

Monday

Tuesday

Wednesday

Thursday

Friday

		<p>I 11-12p: Zumba Gold 12:30-1:30p: Healthy Lifestyle - Nutrition 1-2:30p: Open Studio 5-6p: Metastatic Breast Cancer Networking Group 5:30-6:45: Programs @ UCM Silver Cross 6-7:30p: Breast Cancer Networking Group</p>	<p>2 All Day: Art Journaling 12-1p: Sound Bath 12-1p: Yoga for Healthy Movement 12:30-1:30p: Men's Discussion Group 1-2:15p: Eating Well for 2023; Healthy Living 4-week series 5-6p: Bereavement Group</p>	3
<p>6 9-9:45a: Zumba Toning w/ Lori 11-12p: Zumba Gold 12-1p: Gentle Chair Yoga w/ Cecily 12-1p: Intimacy & Cancer 1-1:30p: Monday Meditation 1:30-3p: Art Therapy altered books</p>	<p>7 9:30-10:15a: Tibetan Bowls 10:30-12p: Cooking w/ Chef Marcia; The Best Comfort Foods 11-12p: Gentle Floor Yoga w/ Nidra 12-1p: Yoga for Healthy Movement 12:30-1:30p: Healthy Lifestyle - Fitness 2-3p: Moves that Matter 2-3:30p: Art Therapy altered books</p>	<p>8 11-12p: Zumba Gold 12:30-1:30p: Healthy Lifestyle - Nutrition 1-2:30p: Open Studio 5:30-6:45: Programs @ UCM Silver Cross</p>	<p>9 All Day: Art Journaling 12-1p: Sound Bath 12-1p: Yoga for Healthy Movement 12:30-1:30p: Men's Discussion Group 1-2:15p: Eating Well for 2023; Healthy Living 4-week series 6-7:30p: Brain Tumor Networking</p>	10
<p>I3 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 2-3p: Hip & Back 1:30-3p: Art Therapy altered books</p>	<p>I4 11-12p: Gentle Floor Yoga w/ Nidra 12-1p: Yoga for Healthy Movement 12:30-1:30p: Healthy Lifestyle - Fitness 2-3p: Moves that Matter 2-3:30p: Art Therapy altered books 5-6p: Young Adult Group</p>	<p>I5 10:30-12p: Cooking for 1 or 2; The World's Oldest Legume - Lentils 12-1p: Gynecological Networking Group 12-1p: Watercolor Workshop 12:30-1:30p: Healthy Lifestyle - Nutrition 1-2:30p: Open Studio 3-4p: Journeying Inward 5:30-6:45: Programs @ UCM Silver Cross 6-8p: Sista's of Hope Support Group</p>	<p>I6 All Day: Art Journaling 12-1p: Sound Bath 12-1p: Yoga for Healthy Movement 12:30-1:30p: Men's Discussion Group 1-2:15p: Eating Well for 2023; Healthy Living 5-6p: Bereavement Group</p>	17
<p>20 CSC Closed for President's Day</p>	<p>2I9:30-10:15a: Tibetan Bowls 11-12p: Gentle Floor Yoga w/ Nidra 12-1p: Yoga for Healthy Movement 12:30-1:30p: Healthy Lifestyle - Fitness 2-3p: Moves that Matter 2-3:30p: Art Therapy altered books 5-6p: Caregiver Support Group</p>	<p>22 10:30-12p: Essential Oils for Enhanced Health 11-12p: Zumba Gold 12-1p: Lung Cancer Networking Group 12:30-1:30p: Healthy Lifestyle - Nutrition 1-2:30p: Open Studio 5:30-6:45: Programs @ UCM Silver Cross</p>	<p>23 All Day: Art Journaling 12-1p: Sound Bath 12-1p: Yoga for Healthy Movement 12:30-1:30p: Men's Discussion Group 1-2:15p: Eating Well for 2023; Healthy Living 3-4p: Mother's Grief Group 3-4p: Neuropathy 4-5p: Blood Cancers Networking Group</p>	24
<p>27 9-9:45a: Zumba Toning w/ Lori 11-12p: Zumba Gold 12-1p: Gentle Chair Yoga w/ Cecily 1-1:30p: Monday Meditation 1:30-3p: Art Therapy altered books</p>	<p>28 11-12p: Gentle Floor Yoga w/ Nidra 12-1p: Yoga for Healthy Movement 12:30-1:30p: Healthy Lifestyle - Fitness 2-3p: Moves that Matter 2-3:30p: Art Therapy altered books 5-6p: Young Adult Breast Cancer Networking Group</p>			