

August

Orange: Homewood

Blue: Mokena

Green: Virtual

Monday

Tuesday

Wednesday

Thursday

Friday

3 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 12-1 p: Chair Yoga with Cecily 1-1:30p: Monday Meditation w/ Cecily 1:30-3p: Art Therapy	4 11-12:30p: Reclaim Your Energy: Nutrition Tips After a Cancer Diagnosis 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter 4-5p: Healing Skin, Healing Spirit 5-6p: Prostate Cancer Networking Group	5 9-10a: Functional Strength: Move with Confidence 10-11a: Tai Chi and Qigong 10:30-11:30a: Lung Cancer Networking Group 11-12p: Zumba Gold with Denise 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela 5-6p: Metastatic Breast Cancer Networking Group 6-7:30p: Breast Cancer Networking Group	6 Art Journaling 4-5: Adjusting to Life After a Loss 6-7:30p: Brain Tumor Networking Group	7 12-1p: Sound Bath 12-1: The Physics of Radiation
10 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 12-1 p: Chair Yoga with Cecily 1-1:30p: Monday Meditation w/ Cecily 1:30-3p: Art Therapy	11 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter	12 9-10a: Functional Strength: Move with Confidence 10-11a: Tai Chi and Qigong 10:30-11:30a: Colorectal Cancer Networking Group 11-12p: Zumba Gold with Denise 11-12:15p: Ordering Well: How to Navigate Healthy Takeout 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 4-5p: Head & Neck Cancer Networking Group	13 Art Journaling 4-5: Adjusting to Life After a Loss 12:30-1:30p: Men's Networking Group 2:30-4p: Marcela's Kitchen to Yours: Summertime Mocktails & Appetizers 6-7:30p: Brain Tumor Networking Group	14
17 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 12-1 p: Chair Yoga with Cecily 12:30-1:15p: Corrective Exercise 1-1:30p: Monday Meditation w/ Cecily 1:30-3p: Art Therapy 5-6p: Caregiver's Networking Group	18 11-12p: Gentle Floor Yoga Nidra w/ Karen 12:15-1:30p: Refreshing Summertime Smoothies & Juices: Which One is More Nutritious? 2-3:30p: Art Therapy 2-2:45p: Moves That Matter	19 11-12p: Zumba Gold with Denise 12-1p: Gynecological Cancer Group 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela 3-4p: Journeying Inward 4-5p: Coping with Scanxiety 6-7p: Sista's of Hope	20 12-1:15p: Refreshing Summertime Smoothies & Juices: Which One is More Nutritious? 12:30-1:30p: Men's Networking Group 4-5: Adjusting to Life After a Loss 5-6p: Blood Cancers Networking Group 6-7p: Pancreatic Cancer Networking Group Art Journaling	21
24 12-5p: CSC Golf Outing 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 12-1 p: Chair Yoga with Cecily 1-1:30p: Monday Meditation w/ Cecily 1:30-3p: Art Therapy	25 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter	26 11-12p: Zumba Gold with Denise 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela 5-6p: Genetics and Cancer	27 Art Journaling 10:30-12p: Happy Gut, Healthy Body: Healthy Cooking for Cancer Patients 12:30-1:30p: Men's Networking Group 4-5p: Multiple Myeloma Cancer Networking Group	28 9:30-10:15a: Core Stability for Prostate Cancer Survivors



Homewood Location

2028 Elm Road

Mokena Location

19645 S. LaGrange Rd.

