



SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1 7a-7a Zumba On Demand (V) 12p-12:45p Guided Imagery (V)
2/3	4 8-9a Zumba Gold (V) 11a-12p Zumba Gold (H) 12-1p Chair Yoga (V) 1p-1:30p Meditation (V) 2p-3:30p Art: Poetry (H&V)	5 11a-12p Yoga Nidra (M) 12-1p Yoga Healthy Mov. (H) 2-3:30p Art: Poetry (M&V) 2-3p Moves That Matter (H) 6-7:30p Town Hall Meet. (H)	6 11-12:30a Clean Living (M&V) 11a-12p Zumba Gold (H) 2-3:30p Open Studio (H&V) 5-6p Met. Breast Grp. (V) 6-7:30p Breast Cancer Grp. (V)	7 All Day Art Journaling (V) 11:30a-12:30p Eat on Budget (H&V) 12-1p Yoga Healthy Mov. (M) 12:30-1:30p Men's Grp. (V) 3-4p Muscle, Balance, Flex (M&V) 5-6:15p Bereavement Grp. (V)	8 7a-7a Zumba On Demand (V) 12p-12:45p Guided Imagery (V) 5-6:30p Art: Easter Theme (V)
9/10	11 8-9a Zumba Gold (V) 11a-12p Zumba Gold (H) 12-1p Chair Yoga (V) 1p-1:30p Meditation (V) 2p-3:30p Art: Poetry (H&V) 5-6p Colorectal Grp. (V)	12 10-11:30a Chef Marcia (H&V) 11a-12p Yoga Nidra (M) 12-1p Yoga Healthy Mov. (H) 12:30-1:30p HL:Nutrition (M&V) 2-3:30p Art: Poetry (M&V) 2-3p Moves That Matter (H)	13 10-11:30a Power of Slaw (M&V) 11a-12p Zumba Gold (H) 12:30-1:30p HL:Fitness (M&V) 2-3:30p Open Studio (H&V) 5-6p YA Breast Grp. (V)	14 All Day Art Journaling (V) 12-1p Yoga Healthy Mov. (M) 12:30-1:30p Men's Grp. (V) 3-4p Mother's Grief (V) 6-7:30p Brain Tumor Grp. (H)	15 CSC CLOSED in Observance of Good Friday
16/17	18 11a-12p Zumba Gold (H) 12-1p Chair Yoga (V) 1p-1:30p Meditation (V) 1-2p Mvmt. Neck Pain (H&V) 2p-3:30p Art: Poetry (H&V)	19 11a-12p Yoga Nidra (M) 12-1p Yoga Healthy Mov. (H) 12:30-1:30p HL:Nutrition (M&V) 1-2p Lymphedema Pres. (V) 2-3:30p Art: Poetry (M&V) 2-3p Moves That Matter (H) 5-6p Caregiver Grp. (V)	20 11a-12p Zumba Gold (H) 12-1p Gynecological Grp. (V) 12:30-1:30p HL:Fitness (M&V) 2-3:30p Open Studio (H&V) 3-4p Journeying Inward (V) 6-7p Sistas of Hope (V)	21 All Day Art Journaling (V) 12-1p Yoga Healthy Mov. (M) 12:30-1:30p Men's Grp. (V) 5-6:15p Bereavement Grp. (V)	22 7a-7a Zumba On Demand (V) 12p-12:45p Guided Imagery (V) 5-6:30p Art: Spring Theme (V) 6:30p-12a Casablanca Gala at Olympia Fields CC
23/24	25 8-9a Zumba Gold (V) 11a-12p Zumba Gold (H) 12-1p Chair Yoga (V) 12-1p Head, Neck Therapy (V) 1p-1:30p Meditation (V) 2p-3:30p Art: Poetry (H&V)	26 9:30-10:15a Tibetan Bowl (M) 11a-12p Yoga Nidra (M) 11a-12p Met. Cancer Grp. (V) 12-1p Yoga Healthy Mov. (H) 12:30-1:30p HL:Nutrition (M&V) 2-3:30p Art: Poetry (M&V) 2-3p Moves That Matter (H)	27 11a-12p Zumba Gold (H) 12-1p Lung Cancer Grp. (V) 12:30-1:30p HL:Fitness (M&V) 2-3:30p Open Studio (H&V)	28 All Day Art Journaling (V) 12-1p Yoga Healthy Mov. (M) 12:30-1:30p Men's Grp. (V) 4-5p Blood Cancers Grp. (V)	29 7a-7a Zumba On Demand (V) 12p-12:45p Guided Imagery (V)



SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30/1 10a-3p Choc. Exp. (H)	2 8-9a Zumba Gold (V) 11a-12p Zumba Gold (H) 12-1p Chair Yoga (V) 1-1:30p Meditation (V) 2-3:30p Art: Sculpture (H&V)	3 9:30-10:15a Tibetan Bowl (M) 11a-12p Yoga Nidra (M) 12-1p Yoga Healthy Mov. (H) 12:30-1:30p HL:Nutrition (M&V) 2-3:30p Art: Sculpture (M&V) 2-3p Moves That Matter (H)	4 11a-12p Zumba Gold (H) 12:30-1:30p HL:Fitness (M&V) 2-3:30p Open Studio (H&V) 5-6p Met. Breast Grp. (V) 6-7p Breast Cancer Grp. (V)	5 All Day Art Journaling (V) 12-1p Yoga Healthy Mov. (M) 12:30-1:30p Men's Grp. (V) 3-4p Muscle, Balance & Flex. (M) 5-6:15p Bereavement Grp. (V)	6 7a-7a Zumba On Demand (V) 12p-12:45p Guided Imagery (V)
7/8	9 8-9a Zumba Gold (V) 11a-12p Zumba Gold (H) 12p-1p Chair Yoga (V) 1p-1:30p Meditation (V) 2-3:30p Art: Sculpture (H&V) 2-3p Estate Planning (V) 5-6p Colorectal Grp. (V)	10 10a-11:30p Chef Marcia (H&V) 11a-12p Yoga Nidra (M) 12-1p Yoga Healthy Mov. (H) 12:30-1:30p HL:Nutrition (M&V) 2-3:30p Art: Sculpture (M&V) 2-3p Moves That Matter (H) 5-6p YA Network Grp. (V)	11 10-11:30a Easy 12: Treats (M&V) 11a-12p Zumba Gold (H) 12:30-1:30p HL:Fitness (M&V) 2-3:30p Open Studio (H&V) 5-6 YA Breast Cancer Grp. (V)	12 All Day Art Journaling (V) 12-1p Yoga Healthy Mov. (M) 12:30-1:30p Men's Grp. (V) 3-4p Mother's Grief Grp. (V) 6-7:30p Brain Tumor Grp. (H)	13 7a-7a Zumba On Demand (V) 12p-12:45p Guided Imagery (V)
14/15	16 8-9a Zumba Gold (V) 11a-12p Zumba Gold (H) 12p-1p Chair Yoga (V) 1-2p Mvmt. Back Pain (H&V) 1p-1:30p Meditation (V) 2-3:30p Art: Sculpture (H&V)	17 9:30-10:15a Tibetan Bowl (M) 11a-12p Yoga Nidra (M) 12-1p Yoga Healthy Mov. (H) 12:30-1:30p HL:Nutrition (M&V) 2-3:30p Art: Sculpture (M&V) 2-3p Moves That Matter (H) 5-6p Caregiver Grp. (V)	18 11a-12p Zumba Gold (H) 12-1p Gynecological Grp. (V) 12:30-1:30p HL:Fitness (M&V) 2-3:30p Open Studio (H&V) 3-4p Journeying Inward (V) 6-7p Sistas of Hope (V)	19 All Day Art Journaling (V) 12-1p Yoga Healthy Mov. (M) 12:30-1:30p Men's Grp. (V) 1-2p Eating Well w. Cancer (H&V) 5-6:15p Bereavement Grp. (V)	20 7a-7a Zumba On Demand (V) 12-12:45p Guided Imagery (V)
21/22 9:30a-12p Walk of Hope (M)	23 8-9a Zumba Gold (V) 11a-12p Zumba Gold (H) 12p-1p Chair Yoga (V) 1p-1:30p Meditation (V) 2-3:30p Art: Sculpture (H&V) 4-5p Skincare Workshop (V)	24 11a-12p Yoga Nidra (M) 3-4p Yoga Healthy Mov. (H) 12:30-1:30p HL:Nutrition (M&V) 2-3:30p Art: Sculpture (M&V) 2-3p Moves That Matter (H)	25 11a-12p Zumba Gold (H) 12-1p Lung Cancer Grp. (V) 12:30-1:30p HL:Fitness (M&V) 2-3:30p Open Studio (H&V) 5-6:30p Art: Zentangles (V)	26 All Day Art Journaling (V) 11a-12:30p Clean Living (H&V) 12-1p Yoga Healthy Mov. (M) 12:30-1:30p Men's Grp. (V) 4-5p Blood Cancers Grp. (V)	27 7a-7a Zumba On Demand (V) 12-12:45p Guided Imagery (V)
28/29	30 7a-8a Zumba Gold (V) 11a-12p Zumba Gold (H) 12p-1p Chair Yoga (V) 1p-1:30p Meditation (V) 2-3:30p Art: Sculpture (H&V)	31 9:30-10:15a Tibetan Bowl (M) 11a-12p Yoga Nidra (M) 12-1p Yoga Healthy Mov. (H) 12:30-1:30p HL:Nutrition (M&V) 2-3:30p Art: Sculpture (M&V) 2-3p Moves That Matter (H)			



