

August 2023

Purple: Homewood Blue: Mokena Green: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11-12p: Gentle Floor Yoga w/ Nidra 12-1p: Yoga for Healthy Movement 2-3p: Moves that Matter 2-3:30p: Art Therapy Fibers & Textiles 6-7p: LGBTQ+ Networking Group	2 11-12p: Zumba Gold 1-2:30p: Open Studio 5-6p: Metastatic Breast Cancer Networking Group 6-7:30p: Breast Cancer Networking Group	3 All Day: Art Journaling 10-11:15a: Superfood Smoothie Clinic; Summertime Smoothie 12-1p: Sound Bath 12-1p: Yoga Relax & Restore w/ Marcela; Chair/Floor 12:30-1:30p: Men's Discussion Group 5-6p: Bereavement	4
7 9-9:45a: Zumba Toning w/ Lori 11-12p: Zumba Gold 12-1p: Gentle Chair Yoga w/Cecily 1-1:30p: Monday Meditation w/ Cecily 1:30-3p: Art Therapy Fibers & Textiles 4-5p: Head & Neck Cancers Workshop	8 9:30-10:15a: Tibetan Bowls 11-12p: Gentle Floor Yoga w/ Nidra 12-1p: Yoga for Healthy Movement 2-3p: Moves that Matter 2-3:30p: Art Therapy Fibers & Textiles 5-6p: Young Adult Group	9 11-12p: Zumba Gold 11-1p: Pop Art workshop 1-2:30p: Open Studio	10 CENTERS CLOSED FOR STAFF DEVELOPMENT 	11
14 9-9:45a: Zumba Toning w/ Lori 11-12p: Zumba Gold 12-1p: Gentle Chair Yoga w/Cecily 12-1p: Colorectal Group 1-1:30p: Monday Meditation w/ Cecily 1:30-3p: Art Therapy Fibers & Textiles 4-5p: Head & Neck Cancers Workshop	15 11-12p: Gentle Floor Yoga w/ Nidra 12-1p: Yoga for Healthy Movement 2-3p: Moves that Matter 2-3:30p: Art Therapy Fibers & Textiles 5-6p: Caregiver Support Group	16 12-1p: Gynecological Networking Group 1-2:30p: Open Studio 3-4p: Journeying Inward 6-8p: Sista's of Hope Support Group	17 All Day: Art Journaling 12-1p: Sound Bath 1-2:15p: Women's Wellness; 2-week program; Hormones & Diet 12:30-1:30p: Men's Discussion Group 5-6p: Bereavement	18
21 9-9:45a: Zumba Toning w/ Lori 11-12p: Zumba Gold 12-1p: Gentle Chair Yoga w/Cecily 1-1:30p: Monday Meditation w/ Cecily 4-5p: Head & Neck Cancers Workshop 1:30-3p: Art Therapy Fibers & Textiles	22 11-12p: Gentle Floor Yoga w/ Nidra 12-1p: Yoga for Healthy Movement 2-3p: Moves that Matter 2-3:30p: Art Therapy Fibers & Textiles 5-6p: Young Adult Breast Cancer Networking Group	23 11-12p: Zumba Gold 1-2:30p: Open Studio	24 All Day: Art Journaling 12-1p: Sound Bath 12-1p: Yoga Relax & Restore w/ Marcela; Chair/Floor 12:30-1:30p: Men's Discussion Group 1-2:15p: Women's Wellness; 2-week program; Hormones & Diet 4-5p: A Conversation Around Geriatric Oncology	25
28 9-9:45a: Zumba Toning w/ Lori 11-12p: Zumba Gold 12-1p: Gentle Chair Yoga w/Cecily 1-1:30p: Monday Meditation w/ Cecily 1:30-3p: Art Therapy Fibers & Textiles 4-5p: Head & Neck Cancers Networking Group	29 9:30-10:15a: Tibetan Bowls 11-12p: Gentle Floor Yoga w/ Nidra 12-1p: Lunchtime Support Group 12-1p: Yoga for Healthy Movement 2-3p: Moves that Matter 2-3:30p: Art Therapy Fibers & Textiles	30 11-12p: Zumba Gold 11-12:15p: 'Find Your Inner Contentment Workshop' 12-1p: Lung Cancer Networking Group 1-2:30p: Open Studio	31 All Day: Art Journaling 12-1p: Sound Bath 12-1p: Yoga Relax & Restore w/ Marcela; Chair/Floor 12:30-1:30p: Men's Discussion Group 3-4p: Mother's Grief Group 4-5p: Blood Cancers Networking Group	