

November - 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 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>2 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 (4/4 parts)</p> <p>6:00-7:00pm Breast Cancer Caregiver Support Group</p> <p>6:00-7:00pm Breast Cancer Support Group</p> <p>6:00-7:15pm Gentle PM Yoga</p>	<p>3 10:30am-12:30pm Outside the Lines: Social Hour</p> <p>1:00-1:30pm Meditation & Mindfulness</p> <p>2:00-3:30pm Grieving Together (5/6 parts)</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>4 10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p>	<p>5 10:30am-12:30pm Stages of Healing: Therapeutic Play-Making (2/4 parts)</p> <p>12:30-1:30pm Therapeutic Creative Dance</p>	<p>6 9:00-10:30am Walk-n-Talk in Vienna, VA with 2Unstoppable</p> <p>9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español)</p> <p>10:00-11:00am Body Groove</p> <p>10:00-11:15am Tools for Living Authentically with Cancer (2/2 parts)</p> <p>10:00am-12:00pm Healing in the Kitchen with Laura</p>	
<p>7 12:00-1:30pm Virtual Walk-n-Talk with 2Unstoppable</p> <p>5:00-6:30pm DC Young Adult Cancer Meet Up & Support Group</p>	<p>8 10:00-11:00am House Calls with Kiersten</p> <p>2:00-3:15pm Exploring Improvisation</p> <p>6:30-7:30pm Fertility Journey Healing Circle</p> <p>7:00-8:00pm Qigong</p>	<p>9 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 (1/4 parts)</p> <p>6:00-7:15pm Gentle PM Yoga</p> <p>6:30-8:00pm Survivorship Support Group</p>	<p>10 10:30-11:30am Writing Outside the Lines</p> <p>2:00-3:30pm Grieving Together (6/6 parts)</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>6:00-7:30pm Music-Inspired Abstract Art</p> <p>6:30-8:00pm Comedy Writing Workshop</p>	<p>11</p> <p>CLOSED FOR THE HOLIDAY</p>		<p>12 10:30am-12:30pm Stages of Healing: Therapeutic Play-Making (3/4 parts)</p> <p>11:00am-12:00pm Radical Writing Space</p> <p>12:30-1:30pm Therapeutic Creative Dance</p>	<p>13 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español)</p> <p>10:00-11:00am Body Groove</p> <p>10:00-11:30am Stitched Together</p> <p>11:00am-1:00pm Healing Circle for Young Adults with Metastatic Breast Cancer</p> <p>12:00-1:00pm Pilates with 2Unstoppable</p>
<p>14 10:00-11:00am Zumba with 2Unstoppable</p>	<p>15 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>7:00-8:00pm End of Life Planning</p>	<p>16 12:00-1:00pm Chair Yoga</p> <p>12:30-1:30pm Multiple Myeloma Support Group</p> <p>1:30-3:00pm SC Writes for YACS (2/4 parts)</p> <p>6:00-7:00pm Breast Cancer Caregiver Support Group</p> <p>6:00-7:00pm Breast Cancer Support Group</p> <p>6:00-7:15pm Gentle PM Yoga</p> <p>8:00-9:00pm Healing Circle for Moms with Cancer</p>	<p>17 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>18 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>6:00-7:00pm Healing Circle for Lymphedema</p> <p>6:00-7:30pm Musical Mending</p> <p>7:00-8:30pm A Healing Circle: Gay Men with Prostate Cancer</p>	<p>19 10:30am-12:30pm Stages of Healing: Therapeutic Play-Making (4/4 parts)</p> <p>12:30-1:30pm Therapeutic Creative Dance</p>	<p>20 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español)</p> <p>10:00-11:00am Body Groove</p> <p>1:30-3:00pm Yoga4Cancer with 2Unstoppable</p>	
<p>21 5:00-6:30pm DC Young Adult Cancer Meet Up & Support Group</p> <p>7:00-8:00pm Virtual Meet-Up with 2Unstoppable</p>	<p>22 2:00-3:15pm Exploring Improvisation</p> <p>6:00-7:30pm Loss of a Parent to Cancer Support Group</p> <p>7:00-8:00pm Qigong</p>	<p>23 12:00-1:00pm Chair Yoga</p> <p>6:00-7:15pm Gentle PM Yoga</p>	<p>24 3:00-4:30pm Knitting on the Couch</p> <p>6:30-7:30pm LGBTQ+ Cancer Support Group</p>	<p>25</p> <p>26</p> <p>CLOSED FOR THE HOLIDAY</p>		<p>27</p>	
<p>28</p>	<p>29 2:00-3:15pm Exploring Improvisation</p>	<p>30 12:00-1:00pm Chair Yoga</p> <p>6:00-7:15pm Gentle PM Yoga</p>					