

July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Key to locations of activities: Classes meet in person at one of our facilities and/or meet virtually on Zoom. Check carefully!  =Zoom presentation AG=Mission Hope, Arroyo Grande MHW=Marian Health & Wellness, Santa Maria SM=Mission Hope, Santa Maria				1 Fight Against Falls Class (MHW)
4 Office Closed: Fourth of July Holiday 	5 Energy Balancing (SM) Lymphedema Prevention Exercise (MHW)  Breast Cancer Support Group 4:00 pm	6 Circuit Training (MHW) Art Therapy–Acrylic Art (SM) 9:00 am  Guided Meditation 5:00 pm	7 Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) TRX Workouts (AG)  Advanced Cancer Support Group 3:00 pm PRESENTATION (SM): Esophageal Cancer Prevention 5:00 pm	8 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Soul Collage (AG) 1:00 pm
11 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG)  Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm	12 Lymphedema Prevention Exercise (MHW) Apoyo para Personas con Cáncer (SM) 9:00 am Origami (SM) 10:00 am  General Cancer Support Group 1:00 pm First Steps Class (SM) 2:00 pm  Apoyo y Educación Para Personas con Cáncer 3:00 pm  SPOHNC, Santa Maria 3:30 pm	13 Circuit Training (MHW) Learn Golf  All Blood Cancers Support Group 1:00 pm  Mindful Motions 3:00 pm	14 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) TRX Workouts (AG)	15 Fight Against Falls Class (MHW)
18 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	19 Energy Balancing (SM) Lymphedema Prevention Exercise (MHW) Breast Cancer Support Group (SM) 4:00 pm	20 Circuit Training (MHW) Art Therapy–Acrylic Art (AG) 9:00 am  Metastatic Breast Cancer Support Group 1:00 pm Guest Speaker: Kylie Conner, RDN, Registered Dietitian	21 Barre Exercise Class (AG) Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) TRX Workouts (AG)  Advanced Cancer Support Group 3:00 pm	22 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
25 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG)  Energy Balancing 11:00 am	26 Lymphedema Prevention Exercise (MHW)  General Cancer Support Group 1:00 pm	27 Circuit Training (MHW) Learn Golf Caring for Loved One Support Group (SM) 1:00 pm  Young Women Breast Cancer Group 6:00 pm	28 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) TRX Workouts (AG) Men's Cancer Support Group (SM) 9:00 am	29 Fight Against Falls Class (MHW)
16				

August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	2 Energy Balancing (SM) Lymphedema Prevention Exercise (MHW)  Breast Cancer Support Group 4:00 pm	3 Circuit Training (MHW) Art Therapy–Silk Scarf Painting (SM) 9:00 am  Guided Meditation 5:00 pm	4 Barre Exercise Class (AG) Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) TRX Workouts (AG)  Advanced Cancer Support Group 3:00 pm	5 Fight Against Falls Class (MHW)
8  Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm	9 Apoyo para Personas con Cáncer (SM) 9:00 am Origami (SM) 10:00 am  General Cancer Support Group 1:00 pm  Apoyo y Educación Para Personas con Cáncer 3:00 pm  SPOHNC, Santa Maria 3:30 pm	10  All Blood Cancers Support Group 1:00 pm  Mindful Motions 3:00 pm	11 Fight Against Falls Class (AG) TRX Workouts (AG) Gentle Yoga (MHW)	12 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Soul Collage (SM) 1:00 pm
15 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	16 Energy Balancing (SM) Lymphedema Prevention Exercise (MHW) First Steps Class (SM) 2:00 pm Breast Cancer Support Group (SM) 4:00 pm	17 Circuit Training (MHW) Art Therapy–Silk Scarf Painting (AG) 9:00 am  Metastatic Breast Cancer Support Group 1:00 pm	18 Barre Exercise Class (AG) Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) TRX Workouts (AG)  Advanced Cancer Support Group 3:00 pm	19 Fight Against Falls Class (MHW)
22 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG)  Energy Balancing 11:00 am Acupuncture (AG) 1:00 pm Knitting Group (SM) 2:00 pm Acupuncture (SM) 3:00 pm	23 Lymphedema Prevention Exercise (MHW)  General Cancer Support Group 1:00 pm	24 Circuit Training (MHW) Learn Golf Caring for Loved One Support Group (SM) 1:00 pm	25 Barre Exercise Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) TRX Workouts (AG) Men's Cancer Support Group (SM) 9:00 am	26 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
29 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG)	30 Lymphedema Prevention Exercise (MHW)	31 Circuit Training (MHW)  Young Women Breast Cancer Group 6:00 pm	<i>Mission Hope Celebrates</i> 10 Years of Patient Centered Advanced Cancer Care Saturday, August 20 • 10:00 a.m. See page 24 for details	