

# Calendar of Free Events

April • May • June 2022

## Get Started at CSCP with an Orientation

In-person: Every Tuesday at 11am  
or  
Virtual: Visit [www.cscpasadena.org/  
gettingstarted](http://www.cscpasadena.org/gettingstarted)

## Educational Opportunities

### Immunotherapy for Cancer

Tuesday, April 5, 6:00 – 7:00pm  
Join Dr. Liana Nikolaenko, Assistant Professor at City of Hope, to learn about new discoveries and treatments for cancer. *(Virtual)*

### Cancer Health Disparities and Advocating for your Health

Monday, April 18, 6:00 – 7:00pm  
Join Dr. Nancy Ekeke, internal medicine specialist and immunologist, for this presentation and discussion on cancer health disparities in the U.S. *(Virtual)*

### Turning Pain into Art: Writing Workshop

Tuesday, April 19, 5:30 – 6:30pm  
Join Holly Sidell as she utilizes prompts to guide you in this healing writing workshop. *(Virtual)*

### Mind Mapping

Thursday, April 21, 3:00 – 4:30pm  
Join Janet Solie, retired physician assistant and cancer survivor, for this hands-on workshop about Mind Mapping, a problem-solving tool used for centuries. *(Hybrid)*

### Caregiver Rights

Tuesday, April 26, 6:00 – 7:00pm  
Join Cancer Legal Resource Center Co-Director, Shelly Rosenfeld, Esq., to learn about the legal rights of caregivers. *(Virtual)*

### West African Drumming

Monday, May 2, 6:00 – 7:00pm  
Master Drummer Gerald C. Rivers, with over 20+ years playing in and facilitating drum circles, presents the healing power of the West African djembe. *(Hybrid)*

### Hair Esteem Starts Here

Tuesday, May 3, 6:00 – 7:00pm  
Join Hair with a Cause for this interactive discussion about the services that are offered for hair recovery after chemotherapy. *(Hybrid)*

### Frankly Speaking about Metastatic Breast Cancer

Tuesday, May 10, 6:00 – 7:00pm  
Join oncologist Dr. Tina Wang from City of Hope for this workshop offering information on the latest treatments for metastatic breast cancer. *(Virtual)*

### Department of Labor & Covered CA

Monday, May 16, 3:00 – 4:00pm  
Representatives from the Dept. of Labor and Covered California will provide information and education focusing on federal health benefit laws including ERISA, COBRA, and HIPAA. Learn about health insurance options for the uninsured. *(Virtual)*



### When Caring Does Not Feel Like Enough: Managing Caregiver Stress

Tuesday, May 24, 6:00 – 7:00pm  
Dr. Shibani Ray-Mazumder, Director of California Health Psychology PC, will provide three steps the caregiver can practice to help them better manage their stress. *(Virtual)*

### Leading from the Heart

Tuesday, May 31, 6:00 – 7:00pm  
Janet Solie, PA, MS, a retired physician assistant and cancer survivor, will talk about the heart based science for stress management. *(Hybrid)*

### Mindfulness for Mental Health

Fridays, June 3, 10, 17 & 24, 5:00 – 6:00pm  
Heather Gross, MS CCC-SLP, RYT will incorporate mindfulness meditation, gentle movement, sound healing, and breathing techniques. *(Virtual)*

### Frankly Speaking about Cancer: What Do I Tell the Kids?

Tuesday, June 7, 6:00 – 7:00pm  
Jordan Long, AMFT, focuses on how to have conversations about a cancer diagnosis and treatment. *(Hybrid)*

### Lymphedema

Thursday, June 23, 1:30 – 2:30pm  
Join licensed massage therapists Eva Huie, HHC, LMT, CLT and Rocio Prieto, CMT, CMLDT, CLT to learn about lymphedema. *(In-Person)*

### Anticipatory Grief

Tuesday, June 28, 6:00 – 7:00pm  
Join Michal Bick, AMFT, to learn about grief that occurs before death. *(Virtual)*

#### Our Mission

The mission of Cancer Support Community is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

#### Get started

[cscpasadena.org/  
gettingstarted](http://cscpasadena.org/gettingstarted)

#### Health and Safety

CSCP cares about the health of its community. Upon entering CSCP's facility, you will be asked to show proof of vaccination against COVID-19. It is CSCP's policy to follow local guidelines. At this time, that includes wearing masks indoors. Please stay home if you are exhibiting signs of illness (i.e. fever, cough, sneezing).

