Group	11 7:30-8:00am LGBTQIA+ Meditation 12:00-1:00pm Chair Yoga 12:30-1:30pm Prostate Cancer Support Group 1:30-3:00pm SC Writes for YACS (1/4 parts) 6:00-7:15pm Gentle PM Yoga 6:30-8:00pm Survivorship Support Group	12 10:30am-12:00pm Writing Outside the Lines 3:00-4:30pm Knitting on the Couch 5:15-6:45pm Healing Circle for Metastatic Breast Cancer Thrivers 45+ 7:00-8:00pm Qigong	13 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing 6:00-7:30pm Coping with Financial Stress	14 11:00am-12:30pm Radical Writing Space 1:00-3:00pm Healing through Drama (1/4 parts)	15
16 10:00-11:00am Pilates with 2Unstoppable 10:00-11:15am Sustainable Journaling (2/4 parts) 7:00-8:00pm Virtual Meet Up with 2Unstoppable	17 CLOSED FOR THE HOLIDAY	18 7:30-8:00am LGBTQIA+ Meditation 12:00-1:00pm Chair Yoga 12:30-1:30pm Multiple Myeloma Support Group 1:30-3:00pm SC Writes for YACS (2/4 parts) 6:00-7:00pm Breast Cancer Support Group 6:00-7:00pm Breast Cancer Caregiver Support Group 6:00-7:00pm Caregiver Burnout & Self-Care 6:00-7:15pm Gentle PM Yoga 8:00-8:30pm Healing Circle for Moms with Cancer	19 10:30am-12:00pm Outside the Lines 1:00-1:30pm Meditation and Mindfulness 3:00-4:30pm Knitting on the Couch 4:45-5:30pm Yoga Nidra	20 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing 5:30-7:00pm Art Lab 6:00-7:00pm Barre with 2Unstoppable	21 1:00-3:00pm Healing through Drama (2/4 parts)	22 9:00am-12:00pm Nueva Vida Grupo de Apoyo (<i>en Español</i>)
23 10:00-11:15am Sustainable Journaling (3/4 parts) 12:00-1:00pm Vegan Meal Planning 5:00-6:30pm Exploring Improvisation for YACS	24 2:00-3:15pm Exploring Improvisation 6:00-7:30pm Cancer Support Group 6:00-7:30pm Caregiver Support Group 6:00-7:30pm Loss of a Parent to Cancer Support Group	25 7:30-8:00am LGBTQIA+ Meditation 12:00-1:00pm Chair Yoga 1:30-3:00pm SC Writes for YACS (3/4 parts) 6:00-7:15pm Gentle PM Yoga 6:00-7:30pm Writing for Self-Care and Healing	26 10:30am-12:00pm Writing Outside the Lines 3:00-4:30pm Knitting on the Couch 6:00-7:00pm LGBTQ+ Cancer Support Group 7:00-8:00pm Qigong	27 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing 6:00-7:30pm Relaxation through Art and Music 7:00-8:30pm A Healing Circle: Gay Men with Prostate Cancer	28 1:00-3:00pm Healing through Drama (3/4 parts)	29 9:00am-12:00pm Nueva Vida Grupo de Apoyo (<i>en Español</i>) 1:30-3:00pm Yoga4Cancer with 2Unstoppable
30 10:00-11:15am Sustainable Journaling (4/4 parts)	31 2:00-3:15pm Exploring Improvisation					