

April

Purple: Homewood Blue: Mokena Green: Virtual

Monday

Tuesday

Wednesday

Thursday

Friday



<p>1 9:30-10:15a: Tibetan Bowls</p> <p>11-12p: Gentle Floor Yoga Nidra w/ Karen</p> <p>2-3:30p: Art Therapy</p> <p>2-2:45p: Moves That Matter</p> <p>5-6p: LGBTQ+ Networking Group</p>	<p>2 9:30-10:30a: Tai Chi</p> <p>9-10:30a: Get Moving Get Fit</p> <p>10:45-12p: Home Remedies to Reduce Inflammation</p> <p>10:30-11:30a: Lung Cancer Networking Group</p> <p>10-12p: Kids Horse Outing</p> <p>11-12p: Zumba Gold with Denise</p> <p>12-1:30p: Healthy Lifestyle</p> <p>12:30-2p: Art Open Studio</p> <p>2-3:30p: Knit and Crochet Group</p> <p>2:30-3:30p: Chair Yoga with Marcela</p> <p>5-6p: Metastatic Breast Cancer Networking Group</p> <p>6-7:30p: Breast Cancer Networking Group</p>	<p>3 Art Journaling</p> <p>12-1p: Sound Bath</p> <p>12:30-1:30p: Men's Discussion Group</p> <p>2:30-4p: Healthy Lifestyle</p> <p>5-6p: Bereavement Group</p>	<p>4</p> <p>11-12p: Neuropathy</p> <p>6-11:30p: CSC Gala</p>
<p>7 9-9:45a: Zumba Toning w/ Lori</p> <p>11-12p: Zumba Gold w/Denise</p> <p>12-1 p: Knit and Crochet Group</p> <p>12-1 p: Chair Yoga with Cecily</p> <p>1-1:30p: Monday Meditation w/ Cecily</p> <p>1:30-3p: Art Therapy</p> <p>4:30-5:30p: Monthly Tween Art Meetup</p>	<p>8</p> <p>10-11a: Let It Go & Experience JOY</p> <p>11-12p: Gentle Floor Yoga Nidra w/ Karen</p> <p>2-3:30p: Art Therapy</p> <p>2-2:45p: Moves That Matter</p> <p>5-6p: Young Adult Networking Group</p>	<p>9 9-10:30a: Get Moving, Get Fit</p> <p>9:30-10:30a: Tai Chi</p> <p>10:30-11:30a: Colorectal Cancers Group</p> <p>11a-12p: Zumba Gold w/Denise</p> <p>12-1:30p: Healthy Lifestyle</p> <p>12:30-2p: Art Open Studio</p> <p>2-3:30p: Knit and Crochet Group</p> <p>2:30-3:30p: Chair Yoga with Marcela</p> <p>4-5p: Head and Neck Cancers Networking</p> <p>5-6p: Caregivers Networking Group</p>	<p>10 Art Journaling</p> <p>10:30-12p: Healthy and Homemade with Gwen; Toss the Take-Out Menu</p> <p>12:30-1:30p: Men's Discussion Group</p> <p>2:30-4p: Healthy Lifestyle</p> <p>5-6p: Prostate Cancer Networking Group</p> <p>6-7:30p: Brain Tumor Networking Group</p>
<p>14 9-9:45a: Zumba Toning w/ Lori</p> <p>11-12p: Zumba Gold w/Denise</p> <p>12-1p: Chair Yoga with Cecily</p> <p>12-1p: Knit & Crochet</p> <p>12-1p: Patient Support Group</p> <p>12:30-1:15p: Corrective Exercise to Rebuild, Strengthen and Restore</p> <p>1-1:30p: Monday Meditation with Cecily</p> <p>1:30-3p: Art Therapy</p>	<p>15 10:30-12p: Cooking with Chef Marcia; Get 'egg-cited' for egg dishes</p> <p>11-12p: Gentle Floor Yoga Nidra with Karen</p> <p>2-3:30p: Art Therapy</p> <p>2-2:45p: Moves That Matter</p> <p>5-6p: Blood Cancers Networking Group</p>	<p>16 9-10:30a: Get Moving Get Fit</p> <p>11-12p: Zumba Gold with Denise</p> <p>12-1p: Gynecological Cancer Networking Group</p> <p>12-1:30p: Healthy Lifestyle</p> <p>12:30-2p: Art Open Studio</p> <p>2-3:30p: Knit and Crochet Group</p> <p>2:30-3:30p: Chair Yoga with Marcela</p> <p>3-4p: Journeying Inward: Deep Relaxation for Well-Being and Stress Relief</p> <p>6-7 p: Sista's of Hope</p>	<p>17 Art Journaling</p> <p>10:30-12p: Simple Cooking with Healthy Ingredients</p> <p>12-1p: Sound Bath</p> <p>12:30-1:30p: Men's Discussion Group</p> <p>5-6p: Bereavement Group</p>
<p>21 9-9:45a: Zumba Toning w/ Lori</p> <p>11-12p: Zumba Gold with Denise</p> <p>12-1p: Chair Yoga with Cecily</p> <p>12-1p: Knit & Crochet</p> <p>1-1:30p: Monday Meditation with Cecily</p> <p>1:30-3p: Art Therapy</p>	<p>22</p> <p>9:30-10:15a: Tibetan Bowls</p> <p>11-12p: Gentle Floor Yoga Nidra with Karen</p> <p>2-3:30p: Art Therapy</p> <p>2-2:45p: Moves That Matter</p>	<p>23 9-10:30a: Get Moving, Get Fit</p> <p>11-12p: Zumba Gold with Denise</p> <p>12-1:30p: Healthy Lifestyle</p> <p>12:30-2p: Art Open Studio</p> <p>2-3:30p: Knit and Crochet Group</p> <p>2:30-3:30p: Chair Yoga with Marcela</p> <p>4-5:30p: Watercolor Flowers Workshop</p>	<p>24</p> <p>12:30-1:30p: Men's Discussion Group</p> <p>1-2p: Make your own Body scrub</p> <p>4-5p: Multiple Myeloma Cancer Networking Group</p>
<p>28 9-9:45a: Zumba Toning w/ Lori</p> <p>11-12p: Zumba Gold w/Denise</p> <p>12-1p: Chair Yoga with Cecily</p> <p>12-1p: Knit & Crochet</p> <p>1-1:30p: Monday Meditation with Cecily</p> <p>1:30-3p: Art Therapy</p> <p>4-5p: Swallowing Across the Continuum in Head and Neck Cancer</p>	<p>29</p> <p>11-12p: Gentle Floor Yoga Nidra with Karen</p> <p>12-1p: Patient and Caregiver Networking</p> <p>2-3:30p: Art Therapy</p> <p>2-2:45p: Moves That Matter</p>	<p>30 9-10:30a: Get Moving Get Fit</p> <p>11-12p: Zumba Gold with Denise</p> <p>12-1:30p: Healthy Lifestyle</p> <p>12:30-2p: Art Open Studio</p> <p>2-3:30p: Knit and Crochet Group</p> <p>2:30-3:30p: Chair Yoga with Marcela</p>	

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CSC LOCATIONS CLOSED