

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2</p> <p>CSC Closed for New Year's Day</p>	<p>3</p> <p>11-12p: Gentle Floor Yoga w/ Nidra 12-1p: Yoga for Healthy Movement 2-3p: Moves that Matter 2-3:30p: Art Therapy Painting</p>	<p>4</p> <p>11-12p: Zumba Gold 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>5</p> <p>All Day: Art Journaling 12-1p: Sound Bath 12-1p: Yoga for Healthy Movement 12:30-1:30p: Men's Discussion Group 5-6p: Bereavement Group</p>	<p>6</p>
<p>9</p> <p>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 1:30-3p: Art Therapy Painting</p>	<p>10</p> <p>9:30-10:15a: 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 Painting 5-6p: Young Adult Group</p>	<p>11</p> <p>11-12p: Zumba Gold 12-1p: Vision Board Workshop 12:30-1:30p: Healthy Lifestyle - Nutrition 1-2:30p: Open Studio 5:30-6:45: Programs @ UCM Silver Cross</p>	<p>12</p> <p>All Day: Art Journaling 12-1p: Sound Bath 12-1p: Yoga for Healthy Movement 12:30-1:30p: Men's Discussion Group 6-7:30p: Brain Tumor Networking</p>	<p>13</p>
<p>16</p> <p>CSC Closed for Martin Luther King Jr. Day</p>	<p>17</p> <p>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 Painting 5-6p: Caregiver Support Group</p>	<p>18</p> <p>10:30-12p: Cooking for 1 or 2; Herbs &amp; Spices 12-1p: Gynecological Networking Group 12:30-1:30p: Healthy Lifestyle - Nutrition 1-2:30p: Open Studio 3-4p: Journeying Inward 5-6p: Chemobrain 5:30-6:45: Programs @ UCM Silver Cross 6-8p: Sista's of Hope Support Group</p>	<p>19</p> <p>All Day: Art Journaling 12-1p: Sound Bath 12-1p: Yoga for Healthy Movement 12:30-1:30p: Men's Discussion Group 5-6p: Bereavement Group</p>	<p>20</p>
<p>23</p> <p>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 Painting 2-3p: Neck &amp; Shoulder</p>	<p>24</p> <p>9:30-10:15a: Tibetan Bowls 10:30-12p: Cooking w/ Chef Marcia; Hearty Soup &amp; Sandwich Combos 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 Painting 5-6p: Young Adult Breast Cancer Networking Group</p>	<p>25</p> <p>11-12p: Zumba Gold 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>26</p> <p>All Day: Art Journaling 12-1p: Sound Bath 12-1p: Yoga for Healthy Movement 12:30-1:30p: Men's Discussion Group 3-4p: Mother's Grief Group 4-5p: Blood Cancers Networking Group</p>	<p>27</p> <p>CSC Closed for Staff Development</p>
<p>30</p> <p>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 Painting</p>	<p>31</p> <p>11-12p: Gentle Floor Yoga w/ Nidra 12-1p: Yoga for Healthy Movement 12:30-1:30p: Healthy Lifestyle 2-3p: Moves that Matter 2-3:30p: Art Therapy Painting</p>			