

February 2017

January 2017							March 2017						
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2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30	31		
30	31												

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<ul style="list-style-type: none"> 11:15AM Yoga: Restorative (Exercise Room) 1:30PM Advanced Cancer Support: Acceptance and Intentional Living (Waterfall Room) 6:30PM Book Discussion: Ultimate Road Trip: Are we there yet? (Waterfall Room) 6:30PM Exercise and Educate Yourself (Exercise Room) 7:00PM Knitting: 10 Healthy Reasons (Artroom) <p style="text-align: center; font-size: 48px; font-weight: bold;">30</p>	<ul style="list-style-type: none"> 9:30AM Healthy Steps (Exercise Room) 11:00AM Tai Chi - More Experienced (Exercise Room) 12:15PM Tai Chi - Less Experienced (Exercise Room) 1:30PM Supportive Conversation: Food for Thought (Waterfall Room) 5:30PM Yoga: For Well-Being (Exercise Room) 7:15PM Young Adult Bootcamp (Exercise Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">31</p>	<ul style="list-style-type: none"> 10:00AM Brain Fog (Artroom) 10:00AM Laughter Yoga (Great Room) 10:00AM Qigong: Spring Forest - More Experienced (Exercise Room) 11:15AM Qigong: Spring Forest - Less Experienced (Great Room) 11:30AM Yoga: Functional (Exercise Room) 1:00PM Food & Nutrition: Herbs and Spices - LECTURE (Artroom) 1:00PM Yoga Thrive 1 (Exercise Room) 5:00PM Yoga Thrive 2 (Exercise Room) 6:30PM Exercise and Educate Yourself (Exercise Room) 6:30PM SPEAKER: Fatigue and Cancer (Great Room) 6:30PM Young Adult Creative Journaling (Artroom) <p style="text-align: center; font-size: 48px; font-weight: bold;">1</p>	<ul style="list-style-type: none"> 10:00AM Creative Journaling Intro: New to CJ Members only (Artroom) 10:00AM iRest Meditation (Exercise Room) 12:30PM Open Art Studio: BYO Art Projects (Artroom) 1:15PM Visualization, Relaxation and Mindfulness (Great Room) 1:30PM Chaplain in Residence (Peer Support Room) 3:00PM Healthy Steps (Exercise Room) 3:00PM Thursdays with Bob: Reflection on Grief and Loss (Great Room) 5:00PM Yoga: For Well-Being (Exercise Room) 6:45PM Moves in Rhythm (Exercise Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">2</p>	<ul style="list-style-type: none"> 10:00AM Art Mix: Art Assortment (Artroom) 12:00PM Campfire Classics Music Jam (Great Room) 1:00PM Ukulele (Great Room) 1:00PM Watercolour: Nature Exploration (Artroom) 1:00PM Women's Interest Group (Waterfall Room) 1:00PM Yoga: For Harmony (Exercise Room) 4:30PM Cancer Challenge: Spin Sessions (Offsite) <p style="text-align: center; font-size: 48px; font-weight: bold;">3</p>	<ul style="list-style-type: none"> 9:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM Creative Journaling: Mystery and Magic (Artroom) 10:15AM Yoga Thrive 1 & 2 (Exercise Room) 1:00PM Art Mix: Soul Cards (Artroom) 1:00PM Drumming (Great Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">4</p>	<ul style="list-style-type: none"> 9:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM Creative Journaling: Mystery and Magic (Artroom) 10:15AM Yoga Thrive 1 & 2 (Exercise Room) 1:00PM Art Mix: Soul Cards (Artroom) 1:00PM Drumming (Great Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">5</p>
<ul style="list-style-type: none"> 10:00AM Cross Country Skiing (Offsite) 11:15AM Yoga: Restorative (Exercise Room) 1:00PM Snowshoeing (Deck) 1:30PM Advanced Cancer Support: Acceptance and Intentional Living (Waterfall Room) 6:30PM Exercise and Educate Yourself (Exercise Room) 7:00PM Knitting: 10 Healthy Reasons (Artroom) <p style="text-align: center; font-size: 48px; font-weight: bold;">6</p>	<ul style="list-style-type: none"> 9:30AM Healthy Steps (Exercise Room) 9:30AM Returning to Work (Artroom) 11:00AM Tai Chi - More Experienced (Exercise Room) 12:15PM Tai Chi - Less Experienced (Exercise Room) 1:00PM Look Good Feel Better (Artroom) 1:30PM Supportive Conversation: Food for Thought (Waterfall Room) 5:30PM Yoga: For Well-Being (Exercise Room) 7:00PM Blood Cancer Support Group (Great Room) 7:15PM Young Adult Bootcamp (Exercise Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">7</p>	<ul style="list-style-type: none"> 10:00AM Brain Fog (Artroom) 10:00AM Colorectal Cancer Support Group (Waterfall Room) 10:00AM Qigong: Spring Forest - More Experienced (Exercise Room) 11:15AM Qigong: Spring Forest - Less Experienced (Great Room) 11:30AM Yoga: Functional (Exercise Room) 1:00PM Food & Nutrition: Herbs and Spices - COOKING (Offsite) 1:00PM Yoga Thrive 1 (Exercise Room) 5:00PM Yoga Thrive 2 (Exercise Room) 6:30PM Exercise and Educate Yourself (Exercise Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">8</p>	<ul style="list-style-type: none"> 10:00AM Creative Journaling Intro: New to CJ Members only (Artroom) 10:00AM iRest Meditation (Exercise Room) 12:30PM Open Art Studio: BYO Art Projects (Artroom) 1:15PM