



# November 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
		1 Yoga 8:30-9:45  Adapted Yoga 10:00-11:00  Advanced Tai Chi 11:30-12:15	2 Fitness 4 U 10:45-11:30 Tai Chi 11:45-12:30 Qi Gong 12:30-1:15 Pilates 3:45-4:30 Yoga 4:45-6:00	3	4/5
6 Fitness 4 U 10:45-11:30 Tai Chi 11:45-12:30 Qi Gong 12:30-1:15	7 Reiki Call 545-7493 to schedule appt.	8 <i>Flexibility &amp; Meditation</i> 8:30-9:45 <i>Adapted Flexibility &amp; Meditation</i> 10:00-11:00 Advanced Tai Chi 11:30-12:15	9 Drumming 10:00-11:00 Fitness 4 U 11:00-11:30 Tai Chi 11:45-12:30 Qi Gong 12:30-1:15 Pilates 3:45-4:30 <i>Flexibility &amp; Meditation</i> 4:45-6:00	10 <b>Side-by-Side Closed</b> <i>Veteran's Day Recognized</i>	11/12
13 Fitness 4 U 10:45-11:30 Tai Chi 11:45-12:30 Qi Gong 12:30-1:15	14 Reiki Call 545-7493 to schedule appt.	15 <i>Flexibility &amp; Meditation</i> 8:30-9:45 <i>Adapted Flexibility &amp; Meditation</i> 10:00-11:00 Advanced Tai Chi 11:30-12:15  Women Around You 5:00-6:30 (Female Cancer Support Group)	16 FOOD DAY 10:45-11:30 🍴 Tai Chi 11:45-12:30 Qi Gong 12:30-1:15 Pilates 3:45-4:30 <i>Flexibility &amp; Meditation</i> 4:45-6:00	17 SPOHNC 1:00 (Head & Neck Cancer Support Group)	18/19
20 Fitness 4 U 10:45-11:30 Tai Chi 11:45-12:30 Qi Gong 12:30-1:15	21 Reiki Call 545-7493 to schedule appt.	22 <i>Flexibility &amp; Meditation</i> 8:30-9:45 <i>Adapted Flexibility &amp; Meditation</i> 10:00-11:00 Advanced Tai Chi 11:30-12:15	23 <b>Side-by-Side Closed</b> <i>Thanksgiving</i>	24 <b>Side-by-Side Closed</b> <i>Thanksgiving Friday</i>	25/26
27 Fitness 4 U 10:45-11:30 Tai Chi 11:45-12:30 Qi Gong 12:30-1:15	28 Reiki Call 545-7493 to schedule appt.	29 Yoga 8:30-9:45  Adapted Yoga 10:00-11:00  Advanced Tai Chi 11:30-12:15	30 Fitness 4 U 10:45-11:30 Tai Chi 11:45-12:30 Qi Gong 12:30-1:15 Pilates 3:45-4:30 Yoga 4:45-6:00		

Side-by-Side is a FREE program open to anyone affected by cancer, their families, and caregivers.  
Call 545-7493 for more information.

Stop by to use the wellness program's electric massage chair, treadmill, Nordic Track or to read our educational materials.



(Please avoid visiting while classes are in session)

