



1120 Medical Plaza Dr. #250

# September Calendar

Amanda Poole - Manager

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Sunday 2	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8
	<b>CLOSED</b>	9AM Spanish 11AM Gentle Yoga	10AM Tai Chi 12PM Oncology Nutrition 2PM Active After Cancer	9AM Spanish 10AM Bible Study 11AM Gentle Yoga 1:30PM Phone Photography w/FOLK	10AM Pet Therapy 10AM Coffee&Support	
9 2PM Cooking Together	10 9AM Gentle Yoga 11AM Look Good Feel Better 2PM Knitting	11 9AM Spanish 11AM Yoga 12:30 Eating Well Through Cancer	12 10AM Tai Chi 12PM Ask the Doctor 2PM Active Living After Cancer 2PM Mahiona	13 9AM Spanish 11AM Gentle Yoga 5:30PM Art&Heart	14 10AM Coffee &Support 11AM Creative Writing&Yoga	15
16	17 9AM Gentle Yoga 2PM Knitting 6:30PM Modern Widows Club	18 9AM Spanish 11AM Gentle Yoga 7:30PM Cancer Support Group - General	19 10AM Tai Chi 12PM Oncology Education 2PM Active After Cancer 4:30 YaYa Connections 6:30PM ArtFeel	20 9AM Spanish 10AM Bible Study 11AM Gentle Yoga 12:30PM Cancer Support Group 2PM Grief Support 4:30PM Active Living After Cancer - Spanish	21 10AM Pet Therapy 10AM Coffee &Support 11AM Cancer Rehab Education	22
23	24 9AM Gentle Yoga 2PM Knitting 5:30PM Life In Between	25 9AM Spanish 11AM Gentle Yoga 4:30PM The Nest	26 10AM Tai Chi 12PM Cooking with Paola 2PM Active After Cancer	27 9AM Spanish 11AM Gentle Yoga 4:30PM Active Living After Cancer - Spanish	28 10AM Coffee&Support 11AM Men's Lunch	29
30	1 9AM Gentle Yoga 2PM Knitting	2 9AM Spanish 11AM Gentle Yoga 12:30PM Healing Art	3 10AM Tai Chi 2PM Mahjong 2PM Active After Cancer	4 9AM Spanish 10AM Bible Study 11AM Gentle Yoga 4:30PM Active Living After Cancer - Spanish	5 10AM Coffee&Support 10AM Pet Therapy	6

**\*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.**