



July 2022 - Virtual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Scheduled by Appointment:	2 - Knitwell in the Cloud - Spiritual Companionship
3	4 CLOSED FOR THE HOLIDAY	5 7:30-8:00am LGBTQIA+ Meditation 12:00-1:00pm Chair Yoga 12:30-1:30pm Gynecologic Cancer Support Group 1:30-3:00pm SC Writes for YACS (Part 1/4) 6:00-7:00pm Breast Cancer Support Group 6:00-7:15pm Gentle PM Yoga	6 8:00-9:00am Wake-Up Morning Stretch 10:30-11:30am Outside the Lines: Social Hour 2:00-2:30pm Meditation & Mindfulness 3:00-4:30pm Knitting on the Couch 6:00-7:00pm Loss of a Loved One Support Group	7 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing 6:00-7:00pm Previvor Support Group	8	9 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español) 10:00-11:00am Healing Circle for Young Adults with MBC 10:00-11:30am Stitched Together
10 10:00-11:00am 2Unstoppable Zumba 5:00-6:30pm YACS Meet Up & Support Group	11 10:00-11:00am House Calls with Kiersten 11:00am-12:00pm Early Stage Cancer Caregiver Support Group 11:00am-12:00pm Healing Circle for Moms with Cancer 3:00-4:30pm Meaning-Centered Psychotherapy (Part 8/8) 6:00-7:30pm Cancer Support Group 6:00-7:30pm Caregiver Support Group	12 7:30-8:00am LGBTQIA+ Meditation 11:00am-12:30pm Ethical Will Writing Workshop (Part 1/3) 12:00-1:00pm Chair Yoga 12:30-1:30pm Prostate Cancer Support Group 1:30-3:00pm SC Writes for YACS (Part 2/4) 6:00-7:15pm Gentle PM Yoga 6:30-8:00pm Survivorship Support Group	13 8:00-9:00am Wake-Up Morning Stretch 3:00-4:30pm Knitting on the Couch 5:15-6:45pm Healing Circle for MBC Thrivers 45+ 6:00-7:30pm Dealing with the Demon that is Fear 6:30-8:00pm Comedy Writing Workshop	14 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing	15 11:00am-12:30pm Radical Writing Space	16 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español) 2:00-4:00pm <i>In Person:</i> YACS Social
17	18	19 7:30-8:00am LGBTQIA+ Meditation 11:00am-12:30pm Ethical Will Writing Workshop (Part 2/3) 12:00-1:00pm Chair Yoga 12:30-1:30pm Multiple Myeloma Support Group 1:30-3:00pm SC Writes for YACS (Part 3/4) 3:00-4:30pm Life Soundtrack (Part 1/3) 6:00-7:00pm Breast Cancer Support Group 6:00-7:15pm Gentle PM Yoga	20 8:00-9:00am Wake-Up Morning Stretch 10:30am-12:00pm Outside the Lines 2:00-2:30pm Meditation & Mindfulness 3:00-4:30pm Knitting on the Couch 4:45-5:30pm Yoga Nidra	21 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing 5:30-7:00pm NEW! Stress Release and Finding Ease	22	23 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español) 1:30-3:00pm 2Unstoppable Yoga4Cancer
24 10:00-11:00am 2Unstoppable Pilates 7:00-8:00pm 2Unstoppable Virtual Meet Up	25 11:00am-12:00pm Early Stage Cancer Caregiver Support Group 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	26 7:30-8:00am LGBTQIA+ Meditation 11:00am-12:30pm Ethical Will Writing Workshop (Part 3/3) 12:00-1:00pm Chair Yoga 1:30-3:00pm SC Writes for YACS (Part 4/4) 3:00-4:30pm Life Soundtrack (Part 2/3) 6:00-7:15pm Gentle PM Yoga 7:00-8:30pm DISCERNMENT: Visual Arts	27 8:00-9:00am Wake-Up Morning Stretch 3:00-4:30pm Knitting on the Couch 6:00-7:00pm LGBTQ+ Cancer Support Group	28 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing 6:00-7:30pm Musical Mending 7:00-8:30pm A Healing Circle: Gay Men with Prostate Cancer	29	30 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español) 9:00am-12:00pm <i>In Person:</i> YACS Hike
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