#### CSC Pasadena Staff

Patricia Ostiller, JD, CFRE  
*Executive Director*

Alison G. Wong, Ph.D., LMFT  
*Program & Clinical Director*

Kim Ferreira  
*Director of Events & Marketing*

Julie Stevens  
*Director of Operations & Diversity, Equity and Inclusion*

Miranda Johnson  
*Office Manager*

Rachel Koonse, MA, LMFT  
*Virtual Program Manager*

Peggy Smith  
*Development Associate*



## Programas en español

### Grupo fuerza y esperanza

Todos los Sábados 12:00 – 2:00pm  
Grupo de apoyo semanal para pacientes y sus familiares.

### Yoga en español

Todos los Sábados 2:15 – 3:15pm  
Yoga en español con Ana María Delgado,  
Instructora Certificada de Yoga.

### Taller de crear palabras

Sábados, 2, 9, 16, 23, 30 de abril,  
10:30 am – 12:00 pm  
Únete a la artista, autora y educadora, Carolina Rivera, para compartir en crear arte, poesía, relatos y un diario personal. Ven a divertirte y a jugar con olores y colores para expresar las emociones más profundas en torno a la experiencia del cáncer. No se necesita experiencia para participar. Todos son bienvenidos. *(Virtual)*

### Meditación guiada

Sábados, 7 de mayo y 11 de junio,  
10:30 – 11:30am  
La meditación guiada es una herramienta que permite, mediante palabras e imágenes, dejar de lado emociones negativas como el dolor, el estrés y las preocupaciones del día a día, ayudándonos a conectar con nuestro interior. Es una manera poderosa de alcanzar un estado de relajación. En esta clase la meditación guiada será ofrecida por Mikaila Henderson, una hipnoterapsita certificada. *(Virtual)*

### Quien es su equipo médico

Sábado, 14 de mayo, 10:30 – 11:30am  
Elizabeth Pineda, Navegadora de Pacientes para Ginecología Oncóloga, ¡te invita! La señorita Pineda ha establecido un programa en el Olive View-UCLA de Navegación de Pacientes para ayudar a que cada paciente tenga un apoyo y recursos sociales durante el cuidado de cáncer. Durante este taller estaremos hablando sobre cada miembro de su equipo médico. Quienes son, que hacen, y como puedes tener una voz durante tu cuidado en contra del cáncer! *(Virtual)*

### Serie de salud mental

Sábados, 28 de mayo y 4 de junio,  
10:30 – 11:30am  
Esta es una serie de dos partes. 28 de mayo: Bienestar Emocional y Estrés Una charla para hablar de herramientas y factores protectores que nos ayuden a encontrar el equilibrio en tiempos difíciles o desafiantes. 4 de junio: Salud mental y estigma: cambiando la historia. Comprendiendo cómo las creencias e ideas negativas acerca de la salud mental puede afectar a una persona que necesita intervención profesional y cómo podemos apoyar. Isabel Ramírez, educadora de salud mental del condado de Los Ángeles, presentará.  
*(en persona)*

## Healthy Lifestyle Classes

### Yoga *(Check In-Person/Virtual Formats)* **(All Led by Certified Yoga Instructors)**

Mondays, 10:00 - 11:00am: Gabriel Chen  
Mondays, 6:00 - 7:00pm: Jen Dall  
Tuesdays, 11:00am - 12:00pm  
Korie Beth Brown  
Wednesdays, 5:30 - 6:30pm  
Tatevik Sarkisian  
Thursdays, 11:00am - 12:00pm  
Korie Beth Brown  
Saturdays, 10:00 - 11:00am, Arlene Vidor  
Saturdays, Yoga en español,  
2:15 - 3:15pm: Ana Maria Delgado

