



July 2021 - Virtual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<i>Scheduled by Appointment:</i> Spiritual Companionship Knitwell in the Cloud	1 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing 6:00-7:30pm LYCS (Nueva Vida)	2	3
4	5 CLOSED FOR THE HOLIDAY	6 12:00-1:00pm Chair Yoga 12:00-1:00pm Read with SC 12:30-1:30pm Head & Neck Cancer Support Group 1:30-3:00pm SC Writes for YACS 6:00-7:15pm Gentle PM Yoga 6:30-7:30pm Healing Circle for Moms with Cancer	7 10:30am-12:30pm Outside the Lines: Social Hour 12:30-1:30pm Body Groove 3:00-4:30pm Knitting on the Couch 6:00-7:00pm Loss of a Loved One Support Group	8 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing	9 11:00am-12:00pm Radical Writing Space 11:00am-1:00pm Healing Circle for YACS with MBC	10 9:00am-12:00pm Nueva Vida Grupo de apoyo (en español)
11 5:00-6:30pm YACS Meet Up & Support Group	12 6:00-7:30pm Cancer Support Group 6:00-7:30pm Caregiver Support Group	13 <small>CONNECT Newsletter</small> 12:00-1:00pm Chair Yoga 12:30-1:30pm Prostate Cancer Support Group 1:30-3:00pm SC Writes for YACS 6:00-7:15pm Gentle PM Yoga 6:30-8:00pm Survivorship Support Group	14 12:30-1:30pm Body Groove 1:00-1:30pm Meditation & Mindfulness 3:00-4:30pm Knitting on the Couch 6:30-8:00pm Comedy Writing Workshop	15 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing 5:30-7:00pm The Art of Doodling 7:00-8:00pm Soul Box-Making	16	17 9:00am-12:00pm Nueva Vida Grupo de apoyo (en español) 1:30-3:00pm Yoga4Cancer with 2Unstoppable
18 5:00-6:30pm YACS Meet Up & Support Group	19 6:15-7:45pm Hot Topics for YACS: Coping through Creativity 7:00-8:00pm Qigong	20 12:00-1:00pm Chair Yoga 12:00-1:00pm Read with SC 12:30-1:30pm Multiple Myeloma Support Group 1:30-3:00pm SC Writes for YACS 6:00-7:15pm Gentle PM Yoga 8:00-9:00pm Healing Circle for Moms with Cancer	21 10:30am-12:30pm Outside the Lines 12:30-1:30pm Body Groove 3:00-4:30pm Knitting on the Couch 4:45-5:30pm Yoga Nidra 5:15-6:45pm Healing Circle for MBC Thrivers 45+ 6:00pm Thelma D. Jones Support Group	22 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing	23 6:00-7:30pm YA Supper Club	24 9:00am-12:00pm Nueva Vida Grupo de apoyo (en español)
25	26 6:00-7:30pm Cancer Support Group 6:00-7:30pm Caregiver Support Group 6:00-7:30pm Loss of a Parent Support Group	27 <small>CONNECTed Reflections</small> 12:00-1:00pm Chair Yoga 1:30-3:00pm SC Writes for YACS 6:00-7:15pm Gentle PM Yoga	28 12:30-1:30pm Body Groove 1:00-1:30pm Meditation & Mindfulness 3:00-4:30pm Knitting on the Couch 6:30-7:30pm LGBTQ+ Cancer Support Group	29 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing 2:30-4:00pm Grieving Together 7:00-8:30pm A Healing Circle: Gay Men with Prostate Cancer	30	31 9:00am-12:00pm Nueva Vida Grupo de apoyo (en español)