



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 7a-7a Zumba On Demand (V) 12p-12:45p Guided Imagery (V)
4 4th of July - CSC Closed	5 9:30-10:15a Tibetan Bowls (M) 11a-12p Gentle Floor Yoga Nidra (M) 12-1p Yoga for Healthy Mvmt (H) 2-3:30p Art: Poetry (M&V) 2-3p Moves That Matter (H)	6 11a-12p Zumba Gold (H) 2-3:30p Open Art Studio (H&V) 5-6p Metastatic Breast Group (V) 5:30-6:45p Programs at Silver Cross 6-7:30p Breast Cancer Group (V)	7 All Day Art Journaling (V) 12-1p Soundbath (H) 12-1p Yoga for Healthy Mvmt. (M) 12:30-1:30p Men's Discussion Group (V) 1-2:15p Healthy Living Week 1 (H&V) 3-4p Techniques Reduce Muscle Tighness (M&V)	8 7a-7a Zumba On Demand (V) 12p-12:45p Guided Imagery (V)
11 9-10a Zumba Toning (M&V) 10a-12p Summer Kids Camp (H) 11a-12p Zumba Gold (H) 12-1p Chair Yoga with Cecily (V) 1p-1:30p Monday Meditation (V) 2p-3:30p Art (H&V)	12 10a-12p Summer Kids Camp (H) 11a-12p Gentle Floor Yoga Nidra (M) 12-1p Yoga for Healthy Mvmt (H) 2-3:30p Art (M&V) 2-3p Moves That Matter (H) 5-6p Young Adult Networking (V)	13 10-11:30a Clean Living Essential Oils (M&V) 10-12p Summer Kids Camp (H) 11a-12p Zumba Gold (H) 2-3:30p Open Art Studio (H&V) 5-6p Young Adult Breast Cancer Group (V) 5:30-6:45p Programs at Silver Cross	14 All Day Art Journaling (V) 10-12p Summer Kids Camp (H) 12-1p Soundbath (H) 12-1p Yoga for Healthy Mvmt. (M) 12:30-1:30p Men's Discussion Group (V) 1-2:15p Healthy Living Week 2 (H&V)	15 7a-7a Zumba On Demand (V) 10-12p Summer Kids Camp (H) 12p-12:45p Guided Imagery (V)
18 9-10a Zumba Toning (M&V) 10a-12p Summer Kids Camp (M) 11a-12p Zumba Gold (H) 12-1p Chair Yoga with Cecily (V) 1p-1:30p Monday Meditation (V) 1-2p Mvmt. for Neck & Shoulder (H&V) 2p-3:30p Art (H&V)	19 9:30-10:15a Tibetan Bowls (M) 10a-12p Summer Kids Camp (M) 12-1p Yoga for Healthy Mvmt (H) 2-3:30p Art (M&V) 2-3p Moves That Matter (H) 5-6p Caregiver Support Group (V)	20 10-11:30a Diet & Lifestyle Strategies (M&V) 10-12p Summer Kids Camp (M) 11a-12p Zumba Gold (H) 2-3:30p Open Art Studio (H&V) 3-4p Journeying Inward (V) 5:30-6:45p Programs at Silver Cross 6-7p Sistas of Hope (V)	21 All Day Art Journaling (V) 10-12p Summer Kids Camp (M) 12-1p Soundbath (H) 12-1p Yoga for Healthy Mvmt. (M) 12:30-1:30p Men's Discussion Group (V) 1-2:15p Healthy Living Week 3 (H&V) 5-6p Bereavement Group (V)	22 7a-7a Zumba On Demand (V) 10-12p Summer Kids Camp (M) 12p-12:45p Guided Imagery (V)
