

August

Purple: Homewood

Blue: Mokena

Green: Virtual

Monday

Tuesday

Wednesday

Thursday

Friday



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11-12p:
Navigating
Neuropathy

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9-9:45a: Zumba Toning w/ Lori
11-12p: Zumba Gold with Denise
12-1 p: Knit and Crochet Group
12-1 p: Chair Yoga with Cecily
1-1:30p: Monday Meditation w/ Cecily
1:30-3p: Art Therapy

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11-12:30p: Importance of Protein
11- 12p: Gentle Floor Yoga Nidra w/ Karen
2-3:30p: Art Therapy
2-2:45p: Moves That Matter
5-6p: LGBTQ+ Networking Group

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9-9:45a: Get Moving Get Fit
9:30-10:30a: Tai Chi and Qigong
10-10:30a: Relaxation for All
10:30-11:30a: Lung Cancer Networking Group
11-12p: Zumba Gold with Denise
12-1p: Coping with Cancer & Stress
12:30-2p: Art Open Studio
2-3:30p: Knit and Crochet Group
2:30-3:30p: Chair Yoga with Marcela
5-6p: Metastatic Breast Cancer Networking Group
6-7:30p: Breast Cancer Networking Group

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Art Journaling
11-12:30p: Importance of Protein
12-1p: Sound Bath
12:30-1:30p: Men's Networking Group
5-6p: Bereavement Group
6-7:30p: Brain Tumor Networking Group
Art Journaling

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11-12p: Zumba Gold w/Denise
12-1p: Patient Networking Group
12-1 p: Knit and Crochet Group
12-1 p: Chair Yoga with Cecily
1-1:30p: Monday Meditation w/ Cecily
1:30-3p: Art Therapy

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11-12:30p: Summer Smoothie Clinic
11- 12p: Gentle Floor Yoga Nidra w/ Karen
2-3:30p: Art Therapy
2-2:45p: Moves That Matter
3-4: How to Overcome "Scanxiety"
5-6p: Young Adult Networking Group

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9-9:45a: Get Moving Get Fit
9:30-10:30a: Tai Chi and Qigong
10-10:30a: Relaxation for All
10:30-11:30a: Colorectal Cancers Group
11-12p: Zumba Gold with Denise
11-12:30p: Summer Smoothie Clinic
12:30-2p: Art Open Studio
2-3:30p: Knit and Crochet Group
2:30-3:30p: Chair Yoga with Marcela
4-5p: Head & Neck Cancer Networking Group

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Art Journaling
1-2p: Makeup for Survivors

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11-12p: Men's Networking Group
11-12p: Zumba Gold with Denise
12-1p: Knit and Crochet Group
12-1 p: Chair Yoga with Cecily
1-1:30p: Monday Meditation w/ Cecily
12:30-1:15p: Corrective Exercise
1:30-3p: Art Therapy
4-5p: Caregiver's Networking Group

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11- 12p: Gentle Floor Yoga Nidra w/ Karen
2-3:30p: Art Therapy
2-2:45p: Moves That Matter
5-6p: Blood Cancer Networking Group
5-6 pm Bereavement Group

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10-2p: STAFF DEVELOPMENT DAY
11-12p: Zumba Gold with Denise
12-1p: Gynecological Cancer Networking Group
12:30-2p: Art Open Studio
2-3:30p: Knit and Crochet Group
3-4p: Journeying Inward
6-7p: Sista's of Hope

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Art Journaling
12-1p: Sound Bath
12:30-1:30p: Men's Networking Group
5-6p: Blood Cancers Networking Group
Art Journaling

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11-12p: Zumba Gold with Denise
12-1 p: Chair Yoga with Cecily
12-1p: Knit and Crochet Group
1-1:30p: Monday Meditation w/ Cecily
1:30-3p: Art Therapy
4:30-5:30p: Monthly Tween Art Meetup

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9:30-10:15a: Tibetan Bowls
11- 12p: Gentle Floor Yoga Nidra w/ Karen
12-1p: Patient Networking Group
2-3:30p: Art Therapy
2-2:45p: Moves That Matter

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9-9:45a: Get Moving Get Fit
10-10:30a: Relaxation for All
11-12:30p: Label Reading Avoid Food Dyes and Preservatives
11-12p: Zumba Gold with Denise
12:30-2p: Art Open Studio
2-3:30p: Knit and Crochet Group
2:30-3:30p: Chair Yoga with Marcela

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Art Journaling
10:30-12p: Healthy and Homemade with Gwen: Veggie Baked Rigatoni
12:30-1:30p: Men's Networking Group
4-5p: Multiple Myeloma Cancer Networking Group

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