

# September

Purple: Homewood Blue: Mokena Green: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>CSC</b> <b>LOCATIONS</b> <b>CLOSED</b>	<b>3</b> 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: LGBTQ+ Networking Group	<b>4</b> 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	<b>5</b> 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	<b>6</b>
<b>9</b> 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	<b>10</b> 9:30-10:15: Tibetan Bowls 11-12p: Gentle Floor Yoga Nidra w/ Karen 12-1:30p: Women's Wellness 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: Young Adult Networking Group	<b>11</b> 11-12p: Zumba Gold 1-2:30p: Art Open Studio 2-3:30p: Knit & Crochet Group 2:30-3:30p: Gentle Yoga	<b>12</b> All Day: Art Journaling 10:30-12p: Healthy & Homemade w/Gwen: Meatless Meals 12:30-1:30p: Men's Discussion Group 4-4:45p: Get Moving, Get Fit 5-6p: Supporting Teens & Kids After a Loss 6-7:30p: Brain Tumor Networking	<b>13</b>
<b>16</b> 9-9:45a: Zumba Toning 11-12p: Zumba Gold 12-1p: Gentle Chair Yoga 12-1p: Knit & Crochet Group 12:30-1:15p: Corrective Exercise 1:30-3p: Art Therapy 1-1:30p: Meditation 4-4:45: Get Moving, Get Fit 4:30-5:30p: Tween Art Meetup	<b>17</b> 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: Blood Cancers Networking	<b>18</b> 11-12p: Zumba Gold 12-1p Gynecological Cancer Networking 12-1:30p: Chef Lesley; Ramen Bowls 1-2:30p: Art Open Studio 2-3:30p: Knit & Crochet Group 3-4p: Journeying Inward 2:30-3:30p: Gentle Yoga 4-5:30p: Guided Painting Art Workshop 6-7p: Sistas of Hope	<b>19</b> 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	<b>20</b>
<b>23</b> 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 2-3p: Cancer Support Group 4-5p: How to Cope with Grief & Loss	<b>24</b> 9:30-10:15: Tibetan Bowls 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 12-1p: Cancer Support & Networking Group 2-3:30p: Art Therapy	<b>25</b> 11-12p: Zumba Gold 12-1p: Lung Cancer Networking Group 1-2:30p: Art Open Studio 2-3:30p: Knit & Crochet Group 2:30-3:30p: Gentle Yoga	<b>26</b> 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 Group	<b>27</b>
<b>30</b> 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				