Visualization, Relaxation and Mindfulness (Great Room) 1:30PM Chaplain in Residence (Peer Support Room) 3:00PM Healthy Steps (Exercise Room) 5:00PM Yoga: For Well-Being (Exercise Room) 6:30PM Cervical Cancer Support Group (Waterfall Room) 6:30PM SPEAKER: Legal and Employment Matters (Great Room) 6:45PM Moves in Rhythm (Exercise Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">9</p>	<ul style="list-style-type: none"> 10:00AM Art Mix: Art Assortment (Artroom) 12:00PM Campfire Classics Music Jam (Great Room) 1:00PM Watercolour: Nature Exploration (Artroom) 1:00PM Women's Interest Group (Waterfall Room) 1:00PM Yoga: For Harmony (Exercise Room) 4:30PM Cancer Challenge: Spin Sessions (Offsite) <p style="text-align: center; font-size: 48px; font-weight: bold;">10</p>	<ul style="list-style-type: none"> 9:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM Watercolour: Beginner's Brush (Artroom) 10:15AM Yoga Thrive 1 & 2 (Exercise Room) 1:00PM Art Mix: Soul Cards (Artroom) 1:00PM Drumming (Great Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">11</p>	<ul style="list-style-type: none"> 9:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM Watercolour: Beginner's Brush (Artroom) 10:15AM Yoga Thrive 1 & 2 (Exercise Room) 1:00PM Art Mix: Soul Cards (Artroom) 1:00PM Drumming (Great Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">12</p>
<ul style="list-style-type: none"> 11:15AM Yoga: Restorative (Exercise Room) 1:30PM Advanced Cancer Support: Acceptance and Intentional Living (Waterfall Room) 5:30PM Head and Neck Support Group (Great Room) 6:30PM Book Discussion: Ultimate Road Trip: Are we there yet? (Waterfall Room) 6:30PM Exercise and Educate Yourself (Exercise Room) 7:00PM Knitting: 10 Healthy Reasons (Artroom) <p style="text-align: center; font-size: 48px; font-weight: bold;">13</p>	<ul style="list-style-type: none"> 9:30AM Healthy Steps (Exercise Room) 9:30AM Returning to Work (Artroom) 11:00AM Tai Chi - More Experienced (Exercise Room) 12:15PM Tai Chi - Less Experienced (Exercise Room) 1:30PM Supportive Conversation: Food for Thought (Waterfall Room) 5:30PM Yoga: For Well-Being (Exercise Room) 7:15PM Young Adult Bootcamp (Exercise Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">14</p>	<ul style="list-style-type: none"> 10:00AM Brain Fog (Artroom) 10:00AM Qigong: Spring Forest - More Experienced (Exercise Room) 11:15AM Qigong: Spring Forest - Less Experienced (Great Room) 11:30AM Yoga: Functional (Exercise Room) 1:00PM Yoga Thrive 1 (Exercise Room) 5:00PM Yoga Thrive 2 (Exercise Room) 5:30PM Food & Nutrition: Cancer Treatment Recovery for People with Eating Disorders - LECTURE (South Health Campus) (Offsite) 6:30PM Brain Tumour Support Group (Great Room) 6:30PM Exercise and Educate Yourself (Exercise Room) 6:30PM Young Adult Creative Journaling (Artroom) <p style="text-align: center; font-size: 48px; font-weight: bold;">15</p>	<ul style="list-style-type: none"> 10:00AM Creative Journaling Intro: New to CJ Members only (Artroom) 10:00AM iRest Meditation (Exercise Room) 12:30PM Open Art Studio: BYO Art Projects (Artroom) 1:15PM Visualization, Relaxation and Mindfulness (Great Room) 1:30PM Chaplain in Residence (Peer Support Room) 3:00PM Healthy Steps (Exercise Room) 5:00PM Yoga: For Well-Being (Exercise Room) 6:45PM Moves in Rhythm (Exercise Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">16</p>	<ul style="list-style-type: none"> 12:00PM NO CLASS TODAY - Campfire Classics Music Jam (Great Room) 1:00PM NO CLASS TODAY - Yoga: For Harmony (Exercise Room) 1:00PM Women's Interest Group (Waterfall Room) 4:30PM Cancer Challenge: Spin Sessions (Offsite) <p style="text-align: center; font-size: 48px; font-weight: bold;">17</p>	<ul style="list-style-type: none"> 9:00AM NO CLASS TODAY - Exercise and Educate Yourself (Exercise Room) 10:15AM Yoga Thrive 1 & 2 (Exercise Room) 1:00PM NO CLASS TODAY - Art Mix: Soul Cards (Artroom) 1:00PM NO CLASS TODAY - Drumming (Great Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">18</p>	<ul style="list-style-type: none"> 9:00AM NO CLASS TODAY - Exercise and Educate Yourself (Exercise Room) 10:15AM Yoga Thrive 1 & 2 (Exercise Room) 1:00PM NO CLASS TODAY - Art Mix: Soul Cards (Artroom) 1:00PM NO CLASS TODAY - Drumming (Great Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">19</p>
