

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9-9:45a: Zumba Toning 3 11-12p: Zumba Gold 12-1p: Gentle Chair Yoga 1-1:30p: Monday Meditation 2-3:30p: Art Therapy</p>	<p>11-12p: Gentle Floor Yoga 4 12-1p: Yoga for Healthy Movement 12:30-1:30p: Healthy Lifestyle 2-3p: Moves that Matter 2-3:30p: Art Therapy</p>	<p>11-12p: Zumba Gold 5 12:30-1:30p: Healthy Lifestyle 2-3:30p: Open Art Studio 5-6 pm: Metastatic Breast Cancer Group 5:30-6:45p: Programs @ Silver Cross 6-7:30p: Breast Cancer Group</p>	<p>6 Closed for Staff Development</p>	<p>7 Closed for Staff Development</p>
<p>10 Closed for Columbus Day</p>	<p>11-12p: Gentle Floor Yoga 11 12-1p: Yoga for Healthy Movement 12:30-1:30p: Healthy Lifestyle 2-3p: Moves That Matter 2-3:30p: Art Therapy 5-6p: Young Adult Group</p>	<p>10:30-12p: Cooking for one or two mushrooms/meat 12 11-12p: Zumba Gold 12:30-1:30p: Healthy Lifestyle 1-2:30p: Open Art Studio 5-6p: Young Adult Breast Cancer Group 5:30-6:45p: Programs @ Silver Cross</p>	<p>All Day: Art Journaling 13 12-1p: Yoga for Healthy Movement 12-1p: Sound bath 12:30-1:30p: Men's Discussion Group 4-5p: Palliative Care 101 6-7:30p: Brain Tumor Networking</p>	<p>14 12:45-1:45p: Personal Training (Balance)</p>
<p>CSC Locations Closed 9a-12p 17 12-1p: Gentle Chair Yoga 1-1:30p: Monday Meditation 1-2p: Pain Management (Neck & Shoulders) 1-2:30p: Art Therapy</p>	<p>9:30-10:15a: Sound bath 18 10:30-12p: Cooking w/ Chef Marcia 11-12p: Gentle Floor Yoga 12-1p: Yoga for Healthy Movement 12:30-1:30p: Healthy Lifestyle 2-3p: Moves that Matter 2-3:30p: Art Therapy 5-6p: Caregiver Support Group</p>	<p>11-12p: Zumba Gold 19 12-1p: Gynecological Networking Group 12-2p: Halloween Art Workshop 12:30-1:30p: Healthy Lifestyle 1-2:30p: Open Studio 3-4p: Journeying Inward 5:30-6:45p: Programs @ Silver Cross 6-8p: Sista's of Hope Group</p>	<p>All Day: Art Journaling 20 12-1p: Sound bath 12-1p: Yoga for Healthy Movement 12:30-1:30p: Men's Discussion Group 2-3:30p: Essential Oils for Enhanced Health 2-3p: Restorative Yoga (Back & Spine) 5-6p: Bereavement Group</p>	<p>21</p>
<p>9-9:45a: Zumba Toning 24 11-12p: Zumba Gold 12-1p: Gentle Chair Yoga 1-1:30p: Monday Meditation 1-2:30p: Art Therapy 4-5:30p: Kids Halloween Art 6:30-7:30p: 4-week Young Adult Affinity Series (Relationships)</p>	<p>9:30-10:15a: Sound bath 25 11-12p: Gentle Floor Yoga 12-1p: Yoga for Healthy Movement 12:30-1:30p: Healthy Lifestyle 2-3:30p: Art Therapy 2-3p: Moves that Matter</p>	<p>11-12p: Zumba Gold 26 12-1p: Lung Cancer Networking Group 12:30-1:30p: Healthy Lifestyle 1-2:30p: Open Studio 5:30-6:45p: Programs @ Silver Cross</p>	<p>All Day: Art Journaling 27 12-1p: Sound bath 12-1p: Yoga for Healthy Movement 12:30-1:30p: Men's Discussion Group 4-5p: Blood Cancers Networking Group</p>	<p>28</p>
<p>9-9:45a: Zumba Toning 31 11-12p: Zumba Gold 12-1p: Gentle Chair Yoga 1-1:30p: Monday Meditation 1-2:30p: Art Therapy 6:30-7:30p: 4-week Young Adult Affinity Series (Navigating Healthcare)</p>				

