

July

Purple: Homewood Blue: Mokena Green: Virtual

Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 9-9:45a: Zumba Toning 11-12p: Zumba Gold 12-1p: Gentle Chair Yoga 12-1p: Knit & Crochet Group 1-1:30p: Meditation 1:30-3p: Art Therapy 4-4:45: Get Moving, Get Fit</p>	<p>2 9:30-10:15a: Tibetan Bowls 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 6-7p: LGBTQ+ Networking Group</p>	<p>3 11-12p: Zumba Gold 1-2:30p: Art Open Studio 2-3:30p: Knit & Crochet Group 2:30-3:30p: Gentle Yoga</p>	<p>4</p> <p>5</p> <p>BOTH CENTERS CLOSED FOR INDEPENDENCE DAY</p>	
<p>8 9-9:45a: Zumba Toning 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</p>	<p>9 11-12:30: Cancer is Full of "Scrap" 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: Young Adult Group</p>	<p>10 11-12p: Zumba Gold 1-2:30p: Art Open Studio 2-3:30p: Knit & Crochet Group 2:30-3:30p: Gentle Yoga</p>	<p>11 All Day: Art Journaling 10:30-12: Summertime 'Meal Salads' 12:30-1:30p: Men's Discussion Group 4-4:45p: Get Moving, Get Fit 6-7:30p: Brain Tumor Networking</p> <p>12</p> <p>Summer Hours: 10am-2pm (Fridays Only)</p>	
<p>15 9-9:45a: Zumba Toning 11-12p: Zumba Gold 12-1p: Gentle Chair Yoga 12-1p: Knit & Crochet Group 1-1:30p: Meditation 1:30-3p: Art Therapy 2-3p: Patient Support Group 4-4:45: Get Moving, Get Fit</p>	<p>16 10:30-12: Superfood Smoothie Clinic 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: Blood Cancer Group</p>	<p>17</p> <p>CLOSED FOR STAFF DEVELOPMENT DAY</p> <p>4-5p: Managing Head and Neck Cancer 6-7p: Sistas of Hope</p>	<p>18 All Day: Art Journaling 12:30-1:30p: Men's Discussion Group 4-4:45p: Get Moving, Get Fit 5-6p: Bereavement Group</p> <p>19</p> <p>Summer Hours: 10am-2pm (Fridays Only)</p>	
<p>22 9-9:45a: Zumba Toning 10-12p: Kids' Camp 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 4-4:45: Get Moving, Get Fit</p>	<p>23 10-12p: Kids' Camp 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: Helping Children Cope</p>	<p>24 10-12p: Kids' Camp 11-12p: Zumba Gold 1-2:30p: Art Open Studio 2-3:30p: Knit & Crochet Group 2:30-3:30p: Gentle Yoga</p>	<p>25 All Day: Art Journaling 10-12p: Kids' Camp 12:30-1:30p: Men's Discussion Group 4-4:45: Get Moving, Get Fit 4-5p: Multiple Myeloma Networking 5-6p: Prostate Cancer Networking</p> <p>26</p> <p>10-12p: Kids' Camp</p> <p>Summer Hours: 10am-2pm (Fridays Only)</p>	
<p>29 10-12p: Kids' Camp 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>30 10-12p: Kids' Camp 11-12p: Gentle Floor Yoga Nidra w/ Karen 12-1p: Cancer Support Group 2-2:45p: Moves that Matter 2-3:15: Toxic Ingredients in Processed Food 2-3:30p: Art Therapy</p>	<p>31 10-12p: Kids' Camp 11-12p: Zumba Gold 12-1p: Lung Cancer Networking 1-2:30p: Art Open Studio 1-2:30: Better Digestion in the Summer 2:30-3:30p: Gentle Yoga</p>		