<ul style="list-style-type: none"> 11:15AM NO CLASS TODAY - Yoga: Restorative (Exercise Room) 1:30PM NO CLASS TODAY - Advanced Cancer Support: Acceptance and Intentional Living (Waterfall Room) 6:30PM NO CLASS TODAY - Exercise and Educate Yourself (Exercise Room) 7:00PM NO CLASS TODAY - Knitting: 10 Healthy Reasons (Artroom) <p style="text-align: center; font-size: 48px; font-weight: bold;">20</p>	<ul style="list-style-type: none"> 9:30AM Healthy Steps (Exercise Room) 9:30AM Returning to Work (Artroom) 11:00AM Tai Chi - More Experienced (Exercise Room) 12:15PM Tai Chi - Less Experienced (Exercise Room) 1:30PM Supportive Conversation: Food for Thought (Waterfall Room) 5:30PM Yoga: For Well-Being (Exercise Room) 7:00PM Ostomy Support Group (Waterfall Room) 7:15PM Young Adult Bootcamp (Exercise Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">21</p>	<ul style="list-style-type: none"> 10:00AM Brain Fog (Artroom) 10:00AM Qigong: Spring Forest - More Experienced (Exercise Room) 11:15AM Qigong: Spring Forest - Less Experienced (Great Room) 11:30AM Yoga: Functional (Exercise Room) 1:00PM Yoga Thrive 1 (Exercise Room) 5:00PM Yoga Thrive 2 (Exercise Room) 5:30PM Food & Nutrition: Cancer Treatment Recovery for People with Eating Disorders - COOKING (South Health Campus) (Offsite) 6:30PM Art Mix: Artist Trading Cards (Drop in) (Artroom) 6:30PM Exercise and Educate Yourself (Exercise Room) 6:30PM SPEAKER: Preparing for Temporarily Reduced Income (Great Room) 7:00PM Men's Group (Waterfall Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">22</p>	<ul style="list-style-type: none"> 10:00AM Creative Journaling Intro: New to CJ Members only (Artroom) 10:00AM iRest Meditation (Exercise Room) 12:30PM Open Art Studio: BYO Art Projects (Artroom) 1:15PM Visualization, Relaxation and Mindfulness (Great Room) 1:30PM Chaplain in Residence (Peer Support Room) 3:00PM Healthy Steps (Exercise Room) 5:00PM Yoga: For Well-Being (Exercise Room) 6:45PM Moves in Rhythm (Exercise Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">23</p>	<ul style="list-style-type: none"> 10:00AM Art Mix: Art Assortment (Artroom) 12:00PM Campfire Classics Music Jam (Great Room) 1:00PM Gardening: Hands on - The Very Best Houseplants (Artroom) 1:00PM Women's Interest Group (Waterfall Room) 1:00PM Yoga: For Harmony (Exercise Room) 4:30PM Cancer Challenge: Spin Sessions (Offsite) <p style="text-align: center; font-size: 48px; font-weight: bold;">24</p>	<ul style="list-style-type: none"> 9:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM Watercolour: Beginner's Brush (Artroom) 10:15AM Yoga Thrive 1 & 2 (Exercise Room) 1:00PM Art Mix: Soul Cards (Artroom) <p style="text-align: center; font-size: 48px; font-weight: bold;">25</p>	<ul style="list-style-type: none"> 9:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM Watercolour: Beginner's Brush (Artroom) 10:15AM Yoga Thrive 1 & 2 (Exercise Room) 1:00PM Art Mix: Soul Cards (Artroom) 1:00PM Drumming (Great Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">26</p>
<ul style="list-style-type: none"> 10:00AM Cross Country Skiing (Offsite) 11:15AM Yoga: Restorative (Exercise Room) 1:30PM Advanced Cancer Support: Acceptance and Intentional Living (Waterfall Room) 6:30PM Book Discussion: Ultimate Road Trip: Are we there yet? (Waterfall Room) 6:30PM Exercise and Educate Yourself (Exercise Room) 7:00PM Knitting: 10 Healthy Reasons (Artroom) <p style="text-align: center; font-size: 48px; font-weight: bold;">27</p>	<ul style="list-style-type: none"> 9:30AM Healthy Steps (Exercise Room) 9:30AM Returning to Work (Artroom) 11:00AM Tai Chi - More Experienced (Exercise Room) 12:15PM Tai Chi - Less Experienced (Exercise Room) 1:30PM Supportive Conversation: Food for Thought (Waterfall Room) 5:30PM Yoga: For Well-Being (Exercise Room) 7:15PM Young Adult Bootcamp (Exercise Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">28</p>	<ul style="list-style-type: none"> 10:00AM Brain Fog (Artroom) 10:00AM Laughter Yoga (Great Room) 10:00AM Qigong: Spring Forest - More Experienced (Exercise Room) 11:30AM Yoga: Functional (Exercise Room) 1:00PM Yoga Thrive 1 (Exercise Room) 5:00PM Yoga Thrive 2 (Exercise Room) 6:30PM Exercise and Educate Yourself (Exercise Room) 6:30PM Young Adult Creative Journaling (Artroom) 7:00PM Threshold Choir (Great Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">29</p>	<ul style="list-style-type: none"> 9:30AM Resumes and Interviews (Great Room) 10:00AM Watercolour for Fun: Four approaches (Artroom) 12:30PM Open Art Studio: BYO Art Projects (Artroom) 1:15PM Visualization, Relaxation and Mindfulness (Great Room) 1:30PM Chaplain in Residence (Peer Support Room) 3:00PM Healthy Steps (Exercise Room) 3:00PM Thursdays with Bob: Reflection on Grief and Loss (Great Room) 5:00PM Yoga: For Well-Being (Exercise Room) 6:45PM Moves in Rhythm (Exercise Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">30</p>	<ul style="list-style-type: none"> 10:00AM Art Mix: Art Assortment (Artroom) 12:00PM Campfire Classics Music Jam (Great Room) 1:00PM Ukulele (Great Room) 1:00PM Women's Interest Group (Waterfall Room) 4:30PM Cancer Challenge: Spin Sessions (Offsite) <p style="text-align: center; font-size: 48px; font-weight: bold;">31</p>	<ul style="list-style-type: none"> 9:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM Watercolour: Beginner's Brush (Artroom) 10:15AM Yoga Thrive 1 & 2 (Exercise Room) 1:00PM Art Mix: Soul Cards (Artroom) 1:00PM Drumming (Great Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">4</p>	<ul style="list-style-type: none"> 9:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM Watercolour: Beginner's Brush (Artroom) 10:15AM Yoga Thrive 1 & 2 (Exercise Room) 1:00PM Art Mix: Soul Cards (Artroom) 1:00PM Drumming (Great Room) <p style="text-align: center; font-size: 48px; font-weight: bold;">5</p>