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			1 11a-12p Zumba Gold (H) 12:30-1:30p HL: Fitness (M&V) 2-3:30p Open Studio (H&V) 5-6p Met. Breast Grp. (V) 6-7p Breast Grp. (V)	2 All Day Art Journaling (V) 12-1p Yoga Healthy Mov. (M) 12:30-1:30p Men's Grp. (V) 3-4p Muscle, Balance & Flex. (M) 5-6p Bereavement Grp. (V)	3 7a-7a Zumba On Demand (V) 12p-12:45p Guided Imagery (V)
4/5	6 8-9a Zumba Gold (V) 11a-12p Zumba Gold (H) 12p-1p Chair Yoga (V) 1p-1:30p Meditation (V) 2-3:30p Art: Self-Care (H&V)	7 11a-12p Yoga Nidra (M) 3-4p Yoga Healthy Mov. (H) 2-3:30p Art: Self-Care (M&V) 2-3p Moves That Matter (H)	8 11a-12p Zumba Gold (H) 2-3:30p Open Studio (H&V) 5-6 YA Breast Cancer Grp. (V)	9 All Day Art Journaling (V) 12-1p Yoga Healthy Mov. (M) 12:30-1:30p Men's Grp. (V) 3-4p Mothers' Grief Grp. (V) 6-7:30p Brain Tumor Grp. (H)	10 7a-7a Zumba On Demand (V) 10-11a Boosting Mood Mov. (V) 12p-12:45p Guided Imagery (V)
11/12 11a-2p Survivor Celebration	13 8-9a Zumba Gold (V) 11a-12p Zumba Gold (H) 12p-1p Chair Yoga (V) 1p-1:30p Meditation (V) 2-3:30p Art: Self-Care (H&V) 5-6p Colorectal Grp. (V)	14 9:30-10:15a Tibetan Bowl (M) 11a-12p Yoga Nidra (M) 12-1p Yoga Healthy Mov. (H) 2-3:30p Art: Self-Care (M&V) 2-3p Moves That Matter (H) 5-6p YA Networking Grp. (V)	15 10-11:30a Cooking 1,2 (M&V) 11a-12p Zumba Gold (H) 12-1p Gynecological Grp. (V) 2-3:30p Open Studio (H&V) 3-4p Journeying Inward (V) 6-7p Sistas of Hope (V)	16 All Day Art Journaling (V) 12-1p Yoga Healthy Mov. (M) 12:30-1:30p Men's Grp. (V) 1-2:30p Salt, Sugar, Fats (H&V) 5-6:15p Bereavement Grp. (V)	17 7a-7a Zumba On Demand (V) 12-12:45p Guided Imagery (V)
18/19	20 8-9a Zumba Gold (V) 11a-12p Zumba Gold (H) 12p-1p Chair Yoga (V) 1p-1:30p Meditation (V) 1-2p Mvmt. Leg Pain (H&V) 2-3:30p Art: Self-Care (H&V)	21 11a-12p Yoga Nidra (M) 12-1p Yoga Healthy Mov. (H) 2-3:30p Art: Self-Care (M&V) 2-3p Moves That Matter (H) 5-6p Caregiver Grp. (V)	22 10-11:30a Superfoods (M&V) 11a-12p Zumba Gold (H) 2-3:30p Open Studio (H&V)	23 All Day Art Journaling (V) 12-1p Yoga Healthy Mov. (M) 12:30-1:30p Men's Grp. (V)	24 7a-7a Zumba On Demand (V) 12-12:45p Guided Imagery (V)
25/26	27 8-9a Zumba Gold (V) 11a-12p Zumba Gold (H) 12p-1p Chair Yoga (V) 1p-1:30p Meditation (V) 2-3:30p Art: Self-Care (H&V)	28 9:30-10:15a Tibetan Bowl (M) 11a-12p Yoga Nidra (M) 11a-12p Met. Cancer Grp. (V) 12-1p Yoga Healthy Mov. (H) 2-3:30p Art: Self-Care (M&V) 2-3p Moves That Matter (H)	29 11a-12p Zumba Gold (H) 12-1p Lung Cancer Grp. (V) 2-3:30p Open Studio (H&V)	30 All Day Art Journaling (V) 11a-12p Managing Stress (H) 12-1p Yoga Healthy Mov. (M) 12:30-1:30p Men's Grp. (V) 4-5p Blood Cancers Grp. (V)	31 7a-7a Zumba On Demand (V) 12-12:45p Guided Imagery (V)