

December

SUN

MON

TUE

WED

THU

FRI

SAT

9:30: Gentle Stretch Yoga
(virtual & in-person)

10:30: Meditation Group
(virtual & in-person)

9:30: Chair Yoga (virtual)

11:00 Quotes &
Conversation (virtual)

5:30: Women's Support
Circle

11: Slow Flow Yoga (virtual
& in-person)

11: Stabilization Group
(Full)

10:30: Expressive Arts
Group

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9:30: Gentle Stretch Yoga
(virtual & in-person)

10:30: Meditation Group
(virtual & in-person)

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9:30: Chair Yoga (virtual)

11:00 Quotes &
Conversation (virtual)

5:30: Women's Support
Circle

6

11: Slow Flow Yoga (virtual
& in-person)

7

11: Stabilization Group
(Full)

8

10:30: Expressive Arts
Group

9

7:00 pm: Women's
Connection Group (full)

10

9:30: Gentle Stretch Yoga
(virtual)

10:30: Meditation Group
(virtual & in-person)

11

12

9:30: Chair Yoga (virtual)

11:00 Quotes &
Conversation (virtual)

5:30: Women's Support
Circle

13

11: Slow Flow Yoga (virtual
& in-person)

14

11: Stabilization Group
(Full)

15

10:30: Expressive Arts
Group

16

17

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(virtual)

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(virtual & in-person)

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19

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Conversation (virtual)

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(Full)

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10:30: Expressive Arts
Group

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Happy Holidays!