March 2017

February 2017							April 2017							
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			1	2	3	4	5						1	2
6	7	8	9	10	11	12		3	4	5	6	7	8	9
13	14	15	16	17	18	19		10	11	12	13	14	15	16
20	21	22	23	24	25	26		17	18	19	20	21	22	23
27	28							24	25	26	27	28	29	30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<ul style="list-style-type: none"> 10:00AM - 12:00PM Cross Country Skiing (Offsite) 11:15AM - 12:30PM Yoga: Restorative (Exercise Room) 1:30PM - 3:00PM Advanced Cancer Support: Acceptance and Intentional Living (Waterfall Room) 6:30PM - 8:30PM Book Discussion: Ultimate Road Trip: Are we there yet? (Waterfall Room) 6:30PM - 7:30PM Exercise and Educate Yourself (Exercise Room) 7:00PM - 8:00PM Knitting: 10 Healthy Reasons (Artroom) <p>27</p>	<ul style="list-style-type: none"> 9:30AM - 10:30AM Healthy Steps (Exercise Room) 9:30AM - 11:30AM Returning to Work (Artroom) 11:00AM - 12:00PM Tai Chi - More Experienced (Exercise Room) 12:15PM - 1:15PM Tai Chi - Less Experienced (Exercise Room) 1:30PM - 3:00PM Supportive Conversation: Food for Thought (Waterfall Room) 5:30PM - 7:00PM Yoga: For Well-Being (Exercise Room) 7:15PM - 8:00PM Young Adult Bootcamp (Exercise Room) <p>28</p>	<ul style="list-style-type: none"> 10:00AM - 11:30AM Brain Fog (Artroom) 10:00AM - 11:00AM Laughter Yoga (Great Room) 10:00AM - 11:00AM Qigong: Spring Forest - More Experienced (Exercise Room) 11:30AM - 12:45PM Yoga: Functional (Exercise Room) 1:00PM - 2:15PM Yoga Thrive 1 (Exercise Room) 5:00PM - 6:15PM Yoga Thrive 2 (Exercise Room) 6:30PM - 7:30PM Exercise and Educate Yourself (Exercise Room) 6:30PM - 8:30PM Young Adult Creative Journaling (Artroom) 7:00PM - 9:00PM Threshold Choir (Great Room) <p>29</p>	<ul style="list-style-type: none"> 9:30AM - 11:30AM Resumes and Interviews (Great Room) 10:00AM - 12:00PM Watercolour for Fun: Four approaches (Artroom) 12:30PM - 3:30PM Open Art Studio: BYO Art Projects (Artroom) 1:15PM - 2:45PM Visualization, Relaxation and Mindfulness (Great Room) 1:30PM - 3:30PM Chaplain in Residence (Peer Support Room) 3:00PM - 4:00PM Healthy Steps (Exercise Room) 3:00PM - 4:30PM Thursdays with Bob: Reflection on Grief and Loss (Great Room) 5:00PM - 6:30PM Yoga: For Well-Being (Exercise Room) 6:45PM - 7:45PM Moves in Rhythm (Exercise Room) <p>30</p>	<ul style="list-style-type: none"> 10:00AM - 12:00PM Art Mix: Art Assortment (Artroom) 12:00PM - 1:00PM Campfire Classics Music Jam (Great Room) 1:00PM - 2:15PM Ukulele (Great Room) 4:00PM - 5:30PM Women's Interest Group (Waterfall Room) 4:30PM - 5:30PM Cancervive Challenge: Spin Sessions (Offsite) <p>31</p>	<ul style="list-style-type: none"> 9:00AM - 10:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM - 12:00PM Watercolour: Beginner's Brush (Artroom) 10:15AM - 11:30AM Yoga Thrive 1 & 2 (Exercise Room) 1:00PM - 3:00PM Art Mix: Soul Cards (Artroom) 1:00PM - 3:00PM Drumming (Great Room) <p>4</p>	<ul style="list-style-type: none"> 9:00AM - 10:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM - 12:00PM Watercolour: Beginner's Brush (Artroom) 10:15AM - 11:30AM Yoga Thrive 1 & 2 (Exercise Room) <p>5</p>
<ul style="list-style-type: none"> 10:00AM - 12:00PM Cross Country Skiing (Offsite) 11:15AM - 12:30PM Yoga: Restorative (Exercise Room) 1:30PM - 3:00PM Advanced Cancer Support: Acceptance and Intentional Living (Waterfall Room) 6:30PM - 7:30PM Exercise and Educate Yourself (Exercise Room) 7:00PM - 8:00PM Knitting: 10 Healthy Reasons (Artroom) <p>6</p>	<ul style="list-style-type: none"> 9:30AM - 10:30AM Healthy Steps (Exercise Room) 9:30AM - 11:30AM Returning to Work (Artroom) 10:30AM - 12:00PM SPEAKER: Reclaim Your Vitality Beyond Cancer (Great Room) 11:00AM - 12:00PM Tai Chi - More Experienced (Exercise Room) 12:15PM - 1:15PM Tai Chi - Less Experienced (Exercise Room) 1:00PM - 3:00PM Look Good Feel Better (Artroom) 1:30PM - 3:00PM Supportive Conversation: Food for Thought (Waterfall Room) 5:30PM - 7:00PM Yoga: For Well-Being (Exercise Room) 7:15PM - 8:00PM Young Adult Bootcamp (Exercise Room) <p>7</p>	<ul style="list-style-type: none"> 10:00AM - 11:30AM Brain Fog (Artroom) 10:00AM - 11:30AM Colorectal Cancer Support Group (Waterfall Room) 10:00AM - 11:00AM Qigong: Spring Forest - More Experienced (Exercise Room) 11:30AM - 12:45PM Yoga: Functional (Exercise Room) 1:00PM - 3:00PM Healing Journey 2: Skills for Healing (Great Room) 1:00PM - 2:15PM Yoga Thrive 1 (Exercise Room) 5:00PM - 6:15PM Yoga Thrive 2 (Exercise Room) 