



# November 2017



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

