



January Calendar

Amanda Poole - Manager

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1120 Medical Plaza Dr. #250

Sunday 25	Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
	CLOSED	CLOSED	10AM Tai Chi 12PM Oncology Nutrition 2PM Mah jongg	10AM Bible Study 11AM Gentle Yoga 1PM Phone Photography w/FOLK	9AM Zumba Gold 10AM Coffee&Support 10AM Pet Therapy	
6	9AM Gentle Yoga 12PM Cancer Support Group - Spanish 1PM Pilates 2PM Knitting	7 9AM Spanish 11AM Gentle Yoga 12:30PM Healing Art	8 10AM Tai Chi 12PM Ask the Doctor 2PM Mahjongg	9 11AM Gentle Yoga 5:30 Art & Heart	10 9AM Zumba Gold 10AM Coffee &Support 11AM Yoga Nidra	11 10AM Theraputic Drumming 4PM Teen Game Night
13	14 9AM Gentle Yoga 1PM Pilates 2PM Knitting	15 9AM Spanish 11AM Gentle Yoga 12:30 Eating Well Through Cancer	16 10AM Tai Chi 12PM Oncology Education 2PM Mahjongg 4:30PM YaYa Connections	17 11AM Gentle Yoga 10AM Bible Study 1PM SoulCollage	18 9AM Zumba Gold 10AM Coffee &Support 10AM Pet Therapy 11AM Cancer Rehab Education	19
20	21 9AM Gentle Yoga 1PM Pilates 2PM Knitting 5:30PM Life In Between	22 9AM Spanish 11AM Gentle Yoga 12:30PM Healing Art 5:30PM The Nest	23 10AM Tai Chi 12PM Cooking w/Paola 2PM Mahjongg	24 11AM Gentle Yoga 12:30PM Cancer Support Group 2PM Grief Support	25 9AM Zumba Gold 10AM Coffee &Support 11AM Men's Lunch	26
27	28 9AM Gentle Yoga 1PM Pilates 2PM Knitting	29 9AM Spanish 11AM Gentle Yoga	30 10AM Tai Chi 2PM Mahjongg	1 11AM Gentle Yoga	2 9AM Zumba Gold 10AM Coffee&Support	3

This calendar is subject to change. Please check your email before class!

For weekend classes or classes after 6PM - there is a callbox on the front of the medical plaza doors in case they are locked.