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>11-12p: Gentle Floor Yoga 1</p> <p>12-1p: Yoga for Healthy Movement</p> <p>12:30-1:30p: Healthy Lifestyle</p> <p>2-3p: Moves that Matter</p> <p>2-3:30p: Art Therapy</p> <p>4-5p: Caring for the Caregiver</p>	<p>10:30-12p: Cooking for one/two power of potatoes 2</p> <p>11-12p: Zumba Gold</p> <p>11-12: The Informed Patient</p> <p>12:30-1:30p: Healthy Lifestyle</p> <p>1-2:30p: Open Art Studio</p> <p>5-6 pm: Metastatic Breast Cancer Group</p> <p>5:30-6:45p: Programs @ Silver Cross</p> <p>6-7:30p: Breast Cancer Group</p>	<p>All Day: Art Journaling 3</p> <p>12-1p: Sound bath</p> <p>12-1p: Yoga for Healthy Movement</p> <p>12:30-1:30p: Men's Discussion Group</p> <p>3-4p: Muscle Activation Techniques</p> <p>5-6p: Bereavement Group</p>	4
<p>9-9:45a: Zumba Toning 7</p> <p>11-12p: Zumba Gold</p> <p>11-1p: Wreath Making Workshop</p> <p>12-1p: Gentle Chair Yoga</p> <p>1-1:30p: Monday Meditation</p> <p>1-2:30p: Art Therapy</p> <p>6:30-7:30p: 4-week Young Adult Affinity Series (Adulting)</p>	<p>9:30-10:15a: Sound bath 8</p> <p>11-12p: Gentle Floor Yoga</p> <p>12-1p: Yoga for Healthy Movement</p> <p>12:30-1:30p: Healthy Lifestyle</p> <p>2-3p: Moves That Matter</p> <p>2-3:30p: Art Therapy</p> <p>5-6p: Young Adult Group</p>	<p>11-12p: Zumba Gold 9</p> <p>12:30-1:30p: Healthy Lifestyle</p> <p>1-2:30p: Open Art Studio</p> <p>5:30-6:45p: Programs @ Silver Cross</p> <p>5-6p: Young Adult Breast Cancer Group</p>	<p>All Day: Art Journaling 10</p> <p>12-1p: Yoga for Healthy Movement</p> <p>12-1p: Sound bath</p> <p>12:30-1:30p: Men's Discussion Group</p> <p>1:15-2:15p: Label Reading: Avoiding Unhealthy Ingredients</p>	11
<p>9-9:45a: Zumba Toning 14</p> <p>11-12p: Zumba Gold</p> <p>12-1p: Gentle Chair Yoga</p> <p>12-1p: Colorectal Group</p> <p>1-1:30p: Monday Meditation</p> <p>1-2:30p: Art Therapy</p> <p>6:30-7:30p: 4-week Young Adult Affinity Series (Rebuilding your normal)</p>	<p>10:30-12p: Cooking w/ Chef Marcia: Perfect Holiday Pies 15</p> <p>11-12p: Gentle Floor Yoga</p> <p>12-1p: Yoga for Healthy Movement</p> <p>12:30-1:30p: Healthy Lifestyle</p> <p>2-3p: Moves that Matter</p> <p>2-3:30p: Art Therapy</p> <p>5-6p: Caregiver Support Group</p>	<p>11-12p: Zumba Gold 16</p> <p>11-12:30p: Clean Living: Cleaning w/ Essential Oils & Chemical Free</p> <p>12-1p: Gynecological Networking Group</p> <p>12:30-1:30p: Healthy Lifestyle</p> <p>1-2:30p: Open Studio</p> <p>3-4p: Journeying Inward</p> <p>5:30-6:45p: Programs @ Silver Cross</p> <p>6-8p: Sista's of Hope Group</p>	<p>All Day: Art Journaling 17</p> <p>11-12p: Lymphedema 101</p> <p>12-1p: Yoga for Healthy Movement</p> <p>12:30-1:30p: Men's Discussion Group</p> <p>2-3p: Restorative Yoga (Back & Shoulders)</p> <p>5-6p: Bereavement Group</p>	18
<p>11-12p: Zumba Gold 21</p> <p>12-1p: Gentle Chair Yoga</p> <p>1-1:30p: Monday Meditation</p> <p>1-2p: Pain Management (Back & Hip)</p> <p>1-2:30p: Art Therapy</p> <p>5-6p: Grieving Through the Holidays</p>	<p>11-12p: Gentle Floor Yoga 22</p> <p>12-1p: Yoga for Healthy Movement</p> <p>2-3p: Moves that Matter</p> <p>2-3:30p: Art Therapy</p>	<p>11-12p: Zumba Gold 23</p> <p>CSC Locations Closed at 2pm</p>	<p>24</p> <p>Closed for Thanksgiving</p>	25
