

# September 2023



**Key:**  
**Blue = Virtual**  
**Red = In-Person**  
**Purple = Spanish Speaking**  
**Green = Social Activity**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 <ul style="list-style-type: none"> <li>• <b>Labor Day – CSC Office Closed</b></li> <li>• <b>10am:</b> Therapeutic Yoga-Dharma Studio</li> </ul>	5	6 <ul style="list-style-type: none"> <li>• <b>10am:</b> Caregiver (Virtual)</li> <li>• <b>11:30am:</b> Mindfulness (Virtual)</li> <li>• <b>1pm:</b> Grief Support (In-Person)</li> </ul>	7 <ul style="list-style-type: none"> <li>• <b>1pm:</b> Cancer Support (Virtual)</li> </ul>	8 <ul style="list-style-type: none"> <li>• <b>6pm:</b> Grupo Esperanza (In-Person)</li> </ul>	9
10	11	12	13 <ul style="list-style-type: none"> <li>• <b>10am:</b> Caregiver (In-Person)</li> <li>• <b>11:30am:</b> Mindfulness (Virtual)</li> <li>• <b>1pm:</b> Grief Support (In-Person)</li> </ul>	14 <ul style="list-style-type: none"> <li>• <b>11am:</b> Advanced Cancer (Virtual)</li> <li>• <b>1pm:</b> Cancer Support (In-Person)</li> </ul>	15	16
17	18 <ul style="list-style-type: none"> <li>• <b>12pm:</b> Advanced Cancer (In-Person)</li> <li>• <b>10am:</b> Therapeutic Yoga-Dharma Studio</li> </ul>	19	20 <ul style="list-style-type: none"> <li>• <b>10am:</b> Caregiver (Virtual)</li> <li>• <b>11:30am:</b> Mindfulness (Virtual)</li> <li>• <b>1pm:</b> Grief Support (In-Person)</li> </ul>	21 <ul style="list-style-type: none"> <li>• <b>1pm:</b> Cancer Support (Virtual)</li> </ul>	22 <ul style="list-style-type: none"> <li>• <b>6pm:</b> Grupo Esperanza (In-Person)</li> </ul>	23
24	25	26	27 <ul style="list-style-type: none"> <li>• <b>10am:</b> Caregiver (In-Person)</li> <li>• <b>11:30am:</b> Mindfulness (Virtual)</li> <li>• <b>1pm:</b> Grief Support (In-Person)</li> </ul>	28 <ul style="list-style-type: none"> <li>• <b>11am:</b> Advanced Cancer (Virtual)</li> <li>• <b>1pm:</b> Cancer Support (In-Person)</li> </ul>	29	30