

APRIL

PROGRAM CALENDAR

Please refer to the following icons within the program pages for program or support group location.

 (Key on page 2)

ADVANCE REGISTRATION REQUIRED.

216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR



Scan the QR code with your smartphone camera to register for our upcoming programs and events.

MON	TUES	WED	THUR	FRI	SAT
				1 9:30AM Guided Meditation 11:00AM Whole Food Lifestyle Check-In 12:30PM Restorative Motion	2 10:00AM Tai Chi 10:00AM Cooking Meals for Bone Health 10:30AM Welcoming Orientation 12:00PM Cooking Meals for Bone Health
4 6:30PM Adults with Cancer Group 6:30PM Bridges 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise	5 12:30PM Exercise 5:30PM Guided Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Cancer Group	6 10:00AM Yoga 12:30PM Balance for Improved Function 3:00PM Cooking Meals for Bone Health 6:00PM Cooking Meals for Bone Health	7 12:30PM Exercise 6:30PM Exercise 6:30PM Sister Circle	8 12:30PM Restorative Motion 2:00PM Aquatic Exercise - Principles	9 10:00AM Tai Chi 10:30AM Connections 10:30AM Welcoming Orientation
11 11:00AM Zumba 1:00PM Physical Therapy Screening 3:30PM Oral, Head & Neck Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Kidshop 6:30PM Welcoming Orientation 7:00PM Exercise	12 12:30PM Exercise 2:00PM Grief Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	13 10:00AM Yoga 12:30PM Balance for Improved Function 6:30PM Writing and Meditation	14 12:30PM Exercise 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Exercise 6:30PM Life After Cancer Treatment	15 11:00AM Older Adults Group 12:30PM Restorative Motion 2:00PM Aquatic Exercise - Endurance	16 10:00AM Tai Chi 10:30AM Welcoming Orientation
18 11:00AM Zumba 2:00PM Breast Cancer Group 6:30PM Adults with Cancer Group 6:30PM Bridges 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise	19 12:30PM Exercise 5:15PM Prostate Partners Info Session 5:30PM Guided Meditation 6:30PM Prostate Partners Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group	20 10:00AM Yoga 11:00AM Grief Group 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Support Group 6:30PM Bridges 6:30PM Lung Cancer in the Black and Brown Community	21 12:30PM Exercise 6:30PM The "C" Word 6:30PM Exercise	22 12:30PM Restorative Motion 2:00PM Aquatic Exercise - Strength	23 10:00AM Tai Chi 10:30AM Welcoming Orientation
25 11:00AM Zumba 3:30PM Pancreatic Cancer Group 6:30PM Adults with Cancer Group 6:30PM Kidshop 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise	26 12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group	27 10:00AM Yoga 12:30PM Balance for Improved Function 3:30PM Gynecologic Cancers Group 6:30PM Writing and Meditation 6:30PM Kidshop	28 12:30PM Exercise 1:00PM Art Therapy: Living with Heart & Purpose 6:00PM Breast & Endometrial Cancer in the Black and Brown Community 6:30PM Exercise 6:30PM Young Adults with Cancer Group 6:30PM Breast Cancer Group	29 12:00PM Roundtable Discussion 12:30PM Restorative Motion 2:00PM Aquatic Exercise - Balance	30 10:00AM Tai Chi 10:30AM Welcoming Orientation

MAY

PROGRAM CALENDAR

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MON	TUES	WED	THUR	FRI	SAT
2 11:00AM Zumba 5:30PM Myeloma Group 6:30PM Adults with Cancer Group 6:30PM Bridges 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise	3 12:30PM Exercise 5:30PM Guided Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Cancer Group	4 10:00AM Yoga 12:30PM Balance for Improved Function 6:30PM Horticulture: Living Herbal Wreath	5 12:30PM Exercise 1:00PM Art Therapy: Living with Heart & Purpose 6:30PM Exercise 6:30PM Sister Circle	6 9:30AM Guided Meditation 11:00AM Whole Food Lifestyle Check-In 12:00PM Cancer & COVID-19 Update 12:30PM Restorative Motion	7 10:00AM Tai Chi 10:30AM Welcoming Orientation
9 11:00AM Zumba 1:00PM Physical Therapy Screening 3:30PM Oral, Head & Neck Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Kidshop 6:30PM Welcoming Orientation 7:00PM Exercise	10 12:30PM Exercise 2:00PM Grief Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	11 10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Finding Flavor 6:30PM Horticulture: Living Herbal Wreath	12 12:30PM Exercise 4:00PM More Mindfulness 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Exercise 6:30PM Life After Cancer Treatment	13 12:30PM Restorative Motion 2:00PM Mindful Mandalas	14 10:00AM Family Flowers 10:00AM Connections 10:00AM Tai Chi 10:30AM Welcoming Orientation 11:00AM Finding Flavor
16 11:00AM Zumba 2:00PM Breast Cancer Group 6:30PM Adults with Cancer Group 6:30PM Bridges 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise	17 12:30PM Exercise 5:15PM Prostate Partners Info Session 5:30PM Guided Meditation 6:30PM Prostate Partners Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group	18 10:00AM Yoga 11:00AM Grief Group 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Support Group 6:30PM Bridges 6:30PM Breast Cancer Related Lymphedema & Exercise	19 12:30PM Exercise 6:30PM High Risk Breast Health 6:30PM Exercise	20 11:00AM Older Adults Group 12:30PM Restorative Motion	21 10:00AM Tai Chi 10:30AM Welcoming Orientation
23 11:00AM Zumba 12:30PM Back to Basics 3:30PM Pancreatic Cancer Group 6:30PM Adults with Cancer Group 6:30PM Kidshop 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise	24 12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group 6:30PM Teens with Cancer Meetup	25 10:00AM Yoga 12:30PM Balance for Improved Function 3:30PM Gynecologic Cancers Group 6:30PM Kidshop	26 12:30PM Exercise 6:30PM Exercise 6:30PM Young Adults with Cancer Group	27 12:30PM Restorative Motion	28 Closed for Memorial Day Holiday
30 Closed for Memorial Day Holiday	31 12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group				

