

September 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div>Key to locations of activities:</div> <div>Classes meet in person at one of our facilities and/or meet virtually on Zoom. Check carefully; please call with questions.</div> <div>=Zoom presentation</div> <div>AG=Mission Hope, Arroyo Grande • AHC=Allan Hancock College • GB=Grover Beach</div> <div>MHW=Marian Health & Wellness, Santa Maria • SM=Mission Hope, Santa Maria</div>								<div>1</div> <div>Aquatic Therapy (AHC)</div> <div>Fight Against Falls Class (MHW)</div>	
<div>4</div> <div>Office Closed for Labor Day</div>		<div>5</div> <div>Lymphedema Prevention Exercise (MHW)</div> <div>Art Therapy–Watercolor Painting (AG) 9:00 am</div> <div> Breast Cancer Support Group 4:00 pm</div>		<div>6</div> <div>Circuit Training (MHW)</div> <div>Art Therapy–Watercolor Painting (SM) 9:00 am</div> <div> Guided Meditation 5:00 pm</div> <div> Advanced Cancer Support Group 6:00 pm</div>		<div>7</div> <div>Fight Against Falls Class (AG)</div> <div>TRX Workouts (AG)</div>		<div>8</div> <div>Aquatic Therapy (AHC)</div> <div>Fight Against Falls Class (MHW)</div> <div>Pelvic Floor Strengthening Class for Men (MHW)</div> <div>Art Journaling (SM) 1:30 pm</div>	
<div>11</div> <div>Gentle Yoga (AG)</div> <div>Lymphedema Prevention Exercise (AG)</div> <div>Knitting Group (SM) 2:00 pm</div>		<div>12</div> <div>Lymphedema Prevention Exercise (MHW)</div> <div>Origami (SM) 10:00 am</div> <div>First Steps Class (SM) 2:00 pm <i>Gut Health</i></div>		<div>13</div> <div>Circuit Training (MHW)</div> <div>Learn Golf</div> <div> All Blood Cancers Support Group 1:00 pm</div>		<div>14</div> <div>Barre Exercise Class (AG)</div> <div>Fight Against Falls Class (AG)</div> <div>Gentle Stretching (AG)</div> <div>TRX Workouts (AG)</div> <div>Viviendo con Cáncer (SM) 4:00 pm <i>En Español: Community Partners in Caring</i></div> <div> Advanced Cancer Support Group 5:30 pm</div>		<div>15</div> <div>Aquatic Therapy (AHC)</div> <div>Fight Against Falls Class (MHW)</div>	
<div>18</div> <div>Gentle Yoga (AG)</div> <div>Lymphedema Prevention Exercise (AG)</div> <div>Knitting Group (SM) 2:00 pm</div>		<div>19</div> <div>Lymphedema Prevention Exercise (MHW)</div> <div> Apoyo y Educación Para Personas con Cáncer 3:00 pm</div> <div> Breast Cancer Support Group 4:00 pm</div> <div>Empowering Minds Support Group (SM) 9:00 am <i>Autumn Wreaths</i></div>		<div>20</div> <div>Circuit Training (MHW)</div> <div>Art Therapy–Neurographic Art (SM) 9:00 am</div> <div>GIRLS NIGHT OUT, SM 5:30 pm</div> <div> Advanced Cancer Support Group 6:00 pm</div>		<div>21</div> <div>Fight Against Falls Class (AG)</div> <div>Gentle Stretching (AG)</div> <div>TRX Workouts (AG)</div> <div> Gentle Yoga 4:00 pm</div>		<div>22</div> <div>Aquatic Therapy (AHC)</div> <div>Fight Against Falls Class (MHW)</div> <div>Pelvic Floor Strengthening Class for Men (MHW)</div> <div>Healing Power of Illness (SM) 1:30 pm</div>	
<div>25</div> <div>Gentle Yoga (AG)</div> <div>Lymphedema Prevention Exercise (AG)</div> <div>Clase de Arte (SM) 10:00 am <i>En Español: Arreglos Móviles para la Ventana</i></div> <div> Energy Balancing 11:00 am</div>		<div>26</div> <div>Lymphedema Prevention Exercise (MHW)</div>		<div>27</div> <div>Circuit Training (MHW)</div> <div>Learn Golf</div>		<div>28</div> <div>Fight Against Falls Class (AG)</div> <div>Gentle Stretching (AG)</div> <div>TRX Workouts (AG)</div> <div>Young Women Breast Cancer Group 5:30 pm <i>Walk on Pismo Pier</i></div>		<div>29</div> <div>Aquatic Therapy (AHC)</div> <div>Fight Against Falls Class (MHW)</div>	

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October 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm		3 Lymphedema Prevention Exercise (MHW) Breast Cancer Support Group 4:00 pm		4 Circuit Training (MHW) Guided Meditation 5:00 pm Advanced Cancer Support Group 6:00 pm		5 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Bonfire, Grover Beach		6 Aquatic Therapy (AHC) Art Journaling (SM) 1:30 pm Fight Against Falls Class (MHW)	
9 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm		10 Lymphedema Prevention Exercise (MHW) Art Therapy—Acrylic Art (AG) 9:00 am Cancer Patient Support Group 1:00 pm First Steps Class (SM) 2:00 pm <i>Breast Cancer Myths</i>		11 Circuit Training (MHW) Learn Golf Art Therapy—Acrylic Art (SM) 9:00 am All Blood Cancers Support Group 1:00 pm		12 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Viviendo con Cáncer (SM) 4:00 pm <i>En Español: Noche de Chicas</i>		13 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)	
16 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm		17 Lymphedema Prevention Exercise (MHW) Empowering Minds Support Group (SM) 9:00 am <i>Pumpkin Décor</i> Apoyo y Educación Para Personas con Cáncer 3:00 pm SPOHNC, AG/Zoom 3:30 pm Topic: Radiation Induced Xerostomia Breast Cancer Support Group 4:00 pm		18 Circuit Training (MHW) Art Therapy—Neurographic Art (SM) 9:00 am Advanced Cancer Support Group 6:00 pm		19 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Gentle Yoga 4:00 pm		20 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Healing Power of Illness (SM) 1:30 pm	
23 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Clase de Arte (SM) 10:00 am <i>En Español: Día de Ofrenda</i> Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm		24 Lymphedema Prevention Exercise (MHW) Cancer Patient Support Group 1:00 pm		25 Circuit Training (MHW) Learn Golf		26 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)		27 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)	
30 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Young Women Breast Cancer Group (SM) 5:00 pm <i>Family Pizza Night</i>		31 Lymphedema Prevention Exercise (MHW)							