<p>11-12p: Zumba Gold 28</p> <p>12-1p: Gentle Chair Yoga</p> <p>1-1:30p: Monday Meditation</p> <p>1-2:30p: Art Therapy</p>	<p>GIVING TUESDAY 29</p> <p>9:30-10:15a: Sound bath</p> <p>11-12p: Gentle Floor Yoga</p> <p>12-1p: Yoga for Healthy Movement</p> <p>2-3p: Moves that Matter</p> <p>2-3:30p: Art Therapy</p>	<p>11-12p: Zumba Gold 30</p> <p>12-1p: Lung Cancer Networking Group</p> <p>1-2:30p: Open Art Studio</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
			All Day: Art Journaling ¹ 12-1p: Sound bath 12-1p: Yoga for Healthy Movement 12:30-1:30p: Men's Discussion Group 1-2:15p: Foods that Boost Immunity 3-4p: Muscle Activation Techniques 5-6p: Bereavement Group	²
9-9:45a: Zumba Toning ⁵ 11-12p: Zumba Gold 12-1p: Gentle Chair Yoga 1-1:30p: Monday Meditation 1-2:30p: Art Therapy	9:30-10:15a: Sound bath ⁶ 11-12p: Gentle Floor Yoga 12-1p: Yoga for Healthy Movement 2-3p: Moves That Matter 2-3:30p: Art Therapy	11-12p: Zumba Gold ⁷ 1-2:30p: Open Art Studio 5-6p: Metastatic Breast Cancer Networking Group 5:30-6:45p: Programs @ Silver Cross 6-7:30p: Breast Cancer Networking Group	All Day: Art Journaling ⁸ 12-1p: Yoga for Healthy Movement 12-1p: Sound bath 12:30-1:30p: Men's Discussion Group 1:15-2:15p: Clean Living: Clean w/ Essential Oils & Chemical Free	12:45-1:45p: Personal Training (Flexibility) ⁹
9-9:45a: Zumba Toning ¹² 11-12p: Zumba Gold 12-1p: Gentle Chair Yoga 12-1p: Colorectal Group 1-1:30p: Monday Meditation 1-2:30p: Art Therapy 5:30-7:30p: CSC Holiday Open House	CSC Locations Closed ¹³ 9a-12p 10:30-12p: Cooking w/ Chef Marcia: Empanadas 12-1p: Yoga for Healthy Movement 2-3:30p: Art Therapy 2-3p: Moves that Matter 5-6p: Young Adult Group	10-11:15a: Women's Wellness: Increase energy, support digestion ¹⁴ 11-12p: Zumba Gold 1-2:30p: Open Studio 5-6p: Young Adult Breast Cancer Networking Group 5:30-6:45p: Programs @ Silver Cross	All Day: Art Journaling ¹⁵ 12-1p: Sound bath 12-1p: Yoga for Healthy Movement 12:30-1:30p: Men's Discussion Group 2-3p: Restorative Yoga (Connective Tissue) 5-6p: Bereavement Group	Closed for Staff Development ¹⁶
11-12p: Zumba Gold ¹⁹ 12-1p: Gentle Chair Yoga 1-1:30p: Monday Meditation 1-2p: Pain Management (Knee & Leg) 1-2:30p: Art Therapy	11-12p: Gentle Floor Yoga ²⁰ 12-1p: Yoga for Healthy Movement 2-3p: Moves that Matter 2-3:30p: Art Therapy 5-6p: Caregiver Support Group	11-12p: Zumba Gold ²¹ 12-1p: Gynecological Networking Group 1-2:30p: Open Art Studio 3-4p: Journeying Inward 5:30-6:45p: Programs @ Silver Cross 6-8p: Sista's of Hope Group	All Day: Art Journaling ²² 12-1p: Sound bath 12-1p: Yoga for Healthy Movement 12:30-1:30p: Men's Discussion Group	Closed for the Holidays ²³
Closed for the Holidays ²⁶	9:30-10:15a: Sound bath ²⁷ 11-12p: Gentle Floor Yoga 12-1p: Yoga for Healthy Movement 2-3p: Moves that Matter 2-3:30p: Art Therapy	11-12p: Zumba Gold ²⁸ 12-1p: Lung Cancer Networking Group 1-2:30p: Open Art Studio 5:30-6:45p: Programs @ Silver Cross	All Day: Art Journaling ²⁹ 12-1p: Sound bath 12:30-1:30p: Men's Discussion Group 4-5p: Blood Cancers Networking Group	³⁰