JUNE

PROGRAM CALENDAR

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MON	TUES	WED	THUR	FRI	SAT
<p>SUN, JUNE 5 RACE FOR THE PLACE</p> 		<p>1</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 3:00PM Cancer Fighting Kitchen 6:00PM Cancer Fighting Kitchen</p>	<p>2</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Sister Circle</p>	<p>3</p> <p>9:30AM Guided Meditation 11:00AM Whole Food Lifestyle Check-In 12:30PM Restorative Motion</p>	<p>4</p> <p>10:00AM Tai Chi 10:30AM Welcoming Orientation</p>
<p>6</p> <p>11:00AM Zumba 6:30PM Adults with Cancer Group 6:30PM Bridges 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>7</p> <p>12:30PM Exercise 5:30PM Guided Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Cancer Group</p>	<p>8</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function</p>	<p>9</p> <p>12:30PM Exercise 1:00PM Art Therapy: The Tree of Life 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Exercise 6:30PM Life After Cancer Treatment</p>	<p>10</p> <p>12:30PM Restorative Motion</p>	<p>11</p> <p>10:00AM Connections 10:00AM Cancer Fighting Kitchen 10:00AM Tai Chi 10:30AM Welcoming Orientation 12:00PM Cancer Fighting Kitchen</p>
<p>13</p> <p>11:00AM Zumba 1:00PM Physical Therapy Screening 3:30PM Oral, Head & Neck Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Kidshop 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>14</p> <p>12:30PM Exercise 2:00PM Grief Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group</p>	<p>15</p> <p>10:00AM Yoga 11:00AM Grief Group 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Support Group 5:30PM Hike and Snack 6:00PM Let's Talk About Sex & Cancer 6:30PM Bridges</p>	<p>16</p> <p>12:30PM Exercise 1:00PM Art Therapy: The Tree of Life 6:30PM Balancing Cancer & Work 6:30PM Exercise</p>	<p>17</p> <p>11:00AM Older Adults Group 12:30PM Restorative Motion</p>	<p>18</p> <p>10:00AM Tai Chi 10:30AM Welcoming Orientation 11:00AM When Someone You Love Has Cancer 12:00PM Intro to Dragon Boating</p>
<p>20</p> <p>11:00AM Zumba 12:30AM TRX Tutorial 2:00PM Breast Cancer Group 6:30PM Adults with Cancer Group 6:30PM Bridges 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>21</p> <p>12:30PM Exercise 5:15PM Prostate Partners Info Session 5:30PM Guided Meditation 6:30PM Prostate Partners Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group</p>	<p>22</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 3:30PM Gynecologic Cancers Group 5:00PM Walk the Labyrinth 6:00PM Nutrition & Immunotherapy 6:30PM Kidshop</p>	<p>23</p> <p>12:30PM Exercise 6:30PM Power of Music: Share Your Song 5:00PM Walk the Labyrinth 6:30PM Exercise 6:30PM Young Adults with Cancer Group 6:30PM Breast Cancer Group</p>	<p>24</p> <p>12:30PM Restorative Motion</p>	<p>25</p> <p>10:00AM Tai Chi 10:30AM Welcoming Orientation</p>
<p>27</p> <p>11:00AM Zumba 3:30PM Pancreatic Cancer Group 6:30PM Adults with Cancer Group 6:30PM Kidshop 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>28</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group</p>	<p>29</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 7:00PM Drumming for Health</p>	<p>30</p> <p>12:30PM Exercise 6:30PM Cancer & the Emotional Roller Coaster 6:30PM Exercise</p>		