

August

Purple: Homewood Blue: Mokena Green: Virtual

Monday

Tuesday

Wednesday

Thursday

Friday



		1 All Day: Art Journaling 10-12p: Kids' Camp 12-1p: Soundbath 12:30-1:30p: Men's Discussion Group 4-4:45p: Get Moving, Get Fit 5-6p: Bereavement Group		2 10-12p: Kids' Camp Summer Hours: 10am-2pm (Fridays Only)
		5 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	6 10-11:15: Reduce Inflammation 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: LGBTQ+ Networking Group	7 10-11:15: Reduce Inflammation 11-12p: Zumba Gold 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
12 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	13 9:30-10:15a: Tibetan Bowls 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 Networking Group	14 11-12p: Zumba Gold 1-2:30p: Art Open Studio 2-3:30p: Knit & Crochet Group 2:30-3:30p: Gentle Yoga	15 All Day: Art Journaling 12-1p: Soundbath 12:30-1:30p: Men's Discussion Group 4-4:45p: Get Moving, Get Fit 5-6p: Bereavement Group	16 Summer Hours: 10am-2pm (Fridays Only)
19 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 2-3p: Patient Support Group 4-4:45: Get Moving, Get Fit 4-5: The Physics of Radiation Therapy	20 10:30a-12p: Healthy Brain Foods Demo 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: Blood Cancers Networking	21 11-12p: Zumba Gold 12-1p Gynecological Cancer Networking 1-2:30p: Art Open Studio 2-3:30p: Knit & Crochet Group 2:30-3:30p: Gentle Yoga 3-4p: Journeying Inward 6-7p: Sistas of Hope	22 All Day: Art Journaling 10:30a-12p: Healthy Brain Foods Demo 12:30-1:30p: Men's Discussion Group 4-4:45: Get Moving, Get Fit	23 10:30-11:30a: Bone Health & Physical Therapy Summer Hours: 10am-2pm (Fridays Only)
26 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	27 9:30-10:15a: Tibetan Bowls 10:30-11:45: Eat Healthy When Eating Out 11-12p: Gentle Floor Yoga Nidra w/ Karen 12-1p: Cancer Support Group 2-2:45p: Moves that Matter 2-3:30p: Art Therapy	28 10:30-11:45: Eat Healthy When Eating Out 11-12p: Zumba Gold 12-1p: Lung Cancer Networking 1-2:30p: Art Open Studio 2-3:30p: Knit & Crochet Group 2:30-3:30p: Gentle Yoga	29 All Day: Art Journaling 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	30 Summer Hours: 10am-2pm (Fridays Only)