

OCTOBER 2026



KEY CODE:
PURPLE = IN PERSON
GREEN = VIRTUAL
BROWN = SPECIAL OFFERING
BLUE = BILINGUAL AS NEEDED/BILINGÜE

ALT2SU = ALTERNATIVES TO SUICIDE
HVN = HEARING VOICES NETWORK
HYBRID = VIRTUAL & IN PERSON

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Scan here to register for in person offerings! 	1 10-11am Mindful Movement (Hybrid) 11:30am -1pm Cooking Through The Seasons 3-4:30pm Peer Gathering Space	2 6:30-8pm Levitate Sound Meditation	3 9:30-11am Valley Qigong & Tea (Hybrid) 12-2pm Write to Heal
4	5 9:30-10:30am Move! 12:30-1:30 pm Walk & Talk 3-4:30pm Caring Connections	6 10-11am Gentle Yoga 1- 2pm Intentional Art/ Arte Intencional 3-4:30pm Alt2Su	7 10-11:30am Yoga & Tea 1:30-2:30pm Writing for Wellbeing 3-4pm HVN	8 3-4:30pm Peer Gathering Space	9 3-4pm Intentional Writing/ Escritura Intencional	10 9:30-11am Valley Qigong & Tea (Hybrid) 9:30-11am Yoga of 12 Step Recovery 1-2:30pm Nourished Mama
11	12 Closed In Observance of Indigenous Peoples Day	13 10-11am Gentle Yoga 3-4:30pm Alt2Su 6-7pm Qigong & Sound	14 1:30-2:30pm Building Connections Through the Pages 3-4pm HVN	15 10-11am Mindful Movement (Hybrid) 12- 1:30pm Cupcakes/ Budines 1:30-4:30pm Movie Matinee	16 	17 9:30-10:30am Valley Qigong at Bushnell Park 2-4pm Self-Care, Movement & Massage
18	19 9:30-10:30am Move! 12:30-1:30pm Craft & Connection 3-4:30pm Caring Connections	20 10-11am Gentle Yoga 12-1pm Breathwork 4 recovery 3-4:30pm Alt2Su	21 1:30-2:30pm Healing Through Music 3-4pm HVN	22 10-11am Come As You Are Yoga 3-4:30pm Peer Gathering Space	23 Closed for Professional Development	24 9:30-11am Valley Qigong & Tea (Hybrid) 12-2pm Makers with Pride
25	26 9:30-10:30am Move! 12:30-1:30pm Meditative Coloring 3-4:30pm Caring Connections	27 10-11am Gentle Yoga 3-4:30pm Alt2Su 6-7pm Qigong & Sound	28 1:30-2:30pm Building Connections Through the Pages 3-4pm HVN	29 1-2:30pm Mixed Media Art/ Arte de Técnicas Mixtas 3-4:30pm Peer Gathering Space	30 	31 9:30-11am Valley Qigong & Tea (Hybrid)