6:30PM - 7:30PM Exercise and Educate Yourself (Exercise Room) 6:30PM - 8:30PM SPEAKER: Resilience of the Human Spirit (Great Room) <p>8</p>	<ul style="list-style-type: none"> 9:30AM - 11:30AM Resumes and Interviews (Great Room) 10:00AM - 12:00PM Watercolour for Fun: Four approaches (Artroom) 12:30PM - 3:30PM Open Art Studio: BYO Art Projects (Artroom) 1:15PM - 2:45PM Visualization, Relaxation and Mindfulness (Great Room) 1:30PM - 3:30PM Chaplain in Residence (Peer Support Room) 3:00PM - 4:00PM Healthy Steps (Exercise Room) 5:00PM - 6:30PM Yoga: For Well-Being (Exercise Room) 6:30PM - 8:00PM Cervical Cancer Support Group (Waterfall Room) 6:45PM - 7:45PM Moves in Rhythm (Exercise Room) 7:00PM - 9:00PM SAMPS (Great Room) <p>10</p>	<ul style="list-style-type: none"> 12:00PM - 1:00PM Campfire Classics Music Jam (Great Room) 1:00PM - 3:00PM Women's Interest Group (Waterfall Room) 4:30PM - 5:30PM Cancervive Challenge: Spin Sessions (Offsite) 7:00PM - 9:00PM SPEAKER: House Music Robbie Banks (Great Room) <p>11</p>	<ul style="list-style-type: none"> 9:00AM - 10:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM - 12:00PM Watercolour: Beginner's Brush (Artroom) 10:15AM - 11:30AM Yoga Thrive 1 & 2 (Exercise Room) <p>12</p>	<ul style="list-style-type: none"> 9:00AM - 10:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM - 4:00PM Artshop: Magazine Repurposed (Artroom) 10:15AM - 11:30AM Yoga Thrive 1 & 2 (Exercise Room) <p>19</p>
<ul style="list-style-type: none"> 11:15AM - 12:30PM Yoga: Restorative (Exercise Room) 1:30PM - 3:00PM Advanced Cancer Support: Acceptance and Intentional Living (Waterfall Room) 5:30PM - 7:00PM Head and Neck Support Group (Great Room) 6:30PM - 8:30PM Book Discussion: Ultimate Road Trip: Are we there yet? (Waterfall Room) 6:30PM - 7:30PM Exercise and Educate Yourself (Exercise Room) 7:00PM - 8:00PM Knitting: 10 Healthy Reasons (Artroom) <p>13</p>	<ul style="list-style-type: none"> 9:30AM - 10:30AM Healthy Steps (Exercise Room) 9:30AM - 11:30AM Returning to Work (Artroom) 10:30AM - 12:00PM SPEAKER: Reclaim Your Vitality Beyond Cancer (Great Room) 11:00AM - 12:00PM Tai Chi - More Experienced (Exercise Room) 12:15PM - 1:15PM Tai Chi - Less Experienced (Exercise Room) 1:30PM - 3:00PM Supportive Conversation: Food for Thought (Waterfall Room) 5:30PM - 7:00PM Yoga: For Well-Being (Exercise Room) 7:00PM - 8:30PM Blood Cancer Support Group (Great Room) 7:00PM - 9:00PM Ostomy Support Group (Artroom) 7:15PM - 8:00PM Young Adult Bootcamp (Exercise Room) <p>14</p>	<ul style="list-style-type: none"> 10:00AM - 11:30AM Brain Fog (Artroom) 10:00AM - 11:00AM Qigong: Spring Forest - More Experienced (Exercise Room) 11:30AM - 12:45PM Yoga: Functional (Exercise Room) 1:00PM - 3:00PM Healing Journey 2: Skills for Healing (Great Room) 1:00PM - 2:15PM Yoga Thrive 1 (Exercise Room) 5:00PM - 6:15PM Yoga Thrive 2 (Exercise Room) 6:30PM - 8:30PM Brain Tumor Support Group (Art Room) 6:30PM - 7:30PM Exercise and Educate Yourself (Exercise Room) <p>15</p>	<ul style="list-style-type: none"> 9:30AM - 11:30AM Resumes and Interviews (Great Room) 10:00AM - 12:00PM Watercolour for Fun: Four approaches (Artroom) 12:30PM - 3:30PM Open Art Studio: BYO Art Projects (Artroom) 1:15PM - 2:45PM Visualization, Relaxation and Mindfulness (Great Room) 1:30PM - 3:30PM Chaplain in Residence (Peer Support Room) 3:00PM - 4:00PM Healthy Steps (Exercise Room) 5:00PM - 6:30PM Yoga: For Well-Being (Exercise Room) 6:45PM - 7:45PM Moves in Rhythm (Exercise Room) <p>16</p>	<ul style="list-style-type: none"> 12:00PM - 1:00PM Campfire Classics Music Jam (Great Room) 1:00PM - 3:00PM Women's Interest Group (Waterfall Room) 4:30PM - 5:30PM Cancervive Challenge: Spin Sessions (Offsite) <p>17</p>	<ul style="list-style-type: none"> 9:00AM - 10:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM - 4:00PM Artshop: Magazine Repurposed (Artroom) 10:15AM - 11:30AM Yoga Thrive 1 & 2 (Exercise Room) <p>18</p>	<ul style="list-style-type: none"> 8:00AM - 5:00PM Ski Day Banff Norquay (Offsite) <p>26</p>
<ul style="list-style-type: none"> 10:00AM - 12:00PM Cross Country Skiing (Offsite) 11:15AM - 12:30PM Yoga: Restorative (Exercise Room) 1:30PM - 3:00PM Advanced Cancer Support: Acceptance and Intentional Living (Waterfall Room) 6:30PM - 7:30PM Exercise and Educate Yourself (Exercise Room) 7:00PM - 8:00PM Knitting: 10 Healthy Reasons (Artroom) <p>20</p>	<ul style="list-style-type: none"> 9:30AM - 10:30AM Healthy Steps (Exercise Room) 9:30AM - 11:30AM Returning to Work (Artroom) 10:30AM - 12:00PM SPEAKER: Reclaim Your Vitality Beyond Cancer (Great Room) 11:00AM - 12:00PM Tai Chi - More Experienced (Exercise Room) 12:15PM - 1:15PM Tai Chi - Less Experienced (Exercise Room) 1:30PM - 3:00PM Supportive Conversation: Food for Thought (Waterfall Room) 5:30PM - 7:00PM Yoga: For Well-Being (Exercise Room) 7:15PM - 8:00PM Young Adult Bootcamp (Exercise Room) <p>21</p>	<ul style="list-style-type: none"> 10:00AM - 11:30AM Brain Fog (Artroom) 10:00AM - 11:00AM Qigong: Spring Forest - More Experienced (Exercise Room) 11:30AM - 12:45PM Yoga: Functional (Exercise Room) 1:00PM - 3:00PM Healing Journey 2: Skills for Healing (Great Room) 1:00PM - 2:15PM Yoga Thrive 1 (Exercise Room) 5:00PM - 6:15PM Yoga Thrive 2 (Exercise Room) 6:30PM - 8:30PM Art Mix: Artist Trading Cards (Drop in) (Artroom) 6:30PM - 7:30PM Exercise and Educate Yourself (Exercise Room) 7:00PM - 9:00PM Caregiving Support: Finding Sanctuary (Waterfall Room) <p>22</p>	<ul style="list-style-type: none"> 9:30AM - 11:30AM Resumes and Interviews (Great Room) 10:00AM - 12:00PM Watercolour for Fun: Four approaches (Artroom) 12:30PM - 3:30PM Open Art Studio: BYO Art Projects (Artroom) 1:15PM - 2:45PM Visualization, Relaxation and Mindfulness (Great Room) 1:30PM - 3:30PM Chaplain in Residence (Peer Support Room) 3:00PM - 4:00PM Healthy Steps (Exercise Room) 5:00PM - 6:30PM Yoga: For Well-Being (Exercise Room) 6:30PM - 8:00PM SPEAKER: Music and Art: My Therapy (South Health Campus) (Offsite) 6:45PM - 7:45PM Moves in Rhythm (Exercise Room) <p>23</p>	<ul style="list-style-type: none"> 12:00PM - 1:00PM Campfire Classics Music Jam (Great Room) 1:00PM - 3:00PM Women's Interest Group (Waterfall Room) 4:30PM - 5:30PM Cancervive Challenge: Spin Sessions (Offsite) <p>24</p>	<ul style="list-style-type: none"> 9:00AM - 10:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM - 12:00PM Creative Journaling Intro: New to CJ Members only (Artroom) 10:00AM - 12:30PM Inner Smile Retreat (Great Room) 10:15AM - 11:30AM Yoga Thrive 1 & 2 (Exercise Room) <p>25</p>	<ul style="list-style-type: none"> 9:00AM - 10:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM - 12:00PM Creative Journaling Intro: New to CJ Members only (Artroom) 10:15AM - 11:30AM Yoga Thrive 1 & 2 (Exercise Room) <p>2</p>
<ul style="list-style-type: none"> 11:15AM - 12:30PM Yoga: Restorative (Exercise Room) 1:30PM - 3:00PM Advanced Cancer Support: Acceptance and Intentional Living (Waterfall Room) 6:30PM - 8:30PM Book Discussion: Ultimate Road Trip: Are we there yet? (Waterfall Room) 6:30PM - 7:30PM Exercise and Educate Yourself (Exercise Room) 7:00PM - 8:00PM Knitting: 10 Healthy Reasons (Artroom) <p>27</p>	<ul style="list-style-type: none"> 9:30AM - 10:30AM Healthy Steps (Exercise Room) 9:30AM - 11:30AM Returning to Work (Artroom) 11:00AM - 12:00PM Tai Chi - More Experienced (Exercise Room) 12:15PM - 1:15PM Tai Chi - Less Experienced (Exercise Room) 1:30PM - 3:00PM Supportive Conversation: Food for Thought (Waterfall Room) 5:30PM - 7:00PM Yoga: For Well-Being (Exercise Room) 7:15PM - 8:00PM Young Adult Bootcamp (Exercise Room) <p>28</p>	<ul style="list-style-type: none"> 10:00AM - 11:00AM Qigong: Spring Forest - More Experienced (Exercise Room) 1:00PM - 3:00PM Healing Journey 2: Skills for Healing (Great Room) 6:30PM - 7:30PM Exercise and Educate Yourself (Exercise Room) 6:30PM - 8:00PM SPEAKER: First Nations Stories of the Circle (Great Room) 7:00PM - 9:00PM Men's Group (Artroom) <p>29</p>	<ul style="list-style-type: none"> 10:00AM - 12:00PM Art Mix: Artist Trading Cards (Artroom) 12:30PM - 3:30PM Open Art Studio: BYO Art Projects (Artroom) 1:15PM - 2:45PM Visualization, Relaxation and Mindfulness (Great Room) 1:30PM - 3:30PM Chaplain in Residence (Peer Support Room) 3:00PM - 4:00PM Healthy Steps (Exercise Room) 5:00PM - 6:30PM Yoga: For Well-Being (Exercise Room) 6:45PM - 7:45PM Moves in Rhythm (Exercise Room) <p>30</p>	<ul style="list-style-type: none"> 10:00AM - 4:00PM Artshop: Painting in a Day (Artroom) 12:00PM - 1:00PM Campfire Classics Music Jam (Great Room) 1:00PM - 3:00PM Women's Interest Group (Waterfall Room) 4:30PM - 5:30PM Cancervive Challenge: Spin Sessions (Offsite) <p>31</p>	<ul style="list-style-type: none"> 9:00AM - 10:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM - 12:00PM Creative Journaling Intro: New to CJ Members only (Artroom) 10:15AM - 11:30AM Yoga Thrive 1 & 2 (Exercise Room) <p>1</p>	<ul style="list-style-type: none"> 9:00AM - 10:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM - 12:00PM Creative Journaling Intro: New to CJ Members only (Artroom) 10:15AM - 11:30AM Yoga Thrive 1 & 2 (Exercise Room) <p>2</p>

April 2017

March 2017							May 2017						
M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30	31			29	30	31				

