

# May 2023

Purple: Homewood Blue: Mokena Green: Virtual Black: Silver Cross

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| <p><b>1</b> 9-9:45a: Zumba Toning w/ Lori<br/>11-12p: Zumba Gold<br/>12-1p: Gentle Chair Yoga w/Cecily<br/>1-1:30p: Monday Meditation w/ Cecily<br/>1:30-3p: Art Therapy<br/>6-7p: LGBTQ+ Networking Group</p>                   | <p><b>2</b> 11-12p: Gentle Floor Yoga w/ Nidra<br/>12-1p: Yoga for Healthy Movement<br/>12:30-1:30p: Healthy Lifestyle: Fitness<br/>2-3p: Moves that Matter<br/>2-3:30p: Art Therapy</p>   | <p><b>3</b> 11-12p: Zumba Gold<br/>12:30-1:30p: Healthy Lifestyle: Nutrition<br/>1-2:30p: Open Studio<br/>5-6p: Metastatic Breast Cancer Networking Group<br/>6-7:30p: Breast Cancer Networking Group</p> | <p><b>4</b> All Day: Art Journaling<br/>12-1p: Sound Bath<br/>12-1p: Yoga for Healthy Movement<br/>12:30-1:30p: Men's Discussion Group<br/>1:30-3p: Art for Relaxation Workshop<br/>5-6p: Bereavement</p>   | <p><b>5</b></p>                                       |
| <p><b>8</b> 9-9:45a: Zumba Toning w/ Lori<br/>11-12p: Zumba Gold<br/>12-1p: Gentle Chair Yoga w/Cecily<br/>12-1p: Colorectal Group<br/>1-1:30p: Monday Meditation w/ Cecily<br/>1:30-3p: Art Therapy</p>                         | <p><b>9</b> 11-12p: Gentle Floor Yoga w/ Nidra<br/>10:30-12p: Cooking w/ Chef Marcia - Cinco De Mayo<br/>12-1p: Yoga for Healthy Movement<br/>12:30-1:30p: Healthy Lifestyle: Fitness<br/>2-3p: Moves that Matter<br/>2-3:30p: Art Therapy<br/>5-6p: Young Adult Group</p> | <p><b>10</b> 11-12p: Zumba Gold<br/>12:30-1:30p: Healthy Lifestyle: Nutrition<br/>1-2:30p: Open Studio</p>  | <p><b>11</b> All Day: Art Journaling<br/>12-1p: Sound Bath<br/>12-1p: Yoga for Healthy Movement<br/>12:30-1:30p: Men's Discussion Group<br/>1-2p: Women's Wellness 3-week Program<br/>2-3:30p: Chef Lesley - Appetizers<br/>6-7:30p: Brain Tumor Networking</p> | <p><b>12</b></p>                                      |
| <p><b>15</b> 9-9:45a: Zumba Toning w/ Lori<br/>11-12p: Zumba Gold<br/>12-1p: Gentle Chair Yoga w/Cecily<br/>1-1:30p: Monday Meditation w/ Cecily<br/>1:30-3p: Art Therapy<br/>2-3p: Pain Management Workshop; Back &amp; Hip</p> | <p><b>16</b> 9:30-10:15a: Tibetan Bowls<br/>11-12p: Gentle Floor Yoga w/ Nidra<br/>12-1p: Yoga for Healthy Movement<br/>12:30-1:30p: Healthy Lifestyle: Fitness<br/>2-3p: Moves that Matter<br/>2-3:30p: Art Therapy<br/>5-6p: Caregiver Support Group</p>                 | <p><b>17</b> 12-1p: Gynecological Networking Group<br/>1-2:30p: Open Studio<br/>3-4p: Journeying Inward<br/>6-8p: Sista's of Hope Support Group</p>   | <p><b>18</b> All Day: Art Journaling<br/>12-1p: Sound Bath<br/>12-1p: Yoga for Healthy Movement<br/>12:30-1:30p: Men's Discussion Group<br/>1-2p: Women's Wellness 3-week Program<br/>5-6p: Bereavement</p>   | <p><b>19</b></p>                                      |
| <p><b>22</b> 9-9:45a: Zumba Toning w/ Lori<br/>11-12p: Zumba Gold<br/>12-1p: Gentle Chair Yoga w/Cecily<br/>1-1:30p: Monday Meditation w/ Cecily<br/>1:30-3p: Art Therapy</p>  | <p><b>23</b> 11-12p: Gentle Floor Yoga w/ Nidra<br/>12-1p: Yoga for Healthy Movement<br/>12:30-1:30p: Healthy Lifestyle: Fitness<br/>2-3p: Moves that Matter<br/>2-3:30p: Art Therapy<br/>5-6p: Young Adult Breast Cancer Networking Group</p>                             | <p><b>24</b> 10:30-12p: Sweet Treat Workshop<br/>11-12p: Zumba Gold<br/>12:30-1:30p: Healthy Lifestyle: Nutrition<br/>1-2:30p: Open Studio</p>  | <p><b>25</b> All Day: Art Journaling<br/>12-1p: Sound Bath<br/>12-1p: Yoga for Healthy Movement<br/>12:30-1:30p: Men's Discussion Group<br/>3-4p: Mother's Grief Group<br/>4-5p: Blood Cancers Networking Group</p>   | <p><b>26</b><br/>CSC Closed for Staff Development</p> |
| <p><b>29</b><br/>CSC Closed for Memorial Day</p>   | <p><b>30</b> 11-12p: Gentle Floor Yoga w/ Nidra<br/>12-1p: Yoga for Healthy Movement<br/>12:30-1:30p: Healthy Lifestyle: Fitness<br/>2-3p: Moves that Matter<br/>2-3:30p: Art Therapy</p>  | <p><b>31</b> 11-12p: Zumba Gold<br/>12:30-1:30p: Healthy Lifestyle: Nutrition<br/>12-1p: Lung Cancer Networking Group<br/>1-2:30p: Open Studio</p>  |   |   |