

November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Acupuncture (AG) 1:00 pm Acupuncture (SM) 3:00 pm  Yoga 5:00 pm	<b>2</b> Lymphedema Prevention Exercise (MHW) Grupo de Apoyo Para Hombres con Cáncer (SM) 9:00 am  Breast Cancer Support Group 4:00 pm/5:45 pm	<b>3</b> Circuit Training (MHW)  Metastatic Breast Cancer Support Group 10:00 am <b>PRESENTACIÓN EN ESPAÑOL (SM): HICAP presenta Medicare 2:30 pm</b>  Guided Meditation 5:00 pm	<b>4</b> Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)  Living with Cancer Support Group 6:00 pm	<b>5</b> Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW)
<b>8</b>  Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm	<b>9</b> Lymphedema Prevention Exercise (MHW) Art Therapy–Origami (SM) 10:00 am HEAL Class (SM) 2:00 pm  Apoyo y Educación Para Personas con Cáncer 5:30 pm	<b>10</b> Circuit Training (MHW) Learn Golf  All Blood Cancers Support Group 1:00 pm Family Caregiver Support Group (SM) 1:00 pm  Capacitar 3:00 pm	<b>11</b> Energy Balancing (AG) Fight Against Falls Class (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)	<b>12</b> Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Soul Collage (AG) 1:00 pm
<b>15</b> Knitting Group (SM) 2:00 pm <b>PRESENTATION (AG): Navigating Grief During the Holidays 3:00 pm</b>	<b>16</b> Lymphedema Prevention Exercise (MHW) Apoyo y Educación para Personas con Cáncer (SM) 9:00 am  Pilates 9:00 am Breast Cancer Support Group (SM) 4:00 pm  Breast Cancer Support Group 5:45 pm	<b>17</b> Circuit Training (MHW) Metastatic Breast Cancer Support Group (SM) 10:00 am <b>PRESENTATION (SM): Navigating Grief During the Holidays 5:00 pm</b>	<b>18</b> Fight Against Falls Class (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)  Family Caregiver Support Group 5:30 pm  Living with Cancer Support Group 6:00 pm	<b>19</b> Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW) Men’s Cancer Support Group (SM) 8:00 am
<b>22</b>  Energy Balancing 11:00 am	<b>23</b>  Apoyo y Educación Para Personas con Cáncer 5:30 pm	<b>24</b>	<b>25</b> <b>THANKSGIVING HOLIDAY OFFICE CLOSED</b>	<b>26</b> <b>THANKSGIVING HOLIDAY OFFICE CLOSED</b>
<b>29</b>	<b>30</b> Lymphedema Prevention Exercise (MHW)	 <b>HAPPY Thanksgiving</b>		
<b>20</b>				

December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Key to locations of activities:</b> Classes meet in person at one of our facilities and/or meet virtually on Zoom. Check carefully!  =Zoom presentation AG=Mission Hope, Arroyo Grande AHC=Allan Hancock College, Santa Maria MHW=Marian Health & Wellness, Santa Maria SM=Mission Hope, Santa Maria		<b>1</b> Circuit Training (MHW)  Metastatic Breast Cancer Support Group 10:00 am  Guided Meditation 5:00 pm	<b>2</b> Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)  Living with Cancer Support Group 6:00 pm	<b>3</b> Fight Against Falls Class (MHW) Art Therapy–Make Holiday Cards (SM) 1:00 pm
<b>6</b> Acupuncture (AG) 1:00 pm Acupuncture (SM) 3:00 pm  Yoga 5:00 pm	<b>7</b> Grupo de Apoyo Para Hombres con Cáncer (SM) 9:00 am Lymphedema Prevention Exercise (MHW)  Breast Cancer Support Group 4:00 pm/5:45 pm	<b>8</b> Circuit Training (MHW) Art Therapy–2D Holiday Design (AG) 10:00 am  Metastatic Breast Cancer Support Group 10:00 am  All Blood Cancers Support Group 1:00 pm  Capacitar 3:00 pm  Guided Meditation 5:00 pm  Light Up a Life 6:00 pm	<b>9</b> Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)	<b>10</b> Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Soul Collage (SM) 1:00 pm
<b>13</b>  Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm	<b>14</b> Lymphedema Prevention Exercise (MHW) Apoyo y Educación para Personas con Cáncer (SM) 9:00 am HEAL Class (SM) 2:00 pm  SPOHNC, Santa Maria 3:30 pm)  Apoyo y Educación Para Personas con Cáncer 5:30 pm	<b>15</b> Circuit Training (MHW) Metastatic Breast Cancer Support Group (SM) 10:00 am Family Caregiver Support Group (AG) 1:00 pm	<b>16</b> Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)  Family Caregiver Support Group 5:30 pm  Living with Cancer Support Group 6:00 pm	<b>17</b> Fight Against Falls Class (MHW) Men’s Cancer Support Group (SM) 8:00 am
<b>20</b>	<b>21</b>  Pilates 9:00 am Breast Cancer Support Group (SM) 4:00 pm  Breast Cancer Support Group 5:45 pm	<b>22</b>	<b>23</b> <b>HAPPY Holidays</b>	<b>24</b> <b>CHRISTMAS EVE OFFICE CLOSED</b>
<b>27</b>	<b>28</b>  Apoyo y Educación Para Personas con Cáncer 5:30 pm	<b>29</b>	<b>30</b>	<b>31</b> <b>NEW YEARS EVE OFFICE CLOSED</b>