



# June 2022 - Virtual

| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|---|--|---|--|---|--|---|
|   |  | <p><u>Scheduled by Appointment:</u></p> <ul style="list-style-type: none"> <li>- Knitwell in the Cloud</li> <li>- Individual Dramatherapy Work</li> <li>- Spiritual Companionship</li> </ul>  | <p><b>1</b><br/>10:30-11:30am<br/>Outside the Lines:<br/>Social Hour</p> <p>2:00-2:30pm<br/>Meditation &amp; Mindfulness</p> <p>3:00-4:30pm<br/>Knitting on the Couch</p> <p>3:00-4:30pm<br/>Mind Over Matter<br/>(Part 5/5)</p> <p>6:00-7:00pm<br/>Loss of a Loved One<br/>Support Group</p>  | <p><b>2</b><br/>10:15-11:30am<br/>Gentle AM Yoga</p> <p>1:00-3:00pm<br/>Energy Balancing</p> <p>6:00-7:00pm<br/>Previvor Support Group</p> <p>6:30-8:30pm<br/>Comedic Relief<br/>(Part 4/6)</p>                           | <b>3</b>   | <p><b>4</b><br/>9:00am-12:00pm<br/>Nueva Vida Grupo de<br/>Apoyo (<i>en Español</i>)</p> <p>10:00-11:30am<br/>Stitched Together</p>           |
| <p><b>5</b><br/>10:00-11:00am<br/>2Unstoppable Pilates</p> <p>10:00-11:15am<br/>Sustainable Journaling<br/>(Part 4/4)</p> <p>5:00-6:30pm<br/>YACS Meet Up &amp; Support<br/>Group</p> | <p><b>6</b><br/>10:00-11:30am<br/>Pen Pals</p> <p>3:00-4:30pm<br/>Meaning-Centered<br/>Psychotherapy<br/>(Part 4/8)</p> <p>6:00-7:30pm<br/>Cancer Support Group</p> <p>6:00-7:30pm<br/>Caregiver Support Group</p>                   | <p><b>7</b><br/>7:30-8:00am<br/>LGBTQIA+ Meditation</p> <p>10:00-11:30am<br/>Grieving Together</p> <p>12:00-1:00pm<br/>Chair Yoga</p> <p>12:30-1:30pm<br/><b>NEW!</b> Gynecologic Cancer<br/>Support Group</p> <p>6:00-7:00pm<br/>Breast Cancer Support Group</p> <p>6:00-7:15pm<br/>Gentle PM Yoga</p> | <p><b>8</b><br/>10:30am-12:00pm<br/>Writing Outside the Lines</p> <p>3:00-4:30pm<br/>Knitting on the Couch</p> <p>5:15-6:45pm<br/>Healing Circle for<br/>Metastatic Breast Cancer<br/>Thrivers 45+</p> <p>6:30-8:00pm<br/>Comedy Writing Workshop</p> <p>7:00-8:00pm<br/>Qigong</p>  | <p><b>9</b><br/>1:00-3:00pm<br/>Energy Balancing</p> <p>6:30-8:30pm<br/>Comedic Relief (Part 5/6)</p>   | <p><b>10</b><br/>11:00am-12:30pm<br/>Radical Writing Space</p> | <p><b>11</b><br/>9:00am-12:00pm<br/>Nueva Vida Grupo de<br/>Apoyo (<i>en Español</i>)</p> <p>10:00-11:00am<br/>2Unstoppable Zumba</p>         |