25 9-10a Zumba Toning (M&V) 11a-12p Zumba Gold (H) 12-1p Chair Yoga with Cecily (V) 1p-1:30p Monday Meditation (V) 2p-3:30p Art (H&V)	26 11a-12p Metastatic Cancer Group (V) 12-1p Yoga for Healthy Mvmt (H) 2-3:30p Art (M&V) 2-3p Moves That Matter (H)	27 11a-12p Zumba Gold (H) 12-1p Lung Cancer Support Group (V) 12-2p Dreamcatcher Workshop (M) 2-3:30p Open Art Studio (H&V) 5:30-6:45p Programs at Silver Cross	28 All Day Art Journaling (V) 10-11:15a Simple Cooking w/ Herbs (H&V) 12-1p Yoga for Healthy Mvmt. (M) 12-1p Soundbath (H) 12:30-1:30p Men's Discussion Group (V) 1-2:15p Healthy Living Week 4 (H&V) 2-3p Yoga con Marcela en Español (H&V) 3-4p Mothers' Grief Group (H&V) 4-5p Blood Cancer Group (V)	29 Staff Development Day - CSC Closed



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9-10a Zumba Toning (M&amp;V)</p> <p>11a-12p Zumba Gold (H)</p> <p>12-1p Chair Yoga with Cecily (V)</p> <p>1p-1:30p Monday Meditation (V)</p> <p>2p-3:30p Art (H&amp;V)</p>	<p>2</p> <p>9:30-10:15a Tibetan Bowls (M)</p> <p>12-1p Yoga for Healthy Mvmt (H)</p> <p>2-3p Moves That Matter (H)</p>	<p>3</p> <p>10-11a Coping w. Sleep Difficulties (V)</p> <p>10-11:30 Cooking for 1 or 2 (M&amp;V)</p> <p>11a-12p Zumba Gold (H)</p> <p>1-3p Making Peace with Anxiety (M)</p> <p>5-6p Metastatic Breast Group (V)</p> <p>5:30-6:45p Programs at Silver Cross</p> <p>6-7:30p Breast Cancer Group (V)</p>	<p>4</p> <p>All Day Art Journaling (V)</p> <p>12-1p Soundbath (H)</p> <p>12-1p Yoga for Healthy Mvmt. (M)</p> <p>12:30-1:30p Men's Discussion Group (V)</p> <p>1:30-3p Lymphedema 101 (M&amp;V)</p> <p>3-4p Techniques Reduce Muscle Tightness (M&amp;V)</p> <p>5-6p Bereavement Group (V)</p>	<p>5</p> <p>7a-7a Zumba On Demand (V)</p> <p>12p-12:45p Guided Imagery (V)</p>
<p>8</p> <p>11a-12p Zumba Gold (H)</p> <p>12-1p Chair Yoga with Cecily (V)</p> <p>1p-1:30p Monday Meditation (V)</p> <p>2p-3:30p Art (H&amp;V)</p> <p>5-6p Colorectal Cancer Group (V)</p>	<p>9</p> <p>11a-12p Gentle Floor Yoga Nidra (M)</p> <p>12-1p Yoga for Healthy Mvmt (H)</p> <p>2-3:30p Art (M&amp;V)</p> <p>2-3p Moves That Matter (H)</p> <p>5-6p Young Adult Networking (V)</p>	<p>10</p> <p>9-10:15a Eating Well After Diagnosis (M&amp;V)</p> <p>11a-12p Zumba Gold (H)</p> <p>2-3:30p Open Art Studio (H&amp;V)</p> <p>5-6p Young Adult Breast Cancer Group (V)</p> <p>5:30-6:45p Programs at Silver Cross</p>	<p>11</p> <p>All Day Art Journaling (V)</p> <p>12-1p Soundbath (H)</p> <p>12-1p Yoga for Healthy Mvmt. (M)</p> <p>12:30-1:30p Men's Discussion Group (V)</p>	<p>12</p> <p>7a-7a Zumba On Demand (V)</p> <p>12p-12:45p Guided Imagery (V)</p>
