

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DECEMBER

<p>10am Fitness w/Alison [v] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 5pm Peaceful Paint Night [i] 5:45pm Beyond Cancer Dinner 6pm Music Heals [i] 6:30pm Beyond Cancer</p>	<p>9am Meditation Reset [v] 10:30am Tai Chi [i]</p>	<p>9:30am Slow Flow Yoga [v]</p>	<p>1</p>	<p>2</p>	<p>3</p>
<p>2pm Holiday Party [i]</p> <p>2pm Relaxing Art [v] 5pm Mindfulness [v] 5pm Gift of Gorgeous 6pm Frankly Speaking: Colorectal Cancer 6pm Overcoming Struggles with Art [i] 6:30pm Yoga [v]</p>	<p>10:30am Empowering Beads [i] 10:30am Gentle Yoga 11:30am QiGong 12:30pm Lunch Laughs [v] 5:45pm Support Groups Dinner 6:30pm Support Groups</p>	<p>10:30am Fun with Art [i] 12:30pm Pilates [i] 1pm Flying Solo - Bereaved 4pm Game of Games [v] 6pm Optimal Aging</p>	<p>10am Fitness w/Alison [v] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 5:45pm LTL Dinner 6pm Bingo [i/gw] 6pm Music Heals [i] 6:30pm Living through Loss</p>	<p>9am Meditation Reset [v] 10am Cardmaking [i] 10:30am Tai Chi [i]</p>	<p>9:30am Slow Flow Yoga [v] 10am Between a Walk and a Hard Pace [i] 11am Clubhouse Brunch [i] 12pm Honoring Loss through the Holidays [i] 12pm Stories and Self- Expression [i]</p>
<p>12:30pm Bingo [i] 2pm Relaxing Art for Active Treatment [v] 5:45pm Dinner for Groups 6pm Guitar Lessons [i] 6pm Reiki Sessions [i] 6:30pm Gynecologic/Breast Cancer Networking 6:30pm Yoga [v]</p>	<p>10:30am Gentle Yoga 11:30am QiGong 12:30pm Lunch Laughs [v] 1:30pm Reiki Meditation [v] 5:45pm Support Groups Dinner 6:30pm Support Groups</p>	<p>12:30pm Pilates [i] 4pm Living Beyond 6pm Gingerbread House Competition [i/gw] 6:30pm Living Well Beyond Cancer: Tips for Navigating the Holidays</p>	<p>10am Fitness w/Alison [v] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 5:45pm Beyond Cancer Dinner 6pm Music Heals [i] 6:30pm Beyond Cancer</p>	<p>9am Meditation Reset [v] 10:30am Tai Chi [i]</p>	<p>9:30am Slow Flow Yoga [v] 1:30pm Gingerbread House Competition [i]</p>
<p>2pm Relaxing Art for Active Treatment [v] 5pm Mindfulness [v] 6pm Playful Self-Expression with Mixed Media [i] 6:30pm Yoga [v]</p>	<p>10:30am Gentle Yoga [v] 11:30am QiGong [v] 12:30pm Lunch Laughs [v] 5:45pm Support Groups Dinner 6:30pm Support Groups</p>	<p>10:30am Fun with Art [i] 12:30pm Pilates [i] 1pm Flying Solo - Bereaved [v] 2:30pm Book Nook I [v] 4pm Game of Games [v] 5:45pm Dinner for Groups 6:30pm Sarcoma/Prostate Cancer Networking Groups 6:30pm Book Nook II [v]</p>	<p>10am Fitness w/Alison [v] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 5:45pm LTL Dinner 6pm Music Heals [i] 6:30pm Living through Loss</p>	<p>9am Meditation Reset [v] 10:30am Tai Chi [i]</p>	<p>HAPPY HOLIDAYS! CLUBHOUSE CLOSED</p>
<p>HAPPY HOLIDAYS! CLUBHOUSE CLOSED</p>	<p>HAPPY HOLIDAYS! CLUBHOUSE CLOSED 6:30pm Support Groups [v]</p>	<p>HAPPY HOLIDAYS! CLUBHOUSE CLOSED</p>	<p>HAPPY HOLIDAYS! CLUBHOUSE CLOSED</p>	<p>HAPPY HOLIDAYS! CLUBHOUSE CLOSED</p>	<p>HAPPY HOLIDAYS! CLUBHOUSE CLOSED</p>