

September 2021 - Virtual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><u>Scheduled by Appointment:</u></p> <ul style="list-style-type: none"> - Knitwell in the Cloud - Individual Dramatherapy Work - Spiritual Companionship 	<p>1 10:30am-12:30pm Outside the Lines: Social Hour</p> <p>1:00-1:30pm Meditation & Mindfulness</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>2 10:15-11:30am Gentle AM Yoga</p> <p>1:00-2:30pm Tiny Stories</p> <p>1:00-3:00pm Energy Balancing</p> <p>2:30-4:00pm Grieving Together with Healing Circles Global</p>	3	4
<p>5 10:00-11:15am Sustainable Journaling</p>	6	<p>7 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>6:00-7:00pm Breast Cancer Support Group</p> <p>6:00-7:00pm Breast Cancer Caregiver Support Group</p> <p>6:00-7:15pm Gentle PM Yoga</p> <p>6:30-7:30pm Healing Circle for Moms with Cancer</p>	<p>8 10:30am-12:00pm Writing Outside the Lines</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>6:30-8:00pm Comedy Writing Workshop</p>	<p>9 10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p> <p>6:00-7:30pm Poetry as a Tool for Joy, Grief, and All Points in Between</p>	<p>10 11:00am-12:00pm Radical Writing Space</p>	<p>11 9:00-10:30am Walk-n-Talk in Vienna, VA with 2Unstoppable</p> <p>9:00am-12:00pm Nueva Vida Grupo de Apoyo (<i>en Español</i>)</p> <p>11:00am-1:00pm Healing Circle for Young Adults with Metastatic Breast Cancer</p>
<p>12 10:00-11:15am Sustainable Journaling</p> <p>11:00am-12:00pm 2Unstoppable Pilates</p> <p>1:00-2:30pm Virtual Walk-n-Talk with 2Unstoppable</p> <p>5:00-6:30pm YACS Meet Up & Support Group</p>	<p>13 2:30-3:45pm Theater Games Workshop</p> <p>6:00-7:30pm Cancer Support Group</p> <p>6:00-7:30pm Caregiver Support Group</p> <p>6:30-7:30pm Fertility Journey Healing Circle</p> <p>6:30-7:30pm Meditation with Candida</p>	<p>14 12:00-1:00pm Chair Yoga</p> <p>12:30-1:30pm Prostate Cancer Support Group</p> <p>6:00-7:15pm Gentle PM Yoga</p> <p>6:00-7:30pm <i>An Invitation to Healing</i></p> <p>6:30-8:00pm Survivorship Support Group</p>	<p>15 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>16 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>6:00-7:30pm Writing for Self-Care and Healing</p>	<p>17 10:30am-12:00pm Healing Through Drama (4-week series)</p>	<p>18 9:00am-12:00pm Nueva Vida Grupo de Apoyo (<i>en Español</i>)</p> <p>11:00am-12:00pm Soul Box-Folding</p> <p>6:00pm 14th Annual Joan Hisaoka Make a Difference Gala</p>
<p>19 10:00-11:15am Sustainable Journaling</p> <p>1:00-3:00pm Calming the Autumn Winds: An Ayurveda-Inspired Cooking Class</p> <p>1:00-3:00pm Comedic Relief: Comedy Writing Workshop (6-week series)</p> <p>5:00-6:30pm YACS Meet Up & Support Group</p>	<p>20 <i>Soul Box Drop-Off</i></p> <p>7:00-8:00pm Qigong</p>	<p>21 12:00-1:00pm Chair Yoga</p> <p>12:30-1:30pm Multiple Myeloma Support Group</p> <p>6:00-7:00pm Breast Cancer Support Group</p> <p>6:00-7:00pm Breast Cancer Caregiver 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>22 10:30am-12:30pm Outside the Lines</p> <p>3:00-4:30pm Knitting on the Couch</p> <p>6:30-7:30pm LGBTQ+ Cancer Support Group</p>	<p>23 10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p> <p>6:00-7:00pm Healing Circle for People Living with Lymphedema</p> <p>6:00-7:00pm YACS Supper Club</p> <p>7:00-8:30pm A Healing Circle: Gay Men with Prostate Cancer</p>	<p>24 10:30am-12:00pm Healing Through Drama (4-week series)</p>	<p>25 9:00am-12:00pm Nueva Vida Grupo de Apoyo (<i>en Español</i>)</p>
<p>26 10:00-11:15am Sustainable Journaling</p> <p>1:00-3:00pm Comedic Relief: Comedy Writing Workshop (6-week series)</p> <p>3:00-4:00pm Pickleball with 2Unstoppable</p> <p>7:00-8:00pm 2Unstoppable Virtual Meet-Up</p>	<p>27 2:30-3:45pm Theater Games Workshop</p> <p>6:00-7:30pm Cancer Support Group</p> <p>6:00-7:30pm Caregiver Support Group</p> <p>6:00-7:30pm Loss of a Parent to Cancer Support Group</p>	<p>28 12:00-1:00pm Chair Yoga</p> <p>6:00-7:15pm Gentle PM Yoga</p>	<p>29 10:30am-12:00pm Writing Outside the Lines</p> <p>3:00-4:30pm Knitting on the Couch</p>	<p>30 10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p>		