

August

2023



Key:

Blue = Virtual

Red = In-Person

Purple = Spanish Speaking

Green = Social Activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			<ul style="list-style-type: none"> • 10am: Caregiver (Virtual) • 11:30am: Mindfulness (Virtual) • 1pm: Grief Support (In-Person) 	<ul style="list-style-type: none"> • 11am: Cancer Support (Virtual) 		
6	7		9	10	11	12
	<ul style="list-style-type: none"> • 12pm: Advanced Cancer (In-Person) • 10am: Therapeutic Yoga-Dharma Studio 		<ul style="list-style-type: none"> • 10am: Caregiver (In-Person) • 10am: Advanced Cancer (Virtual) • 11:30am: Mindfulness (Virtual) • 1pm: Grief Support (In-Person) 	<ul style="list-style-type: none"> • 11am: Cancer Support (In-Person) 	<ul style="list-style-type: none"> • 6pm: Grupo Esperanza (In-Person) 	
13	14	15	16	17	18	19
	<ul style="list-style-type: none"> • 10am: Therapeutic Yoga-Dharma Studio 		<ul style="list-style-type: none"> • 10am: Caregiver (Virtual) • 11:30am: Mindfulness (Virtual) • 1pm: Grief Support (In-Person) 	<ul style="list-style-type: none"> • 11am: Cancer Support (Virtual) 		
20	21	22	23	24	25	26
	<ul style="list-style-type: none"> • 12pm: Advanced Cancer (In-Person) 		<ul style="list-style-type: none"> • 10am: Caregiver (In-Person) • 10am: Advanced Cancer (Virtual) • 11:30am: Mindfulness (Virtual) • 1pm: Grief Support (In-Person) 	<ul style="list-style-type: none"> • 11am: Cancer Support (In-Person) 	<ul style="list-style-type: none"> • 6pm: Grupo Esperanza (In-Person) 	
27	28	29	30	31		
	<ul style="list-style-type: none"> • 10am: Therapeutic Yoga-Dharma Studio 		<ul style="list-style-type: none"> • 10am: Caregiver (Virtual) • 11:30am: Mindfulness (Virtual) • 1pm: Grief Support (In-Person) 	<ul style="list-style-type: none"> • 11am: Cancer Support (Virtual) 		