| <b>12</b>   | <p><b>13</b><br/>11:00am-12:00pm<br/>Early Stage Cancer<br/>Caregiver Support Group</p> <p>11:00am-12:00pm<br/>Healing Circle for Moms<br/>with Cancer</p> <p>3:00-4:30pm<br/>Meaning-Centered<br/>Psychotherapy<br/>(Part 5/8)</p>  | <p><b>14</b><br/>7:30-8:00am<br/>LGBTQIA+ Meditation</p> <p>10:00-11:30am<br/>Grieving Together</p> <p>12:00-1:00pm<br/>Chair Yoga</p> <p>12:30-1:30pm<br/>Prostate Cancer<br/>Support Group</p> <p>6:00-7:15pm<br/>Gentle PM Yoga</p> <p>6:30-8:00pm<br/>Survivorship Support Group</p>                | <p><b>15</b><br/>8:00-9:00am<br/><b>NEW!</b> Wake-Up<br/>Morning Stretch</p> <p>10:30am-12:00pm<br/>Outside the Lines</p> <p>12:00-1:30pm<br/>Healing Circle for Young<br/>Adults with Metastatic<br/>Breast Cancer</p> <p>2:00-2:30pm<br/>Meditation and Mindfulness</p> <p>3:00-4:30pm<br/>Knitting on the Couch</p> <p>4:45-5:30pm<br/>Yoga Nidra</p> | <p><b>16</b><br/>10:15-11:30am<br/>Gentle AM Yoga</p> <p>1:00-3:00pm<br/>Energy Balancing</p> <p>5:30-7:00pm<br/><b>NEW!</b> Stress Release<br/>and Finding Ease</p> <p>6:30-8:30pm<br/>Comedic Relief<br/>(Part 6/6)</p> | <b>17</b>  | <p><b>18</b><br/>9:00am-12:00pm<br/>Nueva Vida Grupo de<br/>Apoyo (<i>en Español</i>)</p> <p>1:30-3:00pm<br/>2Unstoppable<br/>Yoga4Cancer</p> |
| <b>19</b>   | <p><b>20</b><br/>3:00-4:30pm<br/>Meaning-Centered<br/>Psychotherapy<br/>(Part 6/8)</p> <p>6:00-7:30pm<br/>Cancer Support Group</p> <p>6:00-7:30pm<br/>Caregiver Support Group</p> <p><b>ADMIN<br/>HOLIDAY</b></p>                    | <p><b>21</b><br/>7:30-8:00am<br/>LGBTQIA+ Meditation</p> <p>10:00-11:30am<br/>Grieving Together</p> <p>12:00-1:00pm<br/>Chair Yoga</p> <p>12:30-1:30pm<br/>Multiple Myeloma<br/>Support Group</p> <p>6:00-7:00pm<br/>Breast Cancer Support Group</p> <p>6:00-7:15pm<br/>Gentle PM Yoga</p>              | <p><b>22</b><br/>8:00-9:00am<br/><b>NEW!</b> Wake-Up<br/>Morning Stretch</p> <p>10:30am-12:00pm<br/>Writing Outside the Lines</p> <p>3:00-4:30pm<br/>Knitting on the Couch</p> <p>6:00-7:00pm<br/>LGBTQ+ Cancer<br/>Support Group</p> <p>7:00-8:00pm<br/>Qigong</p>  | <p><b>23</b><br/>1:00-3:00pm<br/>Energy Balancing</p> <p>7:00-8:30pm<br/>A Healing Circle: Gay Men<br/>with Prostate Cancer</p>   | <b>24</b>  | <p><b>25</b><br/>9:00am-12:00pm<br/>Nueva Vida Grupo de<br/>Apoyo (<i>en Español</i>)</p> <p>10:00-11:00am<br/>2Unstoppable Barre</p>         |
| <p><b>26</b><br/>7:00-8:00pm<br/>2Unstoppable Virtual<br/>Meet Up</p>   | <p><b>27</b><br/>11:00am-12:00pm<br/>Early Stage Cancer<br/>Caregiver Support Group</p> <p>3:00-4:30pm<br/>Meaning-Centered<br/>Psychotherapy<br/>(Part 7/8)</p> <p>6:00-7:30pm<br/>Loss of a Parent to Cancer<br/>Support Group</p> | <p><b>28</b><br/>7:30-8:00am<br/>LGBTQIA+ Meditation</p> <p>12:00-1:00pm<br/>Chair Yoga</p> <p>6:00-7:15pm<br/>Gentle PM Yoga</p>   | <p><b>29</b><br/>8:00-9:00am<br/><b>NEW!</b> Wake-Up<br/>Morning Stretch</p> <p>3:00-4:30pm<br/>Knitting on the Couch</p>  | <p><b>30</b><br/>10:15-11:30am<br/>Gentle AM Yoga</p> <p>1:00-3:00pm<br/>Energy Balancing</p>   |  |   |