

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

OCTOBER

9am Meditation Reset [v]

9:30am Slow Flow Yoga [v]  
10:45am REFIT [v]

1

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2pm The Art of Grief [v]  
3:30pm Self-Discovery  
through Art [v]9am Meditation Reset [v]  
10:30am Coffee &  
Connect [h/gw]  
12pm Pen to Paper [h/gw]  
2pm Yoga for Any Body [v]12pm QiGong  
12:30pm Lunch Laughs [v]

4:30pm Youth Connect

6:30pm Support Groups

9am Meditation Reset [v]  
10:30am Fun with Art [i]  
11am Zumba Gold [i]  
11am Walk @ Home [h/gw]1pm Reiki Meditation  
1pm Flying Solo - Bereaved  
3:30pm Game of Games [i]

6pm Mindful Music

10am Fitness w/Alison [v]  
12:30pm Lunch Laughs [v]  
1pm Breathe & Receive6:30pm Beyond Cancer  
8:15pm Unwind &  
Sleep [v]

9am Meditation Reset [v]

12pm Comfort from the  
Kitchen [h]9:30am Slow Flow Yoga [v]  
9:30pm Walking Tour of  
Cave Hill [i]  
10:45am REFIT [v]

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1pm Family Day at  
Huber's [i]  
2pm The Art of Grief [v]9am Meditation Reset [v]  
10:30am Coffee &  
Connect [h/gw]  
12pm Pen to Paper [h/gw]  
12:30pm Bingo [i]  
2pm Yoga for Any Body [v]6:30pm Breast Cancer  
and Gynecologic Cancer  
Networking12pm QiGong  
12:30pm Lunch Laughs [v]

4:30pm Youth Connect

6:30pm Support Groups

9am Meditation Reset [v]  
11am Zumba Gold [i]  
11am Walk @ Home [h/gw]1pm Flying Solo - Active  
Cancer  
4pm Living Beyond  
6pm Cooking for Chemo [v]  
6pm Mindful Music10am Fitness w/Alison [v]  
12:30pm Lunch Laughs [v]  
1pm Breathe & Receive

6:30pm Living through Loss

9am Meditation Reset [v]

1pm It's in the Cards! [i]

CLOSED FOR  
URBAN BOURBON

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2pm The Art of Grief [v]  
3:30pm Self-Discovery  
through Art [v]9am Meditation Reset [v]  
10:30am Coffee &  
Connect [h/gw]  
12pm Pen to Paper [h/gw]  
2pm Yoga for Any Body [v]5pm Mindfulness [v]  
6pm Writing w/Pam Platt12pm QiGong  
12:30pm Lunch Laughs [v]

4:30pm Youth Connect

6:30pm Support Groups

9am Meditation Reset [v]  
10:30am Fun with Art [i]  
11am Zumba Gold [i]  
11am Walk @ Home [h/gw]1pm Reiki Meditation  
1pm Flying Solo - Bereaved  
2:30pm Book Nook  
4pm Game of Games [v]  
6pm Mindful Music  
6:30pm Book Nook10am Fitness w/Alison [v]  
12:30pm Lunch Laughs [v]  
1pm Breathe & Receive6pm Writing from Life  
6:30pm Beyond Cancer  
8:15pm Unwind &  
Sleep [v]

9am Meditation Reset [v]

12pm Comfort from the  
Kitchen [h]6pm Spooky Family Movie  
Night [i]

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3:30pm Self-Discovery  
through Art [v]9am Meditation Reset [v]  
10:30am Coffee &  
Connect [h/gw]  
12pm Pen to Paper [h/gw]  
2pm Yoga for Any Body [v]

6:30pm Fraud Alert!

12pm QiGong  
12:30pm Lunch Laughs [v]

4:30pm Youth Connect

6:30pm Support Groups

9am Meditation Reset [v]  
11am Zumba Gold [i]  
11am Walk @ Home [h/gw]1pm Flying Solo - Active  
Cancer6pm Mindful Music  
6:30pm Networking Groups10am Fitness w/Alison [v]  
12:30pm Lunch Laughs [v]  
1pm Breathe & Receive6:30pm Living through Loss  
7:30pm Young Adult  
Networking

9am Meditation Reset [v]

9:30am Slow Flow Yoga [v]  
10:45am REFIT [v]

11am Noogiefest [i]

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