

# JULY

## PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

CHECK PAGES 3-7 FOR PROGRAM LOCATION  
AND VIRTUAL AVAILABILITY

ADVANCE REGISTRATION REQUIRED.

216-595-9546

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

MON	TUES	WED	THUR	FRI	SAT
<b>ANIMAL CAMP:</b> JULY 11-15 JULY 18-22 AUGUST 1-5				<b>1</b> 9:30AM Guided Meditation 11:00AM Whole Food Lifestyle Check-In 12:30PM Restorative Motion  Offices Close at 2:00PM	<b>2</b> Closed for July 4th Holiday
<b>4</b> Closed for July 4th Holiday	<b>5</b> 10:00AM Yoga 12:00PM Exercise 5:30PM Guided Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer	<b>6</b> 12:30PM Balance for Improved Function 6:00PM Nutrition in Cancer Survivorship 6:30PM When Someone You Love Has Cancer	<b>7</b> 9:00AM Open Gym 12:00PM Exercise 6:30PM Exercise 6:30PM Sister Circle	<b>8</b> 10:30AM Welcoming Orientation 12:30PM Restorative Motion  Offices Close at 2:00PM	<b>9</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Connections: Balloon Fun!
<b>11</b> 11:00AM Zumba 1:00PM Physical Therapy Screening 3:30PM Oral, Head & Neck Cancer Group 5:30PM Myeloma Group: Nutrition Tips 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Kidshop/Teenshop 7:00PM Exercise	<b>12</b> 10:00AM Yoga 12:00PM Exercise 2:00PM Grief Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	<b>13</b> 12:30PM Balance for Improved Function 3:00PM Nutrition in Cancer Survivorship 6:30PM Self-Care for the Caregiver 6:30PM Intro to Dragon Boating	<b>14</b> 9:00AM Open Gym 12:00PM Exercise 6:00PM Clay Class: Motivation & Change 6:30PM Exercise 6:30PM Life After Cancer Group 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group	<b>15</b> 10:30AM Welcoming Orientation 11:00AM Older Adults Group 12:30PM Restorative Motion  Offices Close at 2:00PM	<b>16</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:30AM Nutrition in Cancer Survivorship
<b>18</b> 11:00AM Zumba 2:00PM Breast Cancer Group 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Bridges 6:30PM Caregiver Group 7:00PM Exercise	<b>19</b> 10:00AM Yoga 12:00PM Exercise 5:30PM Guided Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group	<b>20</b> 11:00AM Grief: When Will It End? 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 6:30PM Bridges 6:30PM When Someone You Love Has Cancer 6:30PM Managing Lymphedema 6:30PM Intro to Dragon Boating	<b>21</b> 9:00AM Open Gym 12:00PM Exercise 6:30PM Exercise 6:30PM Lung Cancer Rehabilitation 6:30PM Forgiveness Can Set You Free	<b>22</b> 10:30AM Welcoming Orientation 11:00AM Singing Bowls 12:30PM Restorative Motion  Offices Close at 2:00PM	<b>23</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi
<b>25</b> 11:00AM Zumba 3:30PM Pancreatic Cancer Group 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Kidshop/Teenshop 7:00PM Exercise	<b>26</b> 10:00AM Yoga 12:00PM Exercise 6:00PM Yoga4Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	<b>27</b> 12:30PM Balance for Improved Function 3:30PM Gynecologic Cancers Group 6:30PM Intro to Dragon Boating 6:30PM Kidshop/Teenshop 6:30PM Cover Your Assets: Financial Planning	<b>28</b> 9:00AM Open Gym 12:00PM Exercise 6:00PM Clay Class: Motivation & Change 6:30PM Exercise 6:30PM Breast Cancer Group	<b>29</b> 10:30AM Welcoming Orientation 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Principles 5:30PM Summer Garden Party  Offices Close at 2:00PM	<b>30</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi

