

October

Purple: Homewood Blue: Mokena Green: Virtual

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>1 10:30-12p: Cooking w/Chef Marcia Fall Desserts 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: LGBTQ+ Networking Group</p>	<p>2 10:30-12p: Clean Living 11-12p: Zumba Gold 12-1:30p: Healthy Lifestyle 1-2:30p: Art Open Studio 2-3:30p: Knit & Crochet Group 2:30-3:30p: Gentle Yoga 5-6p: Metastatic Breast Cancer Networking 6-7:30p: Breast Cancer Networking</p>	<p>3 All Day: Art Journaling 12-1p: Soundbath 12:30-1:30p: Men's Discussion Group 2:30-4p: Healthy Lifestyle 4-4:45p: Get Moving, Get Fit 5-6p: Bereavement Group</p>	<p>4</p>
<p>7 9-9:45a: Zumba Toning w/Lori 11-12p: Zumba Gold 12-1p: Gentle Chair Yoga 12-1p: Colorectal Cancers Group 12-1p: Knit & Crochet Group 1-1:30p: Meditation 1:30-3p: Art Therapy 4-4:45: Get Moving, Get Fit 4:30-5:30p: Tween Art Meetup</p>	<p>8 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: Young Adult Networking Group</p>	<p>9 11-12p: Zumba Gold 12-1:30p: Healthy Lifestyle 1-2:30p: Art Open Studio 2-3:30p: Knit & Crochet Group 2:30-3:30p: Gentle Yoga</p>	<p>10 All Day: Art Journaling 12:30-1:30p: Men's Discussion Group 2:30-4p: Healthy Lifestyle 4-4:45p: Get Moving, Get Fit 6-7:30p: Brain Tumor Networking</p>	<p>11</p>
<p>14</p> <p style="text-align: center;">CSC LOCATIONS CLOSED</p>	<p>15 9:30-10:15a: Tibetan Bowls 10:30-12p: Fall Smoothie Clinic 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: Blood Cancers Networking</p>	<p>16 10:30-12p: Fall Smoothie Clinic 11-12p: Zumba Gold 12-1:30p: Healthy Lifestyle 12-1p Gynecological Cancer Networking 12:30-2p: Artist Book Art Workshop 2-3:30p: Knit & Crochet Group 2:30-3:30p: Gentle Yoga 3-4p: Journeying Inward 4-5p: Statistics for Patients 6-7p: Sistas of Hope</p>	<p>17 All Day: Art Journaling 12-1p: Soundbath 12:30-1:30p: Men's Discussion Group 2:30-4p: Healthy Lifestyle 4-4:45p: Get Moving, Get Fit 5-6p: Bereavement Group</p>	<p>18</p> <p>11-12p: Neuropathy</p>
<p>21 9-9:45a: Zumba Toning 11-12p: Zumba Gold 12-1p: Knit & Crochet Group 12-1p: Gentle Chair Yoga 12:30-1:15p: Corrective Exercise 1-1:30p: Meditation 1:30-3p: Art Therapy 2-3p: Cancer Support Group 4-4:45: Get Moving, Get Fit</p>	<p>22 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy</p>	<p>23 11-12p: Zumba Gold 12-1:30p: Healthy Lifestyle 1-2:30p: Art Open Studio 2-3:30p: Knit & Crochet Group 2:30-3:30p: Gentle Yoga</p>	<p>24 All Day: Art Journaling 10:30-12p: Healthy & Homemade w/Gwen Soup & Sandwich 11-12p: Skin Care After Cancer 12:30-1:30p: Men's Discussion Group 2:30-4p: Healthy Lifestyle 4-4:45: Get Moving, Get Fit</p>	<p>25</p>
<p>28 9-9:45a: Zumba Toning 11-12p: Zumba Gold 12-1p: Knit & Crochet Group 12-1p: Gentle Chair Yoga 1-1:30p: Meditation 1:30-3p: Art Therapy 4-4:45: Get Moving, Get Fit 4-5 p: Head and Neck Cancers Networking</p>	<p>29 9:30-10:15a: Tibetan Bowls 10:30-12p: Cooking w/Chef Marcia; Ramen Bowls 11-12p: Gentle Floor Yoga Nidra w/ Karen 12-1p: Cancer Support and Networking 2-2:45p: Moves that Matter 2-3:30p: Art Therapy</p>	<p>30 11-12p: Zumba Gold 12-1:30p: Healthy Lifestyle 12-1p: Lung Cancer Networking Group 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Gentle Yoga with Marcela 4-5:30p: Paint & Sip</p>	<p>31 All Day: Art Journaling 2:30-4p: Healthy Lifestyle 4-4:45p: Get Moving, Get Fit 4-5p: Multiple Myeloma Networking</p>	