<p>15</p> <p>11a-12p Zumba Gold (H)</p> <p>12-1p Chair Yoga with Cecily (V)</p> <p>1p-1:30p Monday Meditation (V)</p> <p>1-2p Mvmt. for Back &amp; Hip (H&amp;V)</p> <p>2p-3:30p Art (H&amp;V)</p>	<p>16</p> <p>11a-12p Gentle Floor Yoga Nidra (M)</p> <p>12-1p Yoga for Healthy Mvmt (H)</p> <p>2-3:30p Art (M&amp;V)</p> <p>2-3p Moves That Matter (H)</p> <p>5-6p Caregiver Support Group (V)</p>	<p>17</p> <p>10-11:30a Exploring Essential Oils (M&amp;V)</p> <p>11a-12p Zumba Gold (H)</p> <p>12-1p Gynecological Cancer Group (V)</p> <p>2-3:30p Open Art Studio (H&amp;V)</p> <p>3-4p Journeying Inward (V)</p> <p>5-6:30p Will County Art Show (M)</p> <p>5:30-6:45p Programs at Silver Cross</p> <p>6-7p Sistas of Hope (V)</p>	<p>18</p> <p>All Day Art Journaling (V)</p> <p>12-1p Soundbath (H)</p> <p>12-1p Yoga for Healthy Mvmt. (M)</p> <p>12:30-1:30p Men's Discussion Group (V)</p> <p>11:5-2:15p Eating Healthy on a Budget (H&amp;V)</p> <p>5-6p Bereavement Group (V)</p>	<p>19</p> <p>7a-7a Zumba On Demand (V)</p> <p>12p-12:45p Guided Imagery (V)</p>
<p>22</p> <p>9-10a Zumba Toning (M&amp;V)</p> <p>11a-12p Zumba Gold (H)</p> <p>12-1p Chair Yoga with Cecily (V)</p> <p>1p-1:30p Monday Meditation (V)</p> <p>2p-3:30p Art (H&amp;V)</p>	<p>23</p> <p>11a-12p Gentle Floor Yoga Nidra (M)</p> <p>12-1p Yoga for Healthy Mvmt (H)</p> <p>2-3:30p Art (M&amp;V)</p> <p>2-3p Moves That Matter (H)</p>	<p>24</p> <p>11a-12p Zumba Gold (H)</p> <p>2-3:30p Open Art Studio (H&amp;V)</p> <p>5:30-6:45p Programs at Silver Cross</p>	<p>25</p> <p>All Day Art Journaling (V)</p> <p>12-1p Yoga for Healthy Mvmt. (M)</p> <p>12-1p Soundbath (H)</p> <p>12:30-1:30p Men's Discussion Group (V)</p> <p>1:30-2:45p Summertime Beverages (H&amp;V)</p> <p>2-3p Yoga con Marcela en Español (H&amp;V)</p> <p>3-4p Mothers' Grief Group (H&amp;V)</p> <p>4-5p Blood Cancer Group (V)</p>	<p>26</p> <p>7a-7a Zumba On Demand (V)</p> <p>12p-12:45p Guided Imagery (V)</p>
<p>29</p> <p>11a-12p Zumba Gold (H)</p> <p>12-1p Chair Yoga with Cecily (V)</p> <p>1p-1:30p Monday Meditation (V)</p> <p>2p-3:30p Art (H&amp;V)</p>	<p>30</p> <p>9:30-10:15a Tibetan Bowls (M)</p> <p>11a-12p Gentle Floor Yoga Nidra (M)</p> <p>11a-12p Metastatic Cancer Group (V)</p> <p>12-1p Yoga for Healthy Mvmt (H)</p> <p>2-3:30p Art (M&amp;V)</p> <p>2-3p Moves That Matter (H)</p>	<p>31</p> <p>11a-12p Zumba Gold (H)</p> <p>12-1p Lung Cancer Support Group (V)</p> <p>2-3:30p Open Art Studio (H&amp;V)</p> <p>5:30-6:45p Programs at Silver Cross</p>		



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			All Day <sup>1</sup> Art Journaling (V) 12-1p Yoga for Healthy Mvmt. (M) 12:30-1:30p Men's Discussion Group (V) 3-4p Techniques Reduce Muscle Tighness (M&V) 5-6p Bereavement Group (V) 6-7:30p Brain Tumor Group (H)	12p-12:45p <sup>2</sup> Guided Imagery (V)
