

January 2019

Month	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> <i>New Year's Day</i> <i>OCSRI closed</i>	<i>2</i>	<i>3</i> <i>Stress Mnmgt</i> <i>& Mindfulness</i> <i>Practice NOON</i>	<i>4</i>	<i>5</i>
<i>6</i>	<i>7</i> <i>Healing Yoga 1:30</i> <i>-2:30 pm; Palliative</i> <i>Support 6:30-7:30 pm</i>	<i>8</i>	<i>9</i> <i>Treatment</i> <i>Nutrition Class</i> <i>10-11</i>	<i>10</i> <i>Art/</i> <i>Painting Class</i>	<i>11</i>	<i>12</i>
<i>13</i>	<i>14</i> <i>Healing Yoga</i> <i>1:30-2:30 pm; Cervi-</i> <i>cal Cancer support</i> <i>group 6 pm</i>	<i>15</i>	<i>16</i>	<i>17</i> <i>Anna's Belles</i> <i>GYN Cancer sup-</i> <i>port group NOON</i>	<i>18</i>	<i>19</i>
<i>20</i>	<i>21</i> <i>Healing</i> <i>Yoga 1:30 -2:30</i>	<i>22</i>	<i>23</i> <i>Treatment</i> <i>Nutrition Class</i> <i>10-11 am</i>	<i>24</i>	<i>25</i>	<i>26</i>
<i>27</i>	<i>28</i> <i>Men's Cancer</i> <i>Support Group 11:30</i> <i>am; Healing Yoga</i> <i>1:30-2:30 pm; Pallia-</i> <i>tive Support Group</i> <i>6:30 pm</i>	<i>29</i>	<i>30</i>	<i>31</i> <i>Talk w/Doc</i> <i>Lunch NOON-</i> <i>Topic: Cervical</i> <i>Cancer w/Dr Gold</i>	<i>Treatment Orienta-</i> <i>tion Classes:</i> <i>Tuesdays 2 pm & 5:30</i> <i>pm (no 5:30 class 1st</i> <i>Tues ea month)</i>	<i>Wednesdays: 2 pm</i> <i>Thursdays: 2 pm</i>