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<ul style="list-style-type: none"> 11:15AM - 12:30PM Yoga: Restorative (Exercise Room) 1:30PM - 3:00PM Advanced Cancer Support: Acceptance and Intentional Living (Waterfall Room) 6:30PM - 8:30PM Book Discussion: Ultimate Road Trip: Are we there yet? (Waterfall Room) 6:30PM - 7:30PM Exercise and Educate Yourself (Exercise Room) 7:00PM - 8:00PM Knitting: 10 Healthy Reasons (Artroom) <p style="text-align: center; font-size: 2em; opacity: 0.5;">27</p>	<ul style="list-style-type: none"> 9:30AM - 10:30AM Healthy Steps (Exercise Room) 9:30AM - 11:30AM Returning to Work (Artroom) 11:00AM - 12:00PM Tai Chi - More Experienced (Exercise Room) 12:15PM - 1:15PM Tai Chi - Less Experienced (Exercise Room) 1:30PM - 3:00PM Supportive Conversation: Food for Thought (Waterfall Room) 5:30PM - 7:00PM Yoga: For Well-Being (Exercise Room) 7:15PM - 8:00PM Young Adult Bootcamp (Exercise Room) <p style="text-align: center; font-size: 2em; opacity: 0.5;">28</p>	<ul style="list-style-type: none"> 10:00AM - 11:00AM Qigong: Spring Forest - More Experienced (Exercise Room) 1:00PM - 3:00PM Healing Journey 2: Skills for Healing (Great Room) 6:30PM - 7:30PM Exercise and Educate Yourself (Exercise Room) 6:30PM - 8:00PM SPEAKER: First Nations Stories of the Circle (Great Room) 7:00PM - 9:00PM Men's Group (Artroom) <p style="text-align: center; font-size: 2em; opacity: 0.5;">29</p>	<ul style="list-style-type: none"> 10:00AM - 12:00PM Art Mix: Artist Trading Cards (Artroom) 12:30PM - 3:30PM Open Art Studio: BYO Art Projects (Artroom) 1:15PM - 2:45PM Visualization, Relaxation and Mindfulness (Great Room) 1:30PM - 3:30PM Chaplain in Residence (Peer Support Room) 3:00PM - 4:00PM Healthy Steps (Exercise Room) 5:00PM - 6:30PM Yoga: For Well-Being (Exercise Room) 6:45PM - 7:45PM Moves in Rhythm (Exercise Room) <p style="text-align: center; font-size: 2em; opacity: 0.5;">30</p>	<ul style="list-style-type: none"> 10:00AM - 4:00PM Artshop: Painting in a Day (Artroom) 12:00PM - 1:00PM Campfire Classics Music Jam (Great Room) 1:00PM - 3:00PM Women's Interest Group (Waterfall Room) 4:30PM - 5:30PM Cancervive Challenge: Spin Sessions (Offsite) <p style="text-align: center; font-size: 2em; opacity: 0.5;">31</p>	<ul style="list-style-type: none"> 9:00AM - 10:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM - 12:00PM Creative Journaling Intro: New to CJ Members only (Artroom) 10:15AM - 11:30AM Yoga Thrive 1 & 2 (Exercise Room) <p style="text-align: center; font-size: 2em; opacity: 0.5;">1</p>	<p style="text-align: center; font-size: 2em; opacity: 0.5;">2</p>
<ul style="list-style-type: none"> 11:15AM - 12:30PM Yoga: Restorative (Exercise Room) 1:30PM - 3:00PM Advanced Cancer Support: Acceptance and Intentional Living (Waterfall Room) 6:30PM - 7:30PM Exercise and Educate Yourself (Exercise Room) 7:00PM - 8:00PM Knitting: 10 Healthy Reasons (Artroom) <p style="text-align: center; font-size: 2em; opacity: 0.5;">3</p>	<ul style="list-style-type: none"> 9:30AM - 10:30AM Healthy Steps (Exercise Room) 11:00AM - 12:00PM Tai Chi - More Experienced (Exercise Room) 12:15PM - 1:15PM Tai Chi - Less Experienced (Exercise Room) 1:00PM - 3:00PM Look Good Feel Better (Artroom) 1:30PM - 3:00PM Supportive Conversation: Food for Thought (Waterfall Room) 5:30PM - 7:00PM Yoga: For Well-Being (Exercise Room) <p style="text-align: center; font-size: 2em; opacity: 0.5;">4</p>	<ul style="list-style-type: none"> 10:00AM - 11:00AM Laughter Yoga (Great Room) 10:00AM - 11:00AM Qigong: Spring Forest - More Experienced (Exercise Room) 1:00PM - 3:00PM Healing Journey 2: Skills for Healing (Great Room) 6:30PM - 7:30PM Exercise and Educate Yourself (Exercise Room) 7:00PM - 9:00PM Caregiving Support: Finding Sanctuary (Waterfall Room) 7:00PM - 9:00PM Threshold Choir (Great Room) <p style="text-align: center; font-size: 2em; opacity: 0.5;">5</p>	<ul style="list-style-type: none"> 10:00AM - 12:00PM Art Mix: Artist Trading Cards (Artroom) 12:30PM - 3:30PM Open Art Studio: BYO Art Projects (Artroom) 1:15PM - 2:45PM Visualization, Relaxation and Mindfulness (Great Room) 1:30PM - 3:30PM Chaplain in Residence (Peer Support Room) 3:00PM - 4:00PM Healthy Steps (Exercise Room) 3:00PM - 4:30PM Thursdays with Bob: Reflection on Grief and Loss (Great Room) 5:00PM - 6:30PM Yoga: For Well-Being (Exercise Room) 6:45PM - 7:45PM Moves in Rhythm (Exercise Room) <p style="text-align: center; font-size: 2em; opacity: 0.5;">6</p>	<ul style="list-style-type: none"> 12:00PM - 1:00PM Campfire Classics Music Jam (Great Room) 1:00PM - 2:15PM Ukulele (Great Room) 1:00PM - 3:00PM Women's Interest Group (Waterfall Room) 4:30PM - 5:30PM Cancervive Challenge: Spin Sessions (Offsite) <p style="text-align: center; font-size: 2em; opacity: 0.5;">7</p>	<ul style="list-style-type: none"> 9:00AM - 10:00AM Exercise and Educate Yourself (Exercise Room) 10:00AM - 12:00PM Creative Journaling Intro: New to CJ Members only (Artroom) <p style="text-align: center; font-size: 2em; opacity: 0.5;">8</p>	<p style="text-align: center; font-size: 2em; opacity: 0.5;">9</p>