### Feldenkrais *(Virtual)*

Mondays, 2:00 - 3:00pm  
Andrew Heffernan, GCFP

### Knit Together *(Virtual)*

Mondays, 4:00 - 5:00pm  
Cathy Fabre

### Pilates *(Virtual)*

Tuesdays, 12:00 - 1:00pm  
Kelly Etter, Certified Pilates Instructor

### Zumba Sentao *(Hybrid)*

Tuesdays, 2:00 - 3:00pm  
Adrienne Aguirre, Certified Zumba Sentao Instructor

### You're a Poet Though You May Not Know It: Writing Workshop *(Hybrid)*

Tuesdays, 1:00 - 2:00pm  
Jenine Baines, Poet

### Up, Down & Around: Cardio and Strength Training *(Virtual)*

Wednesdays, 11:30am - 12:30pm  
Charletha Tatum, Certified Fitness Instructor

### Intro to Photography *(In-Person)*

Wednesdays, 1:00 - 2:00pm  
Catherine Bicknell

### Focus on Fun! Photography *(In-Person)*

Wednesdays, 2:00 - 4:00pm  
Catherine Bicknell

### Healing with Art *(Virtual)*

Every other Wednesday, 1:00 - 2:00pm  
Armie Pasa

### Reiki Meditation *(Virtual)*

2nd Wednesday/month, 5:00 - 6:00 pm  
4th Friday/month, 6:00 - 7:00pm  
Kristina Nikols

### Watercolor Painting *(In-Person)*

Thursdays, 9:00am - 12:00pm  
Richard Gutschow

### Mindfulness for Health *(Virtual)*

Thursdays, 2:00 - 3:00pm  
Sylvia Holmes

### Tai Chi *(Hybrid)*

Thursdays, 3:00 - 4:00pm  
Adrienne Aguirre, Certified Tai Chi Instructor

## 2022 Benefactors Society

CSCP's Benefactors Society recognizes the exceptional generosity of our compassionate supporters who share in the urgency of our mission and have chosen to make an annual commitment at a leadership level.

### BENEFACTORS

Karen and Tom Capehart  
Ellen and Harvey Knell \*  
Terri and Jerry Kohl  
Lee and Mickey Segal  
\*Lead Founding Benefactor



### PATRONS

Melissa Alcorn/  
DFA Holdings, Inc.  
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Chris Mitchell  
Dana and Mike Naples  
Julie and Scott Nesbit  
Sue and Steve Ralph  
Sue and Steve Silk  
Susie and Brad Talt



