



November Calendar

Amanda Poole - Manager
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Sunday 28	Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2	Saturday 3
	9AM Gentle Yoga 2PM Knitting	9AM Spanish 11AM Gentle Yoga 12:30PM Healing Art	10AM Tai Chi 2PM Mahjongg 2PM Active After Cancer	9AM Spanish 10AM Bible Study 11AM Gentle Yoga 1:30PM Phone Photography w/FOLK	9AM Zumba Gold 10AM Pet Therapy 10AM Coffee&Support	
CANOPY QUEST	9AM Gentle Yoga 12PM Cancer Support Group - Spanish 1PM Pilates 2PM Knitting	9AM Spanish 11AM Gentle Yoga	10AM Tai Chi 11PM Holiday Cooking Class 2PM Mahjongg	9AM Spanish 11AM Gentle Yoga 5:30PM Art&Heart	9AM Zumba Gold 10AM Coffee &Support 11AM Journaling & Gentle Yoga	
2PM Cooking Together	9AM Gentle Yoga 11AM Look Good Fee Better 1PM Pilates 2PM Knitting	9AM Spanish 11AM Gentle Yoga 12:30 Eating Well Through Cancer	10AM Tai Chi 12PM Ask the Doctor	9AM Spanish 11AM Gentle Yoga 10AM Bible Study 12:30PM Cancer Support Group 1PM SoulCollage 2PM Grief Support	9AM Zumba Gold 10AM Pet Therapy 10AM Coffee &Support 11AM Cancer Rehab Education	
9AM Gentle Yoga 1PM Pilates 2PM Knitting 4:30PM YaYa Connections 5:30PM Life In Between	9AM Spanish 11AM Gentle Yoga 12:30PM Healing Art 7:30PM Cancer Support Group	CLOSED	CLOSED	CLOSED		
9AM Gentle Yoga 1PM Pilates 2PM Knitting	9AM Spanish 11AM Gentle Yoga 1PM Jewelry Making	10AM Tai Chi 12PM Cooking w/Paola 4:30 Kids' Cookie Decorating	9AM Spanish 10AM Bible Study 11AM Gentle Yoga	9AM Zumba Gold 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.