December

Orange: Homewood Blue: Mokena Green: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter	**2** 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	**3** Art Journaling 12-1p: Men's Networking Group 5-6p: Bereavement Group	**4** 12-1p: Sound Bath
7 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1p: Knit and Crochet Group 1-2:30p: Art Therapy 12-1 p: Chair Yoga with Cecily 1-1:30p: Monday Meditation w/ Cecily 2:30-3:30p: Chair Fitness for Lymphedema & Neuropathy	**8** 9:30-10:15a: Tibetan Bowls 9-10a: Parenting with Stage 4 Cancer 11-12:30p: Enjoy & Navigate Sweet Treats During the Holidays 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter	**9** 10-11a: Tai Chi and Qigong 10:30-11:30a: Colorectal Cancer Group 11-12p: Zumba Gold with Denise 11-12:30p: Label Reading 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela	**10** Art Journaling 6-7:30p: Brain Tumor Networking Group	**11** 12:30-2p: Holiday Open House
14 9-9:45a: Zumba Toning with Lori 11-12: Zumba Gold with Denise 12-1p: Knit and Crochet Group 1-2:30p: Art Therapy 12-1 p: Chair Yoga with Cecily 12:30-1:15p: Movement Therapy 1-1:30p: Monday Meditation w/ Cecily 2:30-3:30p: Chair Fitness for Lymphedema & Neuropathy 2:30-4: Holiday Apps with Gwen	**15** 11-12:30p: Label Reading 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter 3:30-4:30: Healthy Guava Gelatin with Marcela 4:30-5:30p: Kids' Winter Wonderland Workshop	**16** 11:30-1p: Sweet Treats 11-12p: Zumba Gold with Denise 12-1p: Gynecological Cancer Networking 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 6-7p: Sista's of Hope	**17** Art Journaling CSC CENTERS CLOSED STAFF HOLIDAY PARTY 4-5p: Multiple Myeloma Cancer Networking Group 5-6p: Blood Cancers Networking Group 6-7p: Pancreatic Cancer Group 6-7p: Parent Support Group Art Journaling	**18**
21 9-9:45a: Zumba Toning with Lori 11-12: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 12-1 p: Chair Yoga with Cecily 1-2:30p: Art Therapy 12:30-1:15p: Corrective Exercise 1-1:30p: Monday Meditation w/ Cecily 4-5p: Caregiver's Networking Group	**22** 9:30-10:15a: Tibetan Bowls 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter	**23** 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	**24** Both Centers Closed for Staff Holiday Break	**25**
28 Both Centers Closed for Staff Holiday Break	**29**	**30**		

Cancer Support Center

Homewood Location | 2028 Elm Road
(708) 798-9171

Mokena Location | 19645 S. LaGrange Rd.
(708) 478-3529