AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:30am Empowering Beads [i] **11:30am** QiGong [v] **12:30pm** Guided Imagery [i] **12:30pm** Lunch Laughs [v] **5:45pm** Dinner for Groups **6:30pm** Support Groups **1**	**10:30am** Fun with Art [i] **12:30pm** Pilates [i] **2:30pm** Trivia Afternoon [i] **5pm** Open Art Studio [i] **5:30pm** Gentle Yoga and Restorative Meditation [i] **6pm** Art Expressions [i/gw] **2**	**10am** Fitness with Alison [v] **10:30am** Empowering Beads [i/gw] **12:30pm** Lunch Laughs [v] **1pm** Breathe & Receive [v] **5pm** Tai Chi [i] **5:45pm** Dinner for Groups **6pm** Bingo [i/gw] **6pm** Peaceful Paint Night [i] **6:30pm** Beyond Cancer **7pm** Slow Flow Yoga [v] **3**	**9am** Meditation Reset [v] **10:30am** Tai Chi [i] **4**	**5**
5pm Mindfulness [v] **6pm** Chef Gilda [i] **6pm** Overcoming Struggles with Art [i] **7**	**11:30am** QiGong [v] **12:30pm** Guided Imagery [i] **12:30pm** Lunch Laughs [v] **1:30pm** Reiki Meditation [v] **5:45pm** Dinner for Groups **6:30pm** Support Groups **8**	**12:30pm** Pilates [i] **4pm** Living Beyond **5pm** Open Art Studio [i] **5:30pm** Gentle Yoga and Restorative Meditation [i] **6pm** Art Expressions [i/gw] **6pm** Cancer Survivorship **9**	**10am** Fitness with Alison [v] **10am** Making Simple Books [i] **12:30pm** Lunch Laughs [v] **1pm** Breathe & Receive [v] **5pm** Deb and Duncan [i] **5pm** Tai Chi [i] **5:45pm** Dinner for Groups **6pm** Charity Care 101 [gw] **6:30pm** Living Through Loss **7pm** Slow Flow Yoga [v] **10**	**9am** Meditation Reset [v] **9:15am** Yoga for Everyone [i] **10:30am** Tai Chi [i] **11**	**10am** Between a Walk and a Hard Pace [i] **10am** Loteria Mexicana/ Mexican Bingo [i] **11am** Clubhouse Brunch [i] **11:30am** Grupo de Bienestar [i] **12pm** Zumba con Lisett [i] **12pm** Stories and Self-Expression for Youth and Families [i] **12**
12:30pm Bingo [i] **5:45pm** Dinner for Groups **6pm** Virtual Journaling [v] **6:30pm** Guitar Lessons [i] **6:30pm** Gynecologic/Breast Cancer Networking **14**	**11:30am** QiGong [v] **12:30pm** Guided Imagery [i] **12:30pm** Lunch Laughs [v] **5:45pm** Dinner for Groups **6:30pm** Support Groups **15**	**10:30am** Fun with Art [i] **12:30pm** Pilates [i] **2:30pm** Book Nook I **5pm** Open Art Studio [i] **5:30pm** Gentle Yoga and Restorative Meditation [i] **6pm** Art Expressions [i/gw] **6:30pm** Book Nook II [v] **16**	**10am** Fitness with Alison [v] **12:30pm** Lunch Laughs [v] **5pm** Tai Chi [i] **5:45pm** Dinner for Groups **6:15pm** Women's Fitness [i] **6:30pm** Beyond Cancer **7pm** Slow Flow Yoga [v] **17**	**9am** Meditation Reset [v] **10:30am** Tai Chi [i] **18**	**19**
5pm Mindfulness [v] **6pm** Legal 101 **21**	**10am** Creative Coping: Bereaved [i] **11:30am** QiGong [v] **12:30pm** Creative Coping [i] **12:30pm** Lunch Laughs [v] **1:30pm** Reiki Meditation [v] **5:45pm** Dinner for Groups **6:30pm** Support Groups **22**	**12:30pm** Pilates [i] **5pm** Open Art Studio [i] **5:30pm** Gentle Yoga and Restorative Meditation [i] **5:45pm** Dinner for Groups **6pm** Art Expressions [i/gw] **6:30pm** Networking Groups **23**	**10am** Creative Coping: Bereaved [i] **10am** Fitness with Alison [v] **12:30pm** Creative Coping [i] **12:30pm** Lunch Laughs [v] **2pm** Make/Take Cardmaking **5pm** Tai Chi [i] **5:45pm** Dinner for Groups **6:15pm** Women's Fitness [i] **6:30pm** Living Through Loss **7pm** Slow Flow Yoga [v] **24**	**9am** Meditation Reset [v] **10:30am** Tai Chi [i] **25**	**9am** Refresh Fest [i] **10am** Between a Walk and a Hard Pace [i] **10am** Loteria Mexicana/ Mexican Bingo [i] **10am** Loving the Skin You're In [i] **12pm** Zumba con Lisett [i] **26**
6pm Expecting the Unexpected **6pm** Knitting Circle [i] **6pm** Virtual Journaling [v] **6:30pm** Guitar Lessons [i] **28**	**10am** Creative Coping: Bereaved [i] **11:30am** QiGong [v] **12:30pm** Creative Coping [i] **12:30pm** Lunch Laughs [v] **5:45pm** Dinner for Groups **6:30pm** Support Groups **29**	**12:30pm** Pilates [i] **5pm** Open Art Studio [i] **5:30pm** Gentle Yoga and Restorative Meditation [i] **6pm** Art Expressions [i/gw] **30**	**10am** Creative Coping: Bereaved [i] **10am** Fitness with Alison [v] **12:30pm** Creative Coping [i] **12:30pm** Lunch Laughs [v] **5pm** Tai Chi [i] **6:15pm** Women's Fitness [i] **7pm** Slow Flow Yoga [v] **31**		