# AUGUST

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MON	TUES	WED	THUR	FRI	SAT
<b>1</b> 11:00AM Zumba 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 7:00PM Exercise	<b>2</b> 10:00AM Yoga 12:00PM Exercise 5:30PM Guided Meditation 6:00PM Yoga4Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer	<b>3</b> 12:30PM Balance for Improved Function 6:30PM Intro to Dragon Boating	<b>4</b> 9:00AM Open Gym 12:00PM Exercise 6:00PM Roots and Branches 6:30PM Exercise 6:30PM Sister Circle	<b>5</b> 9:30AM Guided Meditation 10:30AM Welcoming Orientation 11:00AM Whole Food Lifestyle Check-In 12:00PM Roundtable Discussion 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Endurance  Offices Close at 2:00PM	<b>6</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi
<b>8</b> 11:00AM Zumba 1:00PM Physical Therapy Screening 3:30PM Oral, Head & Neck Cancer Group 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 7:00PM Exercise	<b>9</b> 10:00AM Yoga 12:00PM Exercise 2:00PM Grief Group 6:00PM Yoga4Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	<b>10</b> 12:30PM Balance for Improved Function 6:00PM Nutrition & Treatment Side Effects 6:30PM Updates on Lymphoma 6:30PM Intro to Dragon Boating 6:30PM Nature Collage	<b>11</b> 9:00AM Open Gym 12:00PM Exercise 6:30PM Exercise 6:30PM Life After Cancer Group 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group	<b>12</b> 10:30AM Welcoming Orientation 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Strength 2:00PM Aquatic Exercise: Principles  Offices Close at 2:00PM	<b>13</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Connections: Scavenger Hunt
<b>15</b> 11:00AM Zumba 2:00PM Breast Cancer Group 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Family Pizza Night 7:00PM Exercise	<b>16</b> 10:00AM Yoga 12:00PM Exercise 5:30PM Guided Meditation 6:00PM Yoga4Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group	<b>17</b> 11:00AM Grief: When Will It End? 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 6:00PM Summertime Refreshers 6:30PM Intro to Dragon Boating 6:30PM Family Pizza Night	<b>18</b> 9:00AM Open Gym 12:00PM Exercise 6:00PM Genetics and Cancer 6:30PM Exercise 6:30PM Forgiveness Can Set You Free 6:30PM Young Adults Group	<b>19</b> 10:30AM Welcoming Orientation 11:00AM Older Adults Group 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Balance 2:00PM Aquatic Exercise: Endurance  Offices Close at 2:00PM	<b>20</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Summertime Refreshers 12:00PM Summertime Refreshers
<b>22</b> 11:00AM Zumba 3:30PM Pancreatic Cancer Group 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 7:00PM Exercise	<b>23</b> 10:00AM Yoga 12:00PM Exercise 6:00PM Yoga4Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	<b>24</b> 12:30PM Balance for Improved Function 3:30PM Gynecologic Cancers Group 6:30PM Intro to Dragon Boating 6:30PM Nature Collage 6:30PM Horticulture Therapy	<b>25</b> 9:00AM Open Gym 12:00PM Exercise 6:30PM Exercise 6:30PM Breast Cancer Group 6:30PM Stepping Stones	<b>26</b> 10:30AM Welcoming Orientation 11:00AM Singing Bowls 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Deep Water 2:00PM Aquatic Exercise: Strength  Offices Close at 2:00PM	<b>27</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi 12:00PM Cleveland Dance Project 12:00PM Physical Therapy Screening
<b>29</b> 11:00AM Zumba 6:00PM Moving Forward Orientation 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 7:00PM Exercise	<b>30</b> 10:00AM Yoga 12:00PM Exercise 6:00PM Yoga4Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Drumming for Health	<b>31</b> 12:30PM Balance for Improved Function 6:30PM Calming Waters 6:30PM Intro to Dragon Boating 6:30PM Horticulture Therapy			

# SEPTEMBER

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			<b>1</b> 9:00AM Open Gym 12:00PM Exercise 1:00PM Clay Class: Motivation & Change 6:00PM Exercise 6:30PM Sister Circle 6:30PM Drumming for Health	<b>2</b> 9:30AM Guided Meditation 10:30AM Welcoming Orientation 11:00AM Whole Food Lifestyle Check-In 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Balance  Offices Close at 2:00PM	<b>3</b> Closed for Labor Day Holiday
<b>5</b> Closed for Labor Day Holiday	<b>6</b> 10:00AM Yoga 12:00PM Exercise 2:00PM Grief Group 6:00PM Yoga Series 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer 6:30PM Grief Group	<b>7</b> 12:30PM Balance for Improved Function 6:00PM Cancer Fighting Kitchen 6:30PM Intro to Dragon Boating 6:30PM Medical Cannabis & Cancer	<b>8</b> 9:00AM Open Gym 12:00PM Exercise 6:00PM Exercise 6:30PM Life After Cancer Group 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM High Risk Breast Health	<b>9</b> 10:30AM Welcoming Orientation 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Deep Water	<b>10</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Cancer Fighting Kitchen 12:00PM Cancer Fighting Kitchen 1:30PM Family Fun Fest
<b>12</b> 11:00AM Zumba 12:30PM Physical Activity & Nutrition Pt1 1:00PM Physical Therapy Screening 3:30PM Oral, Head & Neck Cancer Group 5:30PM Myeloma Group: Blood Counts 6:00PM Moving Forward Through Cancer 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Kidshop/Teenshop	<b>13</b> 10:00AM Yoga 12:00PM Exercise 6:00PM Yoga Series 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group	<b>14</b> 12:30PM Balance for Improved Function 6:00PM Moving Forward Through Cancer 6:30PM Cancer Related Fatigue 6:30PM Intro to Dragon Boating	<b>15</b> 9:00AM Open Gym 12:00PM Exercise 1:00PM Clay Class: Motivation & Change 6:00PM Exercise 6:30PM Forgiveness Can Set You Free 6:30PM Cancer Related Fatigue 6:30PM Prostate Cancer Care for Gay Men	<b>16</b> 10:30AM Welcoming Orientation 11:00AM Older Adults Group 12:30PM Restorative Motion	<b>17</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi
<b>19</b> 11:00AM Zumba 12:30PM Physical Activity & Nutrition Pt2 2:00PM Breast Cancer Group 6:00PM Moving Forward Through Cancer 6:30PM Bridges 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group	<b>20</b> 10:00AM Yoga 12:00PM Exercise 5:30PM Guided Meditation 6:00PM Yoga Series 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 5:15PM Prostate Partners Info Session 6:30PM Grief Group	<b>21</b> 11:00AM Grief: When Will It End? 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 6:00PM Moving Forward Through Cancer 6:30PM Bridges 6:30PM Ovarian Cancer Research Updates 6:30PM Celebrate International Day of Peace with the Arts at Home	<b>22</b> 9:00AM Open Gym 12:00PM Exercise 6:00PM Exercise 6:30PM Young Adults Group 6:30PM Breast Cancer Group	<b>23</b> 10:30AM Welcoming Orientation 11:00AM Singing Bowls 12:30PM Restorative Motion	<b>24</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi 12:00PM Physical Therapy Screening
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