

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

# JUNE

			<p><b>10:30am</b> Empower Beads[i/gw]  <b>12:30pm</b> Lunch Laughs [v]  <b>1pm</b> Breathe &amp; Receive  <b>1pm</b> Wellness Through Music [i]  <b>5pm</b> Fitness with Alison [v]  <b>5:45pm</b> Dinner  <b>6pm</b> Bingo [gw]  <b>6pm</b> Peaceful Paint Night [i]  <b>6:15pm</b> Women's Fitness [i]  <b>6:30pm</b> Beyond Cancer  <b>7pm</b> Slow Flow Yoga [v] <b>1</b></p>	<p><b>9am</b> Meditation Reset [v] <b>2</b></p>	
<p><b>5pm</b> Mindfulness [v]  <b>6pm</b> Chef Gilda [i]  <b>6pm</b> Frankly Speaking: What Do I Tell the Kids?  <b>6pm</b> Overcoming Struggles with Art [i] <b>5</b></p>	<p><b>10:30am</b> Empowering Beads [i]  <b>11:30am</b> QiGong [v]  <b>12:30pm</b> Lunch Laughs [v]  <b>1pm</b> Regaining Strength After Treatment [i]  <b>5:45pm</b> Dinner for Groups  <b>6pm</b> Paint Along Craft Night [i/gw]  <b>6:30pm</b> Support Groups <b>6</b></p>	<p><b>10:30am</b> Fun with Art [i]  <b>12:30pm</b> Pilates [i]  <b>2:30pm</b> Trivia Afternoon [i]  <b>5pm</b> Open Art Studio [i]  <b>5:30pm</b> Gentle Yoga and Restorative Meditation [i]  <b>6pm</b> Cooking 101: Substitutions [i]  <b>6pm</b> Eat Well, Live Well <b>7</b></p>	<p><b>10am</b> Making Simple Books [i]  <b>12:30pm</b> Lunch Laughs [v]  <b>1pm</b> Breathe &amp; Receive  <b>1pm</b> Wellness Through Music [i]  <b>5pm</b> Fitness with Alison [v]  <b>5:45pm</b> Dinner for Groups  <b>6:30pm</b> Living Through Loss  <b>7pm</b> Slow Flow Yoga [v] <b>8</b></p>	<p><b>9am</b> Meditation Reset [v]  <b>9:15am</b> Yoga for Everyone [i]  <b>10am</b> Cardmaking [i] <b>9</b></p>	<p><b>10am</b> Between a Walk and a Hard Pace [i]  <b>10am</b> Entrelazando Juntas/ Knitting [i]  <b>10am</b> Special Yoga w/ Halen [i]  <b>11am</b> Clubhouse Brunch [i]  <b>11:30am</b> Grupo de Bienestar [i]  <b>12pm</b> Salsa para Principiantes / Beginners Salsa [i]  <b>12pm</b> Stories/Self-Expression [i] <b>10</b></p>
<p><b>5:45pm</b> Dinner for Groups  <b>6pm</b> Reiki Sessions [i]  <b>6pm</b> Safe Fun Out in the Sun  <b>6:30pm</b> Guitar Lessons [i]  <b>6:30pm</b> Gynecologic/Breast Cancer Networking  <b>6:45&amp;7:30pm</b> Reiki [i] <b>12</b></p>	<p><b>11:30am</b> QiGong [v]  <b>12:30pm</b> Lunch Laughs [v]  <b>1pm</b> Regaining Strength After Treatment [i]  <b>1:30pm</b> Reiki Meditation [v]  <b>5:45pm</b> Dinner for Groups  <b>6:30pm</b> Support Groups <b>13</b></p>	<p><b>12:30pm</b> Pilates [i]  <b>4pm</b> Living Beyond  <b>5pm</b> Open Art Studio [i]  <b>5:30pm</b> Gentle Yoga and Restorative Meditation [i] <b>14</b></p>	<p><b>12:30pm</b> Lunch Laughs [v]  <b>1pm</b> Breathe &amp; Receive  <b>1pm</b> Wellness Through Music [i]  <b>5pm</b> Fitness with Alison [v]  <b>5:45pm</b> Dinner for Groups  <b>6:30pm</b> Beyond Cancer  <b>7pm</b> Slow Flow Yoga [v] <b>15</b></p>	<p><b>9am</b> Meditation Reset [v] <b>16</b></p>	
<p><b>CLUBHOUSE CLOSED</b> <b>19</b></p>	<p><b>11:30am</b> QiGong [v]  <b>12:30pm</b> Lunch Laughs [v]  <b>1pm</b> Regaining Strength After Treatment [i]  <b>5:45pm</b> Dinner for Groups  <b>6:30pm</b> Support Groups <b>20</b></p>	<p><b>10:30am</b> Fun with Art [i]  <b>12:30pm</b> Pilates [i]  <b>2:30pm</b> Book Nook I  <b>5pm</b> Open Art Studio [i]  <b>5:30pm</b> Gentle Yoga and Restorative Meditation [i]  <b>6pm</b> Eat Well, Live Well  <b>6:30pm</b> Book Nook II [v] <b>21</b></p>	<p><b>12:30pm</b> Lunch Laughs [v]  <b>1pm</b> Breathe &amp; Receive  <b>1pm</b> Wellness Through Music [i]  <b>2pm</b> Creative Cardmaking [v]  <b>5pm</b> Fitness with Alison [v]  <b>5:45pm</b> Dinner for Groups  <b>6:15pm</b> Women's Fitness [i]  <b>6:30pm</b> Living Through Loss  <b>7pm</b> Slow Flow Yoga [v] <b>22</b></p>	<p><b>9am</b> Meditation Reset [v] <b>23</b></p>	<p><b>10am</b> Between a Walk and a Hard Pace [i]  <b>11am</b> Community is Stronger Than Cancer Day [i] <b>24</b></p>
<p><b>6pm</b> Knitting Circle [i]  <b>6:30pm</b> Guitar Lessons [i] <b>26</b></p>	<p><b>11:30am</b> QiGong [v]  <b>12:30pm</b> Lunch Laughs [v]  <b>1pm</b> Regaining Strength After Treatment [i]  <b>1:30pm</b> Reiki Meditation [v]  <b>5:45pm</b> Dinner for Groups  <b>6:30pm</b> Support Groups <b>27</b></p>	<p><b>12:30pm</b> Pilates [i]  <b>5pm</b> Open Art Studio [i]  <b>5:30pm</b> Gentle Yoga and Restorative Meditation [i]  <b>5:45pm</b> Dinner for Groups  <b>6:30pm</b> Sarcoma/Prostate Cancer Networking Groups <b>28</b></p>	<p><b>12:30pm</b> Lunch Laughs [v]  <b>1pm</b> Breathe &amp; Receive  <b>1pm</b> Wellness Through Music [i]  <b>5pm</b> Fitness with Alison [v]  <b>6pm</b> Cooking 101: Baking Basics [i]  <b>6:15pm</b> Women's Fitness [i]  <b>7pm</b> Slow Flow Yoga [v] <b>29</b></p>	<p><b>9am</b> Meditation Reset [v] <b>30</b></p>	