

# NOVEMBER

Purple: Homewood Blue: Mokena Green: Virtual

Monday

Tuesday

Wednesday

Thursday

Friday

		<b>1</b> 11-12p: Zumba Gold 12-1p: Afternoon Bingo 12-1:30p: Healthy Lifestyle 1-2:30p: Open Studio 2-3p: Knit & Crochet 2:30-3:30p: Gentle Yoga 5-6p: Metastatic Breast Cancer Group 6-7:30p: Breast Cancer Group	<b>2</b> All Day: Art Journaling 12-1p: Sound Bath 12:30-1:30p: Men's Discussion Group 2:30-3:30p: Yoga Chair/Floor 2:30-4: Healthy Lifestyle 5-6p: Bereavement Group	<b>3</b>
<b>6</b> 9-9:45a: Zumba Toning 11-12p: Middle Eastern Women's Support Group 12-1p: Gentle Chair Yoga 1-1:30p: Meditation 1:30-3p: Art Therapy	<b>7</b> 9:30-11a: Fun with Chef Lesley 11-12p: Gentle Floor Yoga Nidra 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 4:30-5:30p: Kids Group 6-7p: LGBTQ+ Networking Group	<b>8</b> 11-12p: Zumba Gold 12-2p: Gratitude Jar Workshop 1-2:30p: Open Studio 2-3p: Knit and Crochet Group 2:30-3:30p: Gentle Yoga 6:30-7:30p: Crafting for Caregivers	<b>9</b> All Day: Art Journaling 12-1p: Sound Bath 12:30-1:30p: Men's Discussion Group 2:30-3:30p: Yoga: Chair/Floor 2:30-4p: Healthy Lifestyle 6-7:30p: Brain Tumor Group	<b>10</b>
<b>13</b> 9-9:45a: Zumba Toning 11-12p: Zumba Gold 11-12p: Middle Eastern Women's Group 12-1p: Chair Yoga 12-1p: Colorectal Cancers Group 1-1:30p: Monday Meditation 1:30-3p: Art Therapy 2-3p: Corrective Movements	<b>14</b> 9:30-10:15a: Tibetan Bowls 11-12p: Gentle Floor Yoga Nidra 2-3:30p: Art Therapy 2-2:45p: Moves that Matter 4:30-5:30p: Kids Group 5-6p: Grieving Through the Holidays 5-6p: Young Adult Networking	<b>15</b> 10-11:30a: Healthy & Homemade 11-12p: Zumba Gold 12-1p: Gynecological Cancer Group 12-1p: Afternoon BINGO 1-2:30p: Art Open Studio 2-3p: Knit & Crochet 2:30-3:30p: Gentle Yoga 3-4p: Journeying Inward 6-7p: Sistas of Hope 6:30-7:30p: Crafting for Caregivers	<b>16</b> All Day: Art Journaling 12-1p: Sound Bath 12:30-1:30p: Men's Discussion Group 2:30-3:30p: Yoga: Chair/Floor 2-3p: Lung Cancer & Rehab 2:30-4p: Healthy Lifestyle 5-6p: Bereavement Group	<b>17</b>
<b>20</b> 9-9:45a: Zumba Toning 11-12p: Zumba Gold 11-12p: Middle Eastern Women's Group 12-1p: Chair Yoga 1-1:30p: Monday Meditation 1:30-3p: Art Therapy 2-3p: Survivor Support Group	<b>21</b> 9:30-10:15a: Tibetan Bowls 11-12p: Gentle Floor Yoga Nidra 10:30-12p: Cooking with Chef Marcia 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: Caregivers Networking	<b>22</b> 11-12p: Zumba Gold 1-2:30p: Art Open Studio 2-3p: Knit & Crochet Group 2:30-3:30p: Gentle Yoga	<b>23</b> BOTH CENTERS CLOSED FOR THANKSGIVING WEEKEND	<b>24</b>
<b>27</b> 11-12p: Zumba Gold 12-1p: Chair Yoga 1-1:30p: Monday Meditation 1:30-3p: Art Therapy 4-5p: Head & Neck Cancers Networking	<b>28</b> GIVING TUESDAY 12-1p: Survivor Support & Networking Group 2-2:45p: Moves that Matter 4:30-6:30p: Art Show 5-6p: Young Adult Breast Cancer Group	<b>29</b> 11-12p: Zumba Gold 11:30-1p: Clean Living 12-1p: Lung Cancer Networking 1-2:30p: Art Open Studio 2-3p: Knit & Crochet Group 2:30-3:30p: Gentle Yoga	<b>30</b> All Day: Art Journaling 12-1: Soundbath 12:30-1:30p: Men's Discussion Group 2:30-3:30p: Yoga: Chair/Floor 4-5p: Blood Cancer Networking 5-6p: Prostate Cancer Networking	