5 Labor Day - CSC Closed	6 11a-12p Gentle Floor Yoga Nidra (M) 12-1p Yoga for Healthy Mvmt (H) 12:30-1:30 Healthy Lifestyle: Fitness (M&V) 2-3:30p Art (M&V) 2-3p Moves That Matter (H) 5-6p Young Adult Networking (V)	7 10-11:30a Cooking for 1 or 2 (M&V) 11a-12p Zumba Gold (H) 12:30-1:30 Healthy Lifestyle: Nutrition (M&V) 2-3:30p Open Art Studio (H&V) 5-6p Metastatic Breast Group (V) 5-6p Young Adult Breast Cancer Group (V) 5:30-6:45p Programs at Silver Cross 6-7:30p Breast Cancer Group (V)	8 All Day Art Journaling (V) 12-1p Soundbath (H) 12-1p Yoga for Healthy Mvmt. (M) 12:30-1:30p Men's Discussion Group (V)	9 2p-12:45p Guided Imagery (V)
12 9-10a Zumba Toning (M&V) 11a-12p Zumba Gold (H) 12-1p Chair Yoga with Cecily (V) 1p-1:30p Monday Meditation (V) 2p-3:30p Art (H&V) 5-6p Colorectal Cancer Group (V)	13 9:30-10:15a Tibetan Bowls (M) 11a-12p Gentle Floor Yoga Nidra (M) 12-1p Yoga for Healthy Mvmt (H) 12:30-1:30 Healthy Lifestyle: Fitness (M&V) 2-3:30p Art (M&V) 2-3p Moves That Matter (H)	14 11a-12p Zumba Gold (H) 12:30-1:30 Healthy Lifestyle: Nutrition (M&V) 2-3:30p Open Art Studio (H&V) 3-4p Journeying Inward (V) 5:30-6:45p Programs at Silver Cross 6-7p Sistas of Hope (V)	15 All Day Art Journaling (V) 12-1p Soundbath (H) 12-1p Yoga for Healthy Mvmt. (M) 12:30-1:30p Men's Discussion Group (V) 2:15-3:30p 15 Superfoods (H&V) 3-4p Bone Health (V) 5-6p Bereavement Group (V)	16 12p-12:45p Guided Imagery (V)
19 9-10a Zumba Toning (M&V) 11a-12p Zumba Gold (H) 12-1p Chair Yoga with Cecily (V) 1p-1:30p Monday Meditation (V) 1-2p Mvmt. for Knee & Leg (H&V) 2p-3:30p Art (H&V)	20 9:30-10:15a Tibetan Bowls (M) 10-11:30 Cooking w. Chef Marcia (H&V) 11a-12p Gentle Floor Yoga Nidra (M) 12-1p Yoga for Healthy Mvmt (H) 12:30-1:30 Healthy Lifestyle: Fitness (M&V) 2-3:30p Art (M&V) 2-3p Moves That Matter (H) 5-6p Caregiver Support Group (V)	21 11a-12p Zumba Gold (H) 12:30-1:30 Healthy Lifestyle: Nutrition (M&V) 2-3:30p Open Art Studio (H&V) 5:30-6:45p Programs at Silver Cross	22 All Day Art Journaling (V) 12-1p Soundbath (H) 12-1p Yoga for Healthy Mvmt. (M) 12:30-1:30p Men's Discussion Group (V) 2-3p Yoga con Marcela en Español (H&V) 3-4p Mothers' Grief Group (H&V) 4-5p Blood Cancer Group (V)	23 12p-12:45p Guided Imagery (V)
26 9-10a Zumba Toning (M&V) 11a-12p Zumba Gold (H) 12-1p Chair Yoga with Cecily (V) 1p-1:30p Monday Meditation (V) 2p-3:30p Art (H&V)	27 11a-12p Gentle Floor Yoga Nidra (M) 11a-12p Metastatic Cancer Group (V) 12-1p Yoga for Healthy Mvmt (H) 12:30-1:30 Healthy Lifestyle: Fitness (M&V) 2-3:30p Art (M&V) 2-3p Moves That Matter (H)	28 11a-12p Zumba Gold (H) 12-1p Lung Cancer Support Group (V) 12:30-1:30 Healthy Lifestyle: Nutrition (M&V) 2-3:30p Open Art Studio (H&V) 5:30-6:45p Programs at Silver Cross	29 All Day Art Journaling (V) 12-1p Soundbath (H) 12-1p Yoga for Healthy Mvmt. (M) 12:30-1:30p Men's Discussion Group (V)	30 12p-12:45p Guided Imagery (V)