

September 2022

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 MHW=Marian Health & Wellness, Santa Maria SM=Mission Hope, Santa Maria			<b>1</b> Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) TRX Workouts (AG) Advanced Cancer Support Group 3:00 pm	<b>2</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW)
<b>5</b> Office Closed  <i>Happy Labor Day!</i>	<b>6</b> Lymphedema Prevention Exercise (MHW) Breast Cancer Support Group 4:00 pm	<b>7</b> Circuit Training (MHW) Art Therapy–Tie-Die Apron (SM) 9:00 am Mindful Motions 5:00 pm	<b>8</b> Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) TRX Workouts (AG) Your Story Matters (SM) 3:00 pm	<b>9</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Jewelry Making Class (SM) 1:00 pm
<b>12</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	<b>13</b> Lymphedema Prevention Exercise (MHW) Origami (SM) Gynecologic Cancer Support Group 9:00 am Cancer Patient Support Group 1:00 pm Apoyo y Educación Para Personas con Cáncer 3:00 pm	<b>14</b> Circuit Training (MHW) Learn Golf All Blood Cancers Support Group 1:00 pm <b>PRESENTATION (SM):</b> Gynecologic Cancers and Modern Medicine 5:00 pm	<b>15</b> Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) TRX Workouts (AG) Advanced Cancer Support Group 3:00 pm	<b>16</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW)
<b>19</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	<b>20</b> Lymphedema Prevention Exercise (MHW) First Steps Class (SM) 2:00 pm Breast Cancer Support Group (SM) 4:00 pm <b>PRESENTATION:</b> Palliative Care and Cancer 5:30 pm	<b>21</b> Circuit Training (MHW) Art Therapy–Tie-Die Apron (AG) 9:00 am Metastatic Breast Cancer Support Group (SM) 1:00 pm	<b>22</b> Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) TRX Workouts (AG) Men’s Cancer Support Group (SM) 9:00 am Gentle Yoga 10:00 am Your Story Matters (SM) 3:00 pm	<b>23</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Jewelry Making Class (AG) 1:00 pm
<b>26</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	<b>27</b> Lymphedema Prevention Exercise (MHW) Cancer Patient Support Group 1:00 pm	<b>28</b> Circuit Training (MHW) Learn Golf Caring for Loved One Support Group (SM) 1:00 pm Young Women Breast Cancer Group (SM) 6:00 pm	<b>29</b> Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) TRX Workouts (AG)	<b>30</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW)
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October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	<b>4</b> Lymphedema Prevention Exercise (MHW) Breast Cancer Support Group 4:00 pm	<b>5</b> Circuit Training (MHW) Mindful Motions 5:00 pm	<b>6</b> Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) TRX Workouts (AG) Your Story Matters (SM) 3:00 pm Advanced Cancer Support Group 3:00 pm	<b>7</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW)
<b>10</b> Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	<b>11</b> Lymphedema Prevention Exercise (MHW) Origami (SM) Gynecologic Cancer Support Group 9:00 am Cancer Patient 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 4:00 pm (Guest speakers)	<b>12</b> Circuit Training (MHW) Art Therapy–Pumpkin Painting (SM) 9:00 am Learn Golf All Blood Cancers Support Group 1:00 pm Mindful Motions 5:00 pm	<b>13</b> Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) TRX Workouts (AG) <b>SPECIAL EVENT (SM):</b> Girls Night Out 5:00 pm <b>MEDICAL PANEL:</b> Wei Bai, MD Colleen O’Kelly Priddy, MD K. April Kennedy, MD Ben Wilkinson, MD <b>AND SPECIAL GUESTS:</b> April Schirmer Lisa Murray	<b>14</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Jewelry Making Class (SM) 1:00 pm
<b>17</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) General Cancer Support Group 11:00 am Knitting Group (SM) 2:00 pm	<b>18</b> Lymphedema Prevention Exercise (MHW) Breast Cancer Support Group (SM) 4:00 pm	<b>19</b> Circuit Training (MHW) Metastatic Breast Cancer Support Group (SM) 1:00 pm	<b>20</b> Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) TRX Workouts (AG) Gentle Yoga 10:00 am Advanced Cancer Support Group 3:00 pm Your Story Matters (SM) 3:00 pm	<b>21</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW)
<b>24</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	<b>25</b> Lymphedema Prevention Exercise (MHW) Cancer Patient Support Group 1:00 pm	<b>26</b> Circuit Training (MHW) Art Therapy–Pumpkin Painting (AG) 9:00 am Learn Golf Caring for Loved One Support Group (SM) 1:00 pm Young Women Breast Cancer Group (SM) 6:00 pm	<b>27</b> 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	<b>28</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Jewelry Making Class (AG) 1:00 pm
<b>31</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG)				