



# July Calendar

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1120 Medical Plaza Dr. #250

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
	9AM Gentle Yoga 2PM Knitting	9AM Spanish 11AM Gentle Yoga 12:30PM Healing Art	<b>CLOSED</b>	9AM Spanish 11AM Gentle Yoga	10AM Pet Therapy 10AM Coffee&Support	
2PM Cooking Together	9AM Gentle Yoga 11AM Look Good Feel Better 2PM Knitting	9AM Spanish 11AM Gentle Yoga 12:30PM Eating well Through Cancer 2PM Grief Support 6PM Guided Visualization	10AM Tai Chi 12PM Ask the Doctor	9AM Spanish 10AM Bible Study 11AM Gentle Yoga	10AM Coffee &Support	
	9AM Gentle Yoga 2PM Knitting 6:30PM Modern Widows Club	9AM Spanish 11AM Gentle Yoga 12:30PM Healing Art	10AM Tai Chi 12PM Oncology Education 2PM Active After Cancer 2PM Mahjong	9AM Spanish 11AM Gentle Yoga 12:30PM Cancer Support Group	10AM Pet Therapy 10AM Coffee &Support 11AM Cancer Rehab Education	
	9AM Gentle Yoga 2PM Knitting	9AM Spanish 11AM Gentle Yoga 6PM Guided Visualization	10AM Tai Chi 12PM Cooking with Paola 2PM Majong 2PM Active After Cancer	9AM Spanish 11AM Gentle Yoga 12:30PM Cancer Support Group	10AM Coffee& Support 11AM Men's Lunch	
	9AM Gentle Yoga 2PM Knitting	9AM Spanish 11AM Gentle Yoga 12:30PM Healing Art	10AM Tai Chi 2PM Mahjong 2PM Active After Cancer	9AM Spanish 10AM Bible Study 11AM Gentle Yoga	10AM Coffee&Support	

**\*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.**