<ul style="list-style-type: none"> 11:15AM - 12:30PM Yoga: Restorative (Exercise Room) 1:30PM - 3:00PM Advanced Cancer Support: Acceptance and Intentional Living (Waterfall Room) 5:30PM - 7:00PM Head and Neck Support Group (Great Room) 6:30PM - 8:30PM Book Discussion: Ultimate Road Trip: Are we there yet? (Waterfall Room) 6:30PM - 7:30PM Exercise and Educate Yourself (Exercise Room) 7:00PM - 8:00PM Knitting: 10 Healthy Reasons (Artroom) <p style="text-align: center; font-size: 2em; opacity: 0.5;">10</p>	<ul style="list-style-type: none"> 9:30AM - 10:30AM Healthy Steps (Exercise Room) 11:00AM - 12:00PM Tai Chi - More Experienced (Exercise Room) 12:15PM - 1:15PM Tai Chi - Less Experienced (Exercise Room) 1:30PM - 3:00PM Supportive Conversation: Food for Thought (Waterfall Room) 5:30PM - 7:00PM Yoga: For Well-Being (Exercise Room) 7:00PM - 8:30PM Blood Cancer Support Group (Great Room) 7:00PM - 9:00PM Ostomy Support Group (Waterfall Room) <p style="text-align: center; font-size: 2em; opacity: 0.5;">11</p>	<ul style="list-style-type: none"> 10:00AM - 11:30AM Colorectal Cancer Support Group (Waterfall Room) 10:00AM - 11:00AM Qigong: Spring Forest - More Experienced (Exercise Room) 1:00PM - 3:00PM Healing Journey 2: Skills for Healing (Great Room) 5:30PM - 7:30PM Young Adult Food & Nutrition: Herbs and Spices - LECTURE (Great Room) 6:30PM - 7:30PM Exercise and Educate Yourself (Exercise Room) 7:00PM - 9:00PM Caregiving Support: Finding Sanctuary (Waterfall Room) <p style="text-align: center; font-size: 2em; opacity: 0.5;">12</p>	<ul style="list-style-type: none"> 10:00AM - 12:00PM Art Mix: Artist Trading Cards (Artroom) 12:30PM - 3:30PM Open Art Studio: BYO Art Projects (Artroom) 1:15PM - 2:45PM Visualization, Relaxation and Mindfulness (Great Room) 1:30PM - 3:30PM Chaplain in Residence (Peer Support Room) 3:00PM - 4:00PM Healthy Steps (Exercise Room) 5:00PM - 6:30PM Yoga: For Well-Being (Exercise Room) 6:30PM - 8:00PM Cervical Cancer Support Group (Waterfall Room) 6:45PM - 7:45PM Moves in Rhythm (Exercise Room) <p style="text-align: center; font-size: 2em; opacity: 0.5;">13</p>	<ul style="list-style-type: none"> 12:00PM - 1:00PM NO CLASS TODAY - Campfire Classics Music Jam (Great Room) 1:00PM - 3:00PM NO CLASS TODAY - Women's Interest Group (Waterfall Room) <p style="text-align: center; font-size: 2em; opacity: 0.5;">14</p>	<p style="text-align: center; font-size: 2em; opacity: 0.5;">15</p>	<p style="text-align: center; font-size: 2em; opacity: 0.5;">16</p>
<p style="text-align: center; font-size: 2em; opacity: 0.5;">17</p>	<ul style="list-style-type: none"> 9:30AM - 10:30AM Healthy Steps (Exercise Room) 11:00AM - 12:00PM Tai Chi - More Experienced (Exercise Room) 12:15PM - 1:15PM Tai Chi - Less Experienced (Exercise Room) 1:30PM - 3:00PM Supportive Conversation: Food for Thought (Waterfall Room) 5:30PM - 7:00PM Yoga: For Well-Being (Exercise Room) <p style="text-align: center; font-size: 2em; opacity: 0.5;">18</p>	<ul style="list-style-type: none"> 10:00AM - 11:00AM Qigong: Spring Forest - More Experienced (Exercise Room) 1:00PM - 3:00PM Healing Journey 2: Skills for Healing (Great Room) 5:30PM - 8:30PM Young Adult: Food & Nutrition: Herbs and Spices - COOKING (Offsite) 6:30PM - 8:30PM Brain Tumor Support Group (Art Room) 6:30PM - 7:30PM Exercise and Educate Yourself (Exercise Room) 7:00PM - 9:00PM Caregiving Support: Finding Sanctuary (Waterfall Room) <p style="text-align: center; font-size: 2em; opacity: 0.5;">19</p>	<ul style="list-style-type: none"> 10:00AM - 12:00PM Art Mix: Artist Trading Cards (Artroom) 12:30PM - 3:30PM Open Art Studio: BYO Art Projects (Artroom) 1:15PM - 2:45PM Visualization, Relaxation and Mindfulness (Great Room) 1:30PM - 3:30PM Chaplain in Residence (Peer Support Room) 3:00PM - 4:00PM Healthy Steps (Exercise Room) 5:00PM - 6:30PM Yoga: For Well-Being (Exercise Room) 6:45PM - 7:45PM Moves in Rhythm (Exercise Room) <p style="text-align: center; font-size: 2em; opacity: 0.5;">20</p>	<ul style="list-style-type: none"> 10:00AM - 4:00PM Artshop: Monoprinting for Anyone (Artroom) 12:00PM - 1:00PM Campfire Classics Music Jam (Great Room) <p style="text-align: center; font-size: 2em; opacity: 0.5;">21</p>	<p style="text-align: center; font-size: 2em; opacity: 0.5;">22</p>	<p style="text-align: center; font-size: 2em; opacity: 0.5;">23</p>
<p style="text-align: center; font-size: 2em; opacity: 0.5;">24</p>	<p style="text-align: center; font-size: 2em; opacity: 0.5;">25</p>	<ul style="list-style-type: none"> 1:00PM - 3:00PM Healing Journey 2: Skills for Healing (Great Room) 6:30PM - 8:30PM Art Mix: Artist Trading Cards (Drop in) (Artroom) 7:00PM - 9:00PM Men's Group (Waterfall Room) <p style="text-align: center; font-size: 2em; opacity: 0.5;">26</p>	<ul style="list-style-type: none"> 1:30PM - 3:30PM Chaplain in Residence (Peer Support Room) <p style="text-align: center; font-size: 2em; opacity: 0.5;">27</p>	<p style="text-align: center; font-size: 2em; opacity: 0.5;">28</p>	<p style="text-align: center; font-size: 2em; opacity: 0.5;">29</p>	<p style="text-align: center; font-size: 2em; opacity: 0.5;">30</p>