

# November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Circuit Training (MHW) Guided Meditation 5:00 pm Advanced Cancer Support Group 6:00 pm	<b>2</b> Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	<b>3</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Art Journaling (SM) 1:30 pm
<b>6</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	<b>7</b> Lymphedema Prevention Exercise (MHW) Art Therapy–Acrylic Art Apron (AG) 9:00 am Breast Cancer Support Group 4:00 pm	<b>8</b> Circuit Training (MHW) Learn Golf Art Therapy–Acrylic Art Apron (SM) 9:00 am <b>PANEL DISCUSSION: Palliative Care vs. Hospice Care (SM) 5:00 pm</b> <b>PANEL DISCUSSION: Navigating Grief During the Holidays (AG) 5:00 pm</b>	<b>9</b> 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: Navegando el Duelo Durante las Fiestas</i>	<b>10</b> Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
<b>13</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	<b>14</b> Lymphedema Prevention Exercise (MHW) Origami (SM) 10:00 am First Steps Class (SM) 2:00 pm <i>Helpful Holiday Hints</i>	<b>15</b> Circuit Training (MHW) Art Therapy–Neurographic Art (SM) 9:00 am Advanced Cancer Support Group 6:00 pm <b>PANEL DISCUSSION: Navigating Grief During the Holidays (SM) 5:00 pm</b>	<b>16</b> Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	<b>17</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Healing Power of Illness (SM) 1:30 pm
<b>20</b> Clase de Arte (SM) 10:00 am <i>En Español: Centro de Mesa</i> Knitting Group (SM) 2:00 pm Young Women Breast Cancer Group 5:15 pm <i>Friendsgiving</i>	<b>21</b> Empowering Minds Support Group (SM) 9:00 am <i>Brunchgiving</i>	<b>22</b> Cancer Patient Support Group 1:00 pm	 <b>Office Closed</b>	
<b>27</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Energy Balancing 11:00 am	<b>28</b> Lymphedema Prevention Exercise (MHW)	<b>29</b> Circuit Training (MHW)	<b>30</b> Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	

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# December 2023

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; please call with questions. =Zoom presentation <b>AG=Mission Hope, Arroyo Grande • AHC=Allan Hancock College • GB=Grover Beach</b> <b>MHW=Marian Health &amp; Wellness, Santa Maria • SM=Mission Hope, Santa Maria</b>				<b>1</b> Fight Against Falls Class (MHW) Art Journaling (SM) 1:30 pm
<b>4</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	<b>5</b> Lymphedema Prevention Exercise (MHW) Art Therapy–Watercolor Christmas Cards (AG) 9:00 am Breast Cancer Support Group 4:00 pm	<b>6</b> Circuit Training (MHW) Art Therapy–Watercolor Christmas Cards (SM) 9:00 am Guided Meditation 5:00 pm	<b>7</b> Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	<b>8</b> Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
<b>11</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	<b>12</b> Lymphedema Prevention Exercise (MHW) Origami (SM) 10:00 am First Steps Class (SM) 2:00 pm <i>Developing Simple Strategies to Start the New Year with a Healthy Mindset</i> <b>Light Up a Life Event 311 S. Broadway, SM 6:00 pm</b>	<b>13</b> Circuit Training (MHW) All Blood Cancers Support Group 1:00 pm Advanced Cancer Support Group 6:00 pm	<b>14</b> 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: Contemos Nuestra Historia Libro y Libreta Proveído</i>	<b>15</b> Fight Against Falls Class (MHW) Healing Power of Illness (SM) 1:30 pm
<b>18</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Clase de Arte (SM) 10:00 am <i>En Español: Celebración de Días Festivos</i> Knitting Group (SM) 2:00 pm Young Women Breast Cancer Group (SM) 5:15 pm <i>End of Year Celebration</i>	<b>19</b> Empowering Minds Support Group (SM) 9:00 am <i>Ornament Painting</i> SPOHNC, AG/Zoom 3:30 pm <i>Topic: Challenges around the Holidays and Caregiver Support</i> Breast Cancer Support Group 4:00 pm	<b>20</b> Art Therapy–Neurographic Art (SM) 9:00 am	<b>21</b>	<b>22</b>  <b>Office Closed</b>
<b>25</b>  <b>Office Closed</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>

Questions? Give us a call! SM: 805.219.HOPE (4673) • AG: 805.474.5300 • HCRC: 805.542.6234