

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p><b>CLOSED</b></p> <p><b>HAPPY NEW YEAR</b></p>	<p>2</p>	<p>3</p> <p>Yoga for Patients &amp; Caregivers 11:00am-12:00pm Flutist-Music Therapy 12:00pm - 1:00pm</p>	<p>4</p> <p>Guitar Performance 12:15pm-1:15pm Therapy Dog Visits 2:45pm - 3:45pm</p>	<p>5</p> <p>Therapy Dog Visits 11:00am - 12:00pm</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>Open Support Group 10:00am - 11:00am Yoga for Patients &amp; Caregivers 11:30am-12:30pm Look Good, Feel Better 4:00pm - 6:00pm</p>	<p>9</p> <p>Weight Management 12:00pm - 1:00pm</p>	<p>10</p> <p>Yoga for Patients &amp; Caregivers 11:00am-12:00pm Knitting/Crochet Circle 12:00pm - 1:30pm Breast Cancer Survivorship 5:00pm - 6:00pm</p>	<p>11</p> <p>Guitar Performance 12:15pm-1:15pm Therapy Dog Visits 2:45pm - 3:45pm Music and Beyond Group 4:00pm-5:00pm Wellness Through Writing 5:30pm - 7:30pm</p>	<p>12</p> <p>Therapy Dog Visits 11:00am - 12:00pm Nutrition Program - How to Eliminate Sugar From Your Diet. 12:00pm - 1:00pm</p>	
 <p><b>TAI CHI Workshop</b></p>	<p>15</p> <p>Open Support Group 10:00am - 11:00am Yoga for Patients &amp; Caregivers 11:30am-12:30pm</p>	<p>16</p> <p>Coping with the Winter Blues 1:30pm - 3:00pm</p>	<p>17</p> <p>Yoga for Patients &amp; Caregivers 11:00am-12:00pm SPOHNC 5:00pm-6:30pm Healing Circle 11:30am-1:30pm</p>	<p>18</p> <p>Guitar Performance 12:15pm-1:15pm Creative Coloring 2:00pm - 3:00pm Therapy Dog Visits 2:45pm - 3:45pm TAI CHI Workshop 5:00pm - 6:00pm</p>	<p>19</p> <p>Therapy Dog Visits 11:00am - 12:00pm</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>Open Support Group 10:00am - 11:00am Yoga for Patients &amp; Caregivers 11:30am-12:30pm</p>	<p>23</p> <p>Weight Management 12:00pm - 1:00pm</p>	<p>24</p> <p>Yoga for Patients &amp; Caregivers 11:00am-12:00pm</p>	<p>25</p> <p>Guitar Performance 12:15pm-1:15pm Drumming Circle 5:00pm-6:30pm</p>	<p>26</p> <p>Therapy Dog Visits 11:00am - 12:00pm</p>	
	<p>29</p> <p>Open Support Group 10:00am - 11:00am Yoga for Patients &amp; Caregivers 11:30am-12:30pm</p>	<p>30</p>	<p>31</p> <p>Yoga for Patients &amp; Caregivers 11:00am-12:00pm Caregiver Tea 11:00am-12:00pm</p>	 <p><b>White Plains Hospital</b> Center for Cancer Care 914.849.7500</p>		