




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 Website QR code	<b>1</b> Gentle Yoga <sup>(5/6)</sup> 10:00 – 11:15 AM (V) 5:30 – 6:45 PM (I)  Sisters of Color Discussion Group 5:30 – 7:00 PM (H)	<b>2</b> Gentle Yoga <sup>(5/6)</sup> 10:00 – 11:15 AM (V) 5:30 – 6:45 PM (I)  GYN Cancer Discussion Group 4:00 – 5:30 PM (H)	<b>3</b> Newly Diagnosed/ In Active Treatment Discussion Group 10:00 – 11:30 AM (V)	<b>4</b> Independence Day Office Closed	<b>5</b> Independence Day Office Closed	<b>6</b>	
<b>7</b>	<b>8</b> Gentle Yoga <sup>(6/6)</sup> 10:00 – 11:15 AM (V) 5:30 – 6:45 PM (I)  Breast/GYN Cancer Discussion Group 5:30 – 7:00 PM (V)	<b>9</b> Gentle Yoga <sup>(6/6)</sup> 10:00 – 11:15 AM (I) 5:30 – 6:45 PM (V)  Movement & Motion *DROP IN* 5:30 – 6:45 PM (I)	<b>10</b> Lymphedema Discussion Group 6:00 – 7:30 PM (H)	<b>11</b> Common Ground Metastatic Discussion Group 1:00 – 2:30 PM (V)	<b>12</b> Brown Bag Friday 12:00 – 1:30 PM (I)	<b>13</b> Mindfulness & Meditation <sup>(1/4)</sup> 10:00 – 11:15 AM (V)	
<b>14</b>	<b>15</b> Sisters of Color Discussion Group 5:30 – 7:00 PM (H)	<b>16</b> GYN Cancer Discussion Group 4:00 – 5:30 PM (H)  Movement & Motion *DROP IN* 5:30 – 6:45 PM (I)	<b>17</b> Newly Diagnosed/ In Active Treatment Discussion Group 10:00 – 11:30 AM (V)  Mindfulness, Meditation & Relaxation <sup>(1/5)</sup> 6:00 – 7:15 PM (V)	<b>18</b> Common Ground Metastatic Lunch Group 12:00 – 1:30 PM (I)  Breast/GYN Cancer Discussion Group 5:30 – 7:00 PM (I)	<b>19</b> Brown Bag Friday 12:00 – 1:30 PM (I)	<b>20</b> Mindfulness & Meditation <sup>(2/4)</sup> 10:00 – 11:15 AM (V)	
<b>21</b>	<b>22</b> Gentle Yoga <sup>(1/6)</sup> 10:00 – 11:15 AM (V) 5:30 – 6:45 PM (I)  Breast/GYN Cancer Discussion Group 5:30 – 7:00 PM (V)	<b>23</b> Gentle Yoga <sup>(1/6)</sup> 10:00 – 11:15 AM (I) 5:30 – 6:45 PM (V)  Movement & Motion *DROP IN* 5:30 – 6:45 PM (I)	<b>24</b> Voices & Vision <sup>(1/5)</sup> 1:00 – 3:00 PM (V)  Mindfulness, Meditation & Relaxation <sup>(2/5)</sup> 6:00 – 7:15 PM (V)  Evening Educational Webinar Series 7:00 PM (V)	<b>25</b> Common Ground Metastatic Discussion Group 1:00 – 2:30 PM (V)  Book Club 7:00 PM (V)	<b>26</b> Brown Bag Friday 12:00 – 1:30 PM (I)	<b>27</b> Mindfulness & Meditation <sup>(3/4)</sup> 10:00 – 11:15 AM (V)	
<b>28</b>	<b>29</b> Gentle Yoga <sup>(2/6)</sup> 10:00 – 11:15 AM (V) 5:30 – 6:45 PM (I)	<b>30</b> Gentle Yoga <sup>(2/6)</sup> 10:00 – 11:15 AM (I) 5:30 – 6:45 PM (V)  Movement & Motion *DROP IN* 5:30 – 6:45 PM (I)	<b>31</b> Voices & Vision <sup>(2/5)</sup> 1:00 – 3:00 PM (V)  Mindfulness, Meditation & Relaxation <sup>(3/5)</sup> 6:00 – 7:15 PM (V)	<b>Programs in Pink require registration!</b>  Programming is offered in a variety of ways to meet the needs of our community. V = Virtual (via Zoom)    I = In-Person H = Hybrid (In-Person & Zoom together)			Please stay home if you are experiencing symptoms of ANY illness.