**The power of charitable giving at a leadership level cannot be overestimated.**

**We invite you to join our 2022 Benefactors Society!**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Support Groups</b> Those wishing to participate in a support group must attend an orientation and have a brief interview before joining a group. Mondays: 11:00am – 12:30pm (2) Patient Groups 6:00 – 7:30pm Bereavement Group 6:30 – 8:00pm Bereavement Group 1st Monday: 6:30-8:00pm Multiple Myeloma 4th Monday: 6:00-7:30pm Survivorship</p>			<p>Wednesdays: 6:00 – 7:30pm (2) Patient Groups 6:00 – 7:30pm Family &amp; Friends Group</p> <p>Thursdays: 11:30am – 1:00pm Lunch Bunch Breast Cancer Group 6:00 – 7:30pm Black Support Circle 7:00 – 8:30pm Patient Group 7:00 – 8:30pm Family &amp; Friends Group</p>	<p><b>1</b>  CLOSED</p>	<p><b>2</b> 10am Yoga <b>10:30am</b> Taller de crear palabras 12pm Grupo fuerza y esperanza 2:15pm Yoga en español</p>
<p><b>4</b> 11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Yoga 6pm Bereavement 6:30pm Bereavement 6:30pm Multiple Myeloma</p>	<p><b>5</b> 11am Yoga 11am Orientation 12pm Pilates 2pm Zumba Sentao 6pm Immunotherapy for Cancer</p>	<p><b>6</b> 11:30am Cardio and Strength Training 1pm Intro to Photography 2pm Advanced Photography 5:30pm Yoga 6pm Support Groups</p>	<p><b>7</b> 9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 2pm Fun and Games 2pm Mindfulness 4pm Tai Chi 6pm Photography 6pm Black Support Cir 7pm Support Groups</p>	<p><b>8</b>  CLOSED</p>	<p><b>9</b> 10am Yoga <b>10:30am</b> Taller de crear palabras 12pm Grupo fuerza y esperanza 2:15pm Yoga en español</p>
<p><b>11</b> 11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Yoga 6pm Bereavement 6pm Bereavement</p>	<p><b>12</b> 11am Yoga 11am Orientation 12pm Pilates 2pm Zumba Sentao 6pm Love and Laughter</p>	<p><b>13</b> 11:30am Cardio and Strength Training 1pm Intro to Photography 1pm Healing with Art 2pm Advanced Photography 5pm Reiki 5:30pm Yoga 6pm Support Groups</p>	<p><b>14</b> 9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 1pm Beginning Bead Weaving 2pm Mindfulness 4pm Tai Chi 6pm Photography 6pm Black Support Cir 7pm Support Groups</p>	<p><b>15</b>  CLOSED</p>	<p><b>16</b> 10am Yoga <b>10:30am</b> Taller de crear palabras 12pm Grupo fuerza y esperanza 2:15pm Yoga en español</p>
<p><b>18</b> 11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Yoga 6pm Health Disparities 6pm Bereavement 6:30pm Bereavement</p>	<p><b>19</b> 11am Yoga 11am Orientation 12pm Pilates 2pm Zumba Sentao 5:30pm Turning Pain into Art: Writing Workshop</p>	<p><b>20</b> 10am TRE 11:30am Cardio and Strength Training 1pm Intro to Photography 2pm Advanced Photography 5:30pm Yoga 6pm Support Groups</p>	<p><b>21</b> 9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 2pm Mindfulness 3pm Mind Mapping 4pm Tai Chi 5:30pm Complementary &amp; Natural Therapies 6pm Black Support Cir 6pm Photography 7pm Support Groups</p>	<p><b>22</b> 6pm Reiki Meditation</p>	<p><b>23</b> 10am Yoga <b>10:30am</b> Taller de crear palabras 12pm Grupo fuerza y esperanza 2:15pm Yoga en español</p>
<p><b>25</b> 11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Yoga 6pm Survivorship 6pm Bereavement 6:30pm Bereavement</p>	<p><b>26</b> 11am Yoga 11am Orientation 12pm Pilates 1pm Poetry 2pm Zumba Sentao 6pm Caregiver Rights</p>	<p><b>27</b> 11:30am Cardio and Strength Training 1pm Intro to Photography 1pm Healing with Art 2pm Advanced Photography 5:30pm Yoga 6pm Support Groups</p>	<p><b>28</b> 9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 2pm Mindfulness 4pm Tai Chi 6pm Photography 6pm Black Support Cir 7pm Support Groups</p>	<p><b>29</b>  CLOSED</p>	<p><b>30</b> 10am Yoga <b>10:30am</b> Taller de crear palabras 12pm Grupo fuerza y esperanza 2:15pm Yoga en español</p>



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<p><b>2</b></p> <p>10am Yoga 11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Yoga <b>6pm West African Drumming</b> 6pm Bereavement 6:30pm Bereavement 6:30pm Multiple Myeloma</p>	<p><b>3</b></p> <p>11am Yoga 11am Orientation 12pm Pilates 2pm Zumba Sentao <b>6pm Hair Esteem Starts Here</b></p>	<p><b>4</b></p> <p>11:30am Cardio and Strength Training 1pm Intro to Photography 2pm Advanced Photography 5:30pm Yoga 6pm Support Groups</p>	<p><b>5</b></p> <p>9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 2pm Mindfulness 4pm Tai Chi <b>6pm Photography</b> 6pm Black Support Cir 7pm Support Groups</p>	<p><b>6</b></p> <p>CLOSED</p>	<p><b>7</b></p> <p>10am Yoga <b>10:30am Meditación guiada</b> 12pm Grupo fuerza y esperanza 2:15pm Yoga en español</p>
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<p><b>16</b></p> <p>10am Yoga 11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Yoga <b>6pm Department of Labor and Covered CA</b> 6pm Bereavement 6:30pm Bereavement</p>	<p><b>17</b></p> <p>11am Yoga 11am Orientation 12pm Pilates 2pm Zumba Sentao</p>	<p><b>18</b></p> <p><b>10am TRE</b> 11:30am Cardio and Strength Training 1pm Intro to Photography 2pm Advanced Photography 5:30pm Yoga 6pm Support Groups</p>	<p><b>19</b></p> <p>9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 2pm Mindfulness 4pm Tai Chi 6pm Black Support Cir <b>5pm Complementary &amp; Natural Therapies</b> 7pm Support Groups</p>	<p><b>20</b></p> <p>CLOSED</p>	<p><b>21</b></p> <p>10am Yoga 12pm Grupo fuerza y esperanza 2:15pm Yoga en español</p>
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<p><b>30</b></p> <p>Closed for Memorial Day</p> 	<p><b>31</b></p> <p>11am Yoga 11am Orientation 12pm Pilates 2pm Zumba Sentao <b>6pm Leading from the Heart</b></p>	<p><b>Beginning Bead Weaving</b> April 14 &amp; May 12 1:00 – 5:00pm Come and learn the art of creating jewelry using a needle and thread, from Mary Holley. Bring your reading glasses and some patience to create a beautiful piece of jewelry. Pre-register as class size is limited. <i>(In-Person)</i></p>	<p><b>Complementary &amp; Natural Therapies</b> 3rd Thursday of the Month 5:30 – 6:30pm Join Robert Chu, PhD, L.Ac., QME to learn how acupuncture, nutrition and exercise can be integrated with standard medical protocols to help reduce the side effects of cancer. <i>(Virtual)</i></p>	<p><b>Shaking off Stress &amp; Tension with TRE</b> 3rd Wednesday/Month 10:00 – 11:15am Join Stephanie Wong for TRE, or Tension and Trauma Releasing Exercises, a series of easy-to-follow exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma. <i>(Virtual)</i></p>	



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>PROGRAM FORMATS ARE SUBJECT TO CHANGE AS WE BRING BACK IN-PERSON PROGRAMS</b></p> <p>To register for programs and receive notice of changes, or to check the most up-to-date program information, please go to CSCP's online calendar at <a href="https://cscp.link/calendar">cscp.link/calendar</a></p>		<p><b>1</b></p> <p>11:30am Cardio and Strength Training 1pm Intro to Photography 2pm Advanced Photography 5:30pm Yoga 6pm Support Groups</p>	<p><b>2</b></p> <p>9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 2pm Fun and Games 2pm Mindfulness 4pm Tai Chi 6pm Black Support Cir 7pm Support Groups</p>	<p><b>3</b></p> <p>5pm Mindfulness for Mental Health</p>	<p><b>4</b></p> <p>10am Yoga 10:30am Serie de salud mental 12pm Grupo fuerza y esperanza 2:15pm Yoga en español</p>
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<p><b>27</b></p> <p>10am Yoga 11am Support Groups 2pm Feldenkrais 4pm Knit Together 6pm Yoga 6pm A Night of Music 6pm Bereavement 6:30pm Bereavement</p>	<p><b>28</b></p> <p>11am Yoga 11am Orientation 12pm Pilates 2pm Zumba Sentao 6pm Anticipatory Grief</p>	<p><b>29</b></p> <p>11:30am Cardio and Strength Training 1pm Intro to Photography 1pm Healing with Art 2pm Advanced Photography 5:30pm Yoga 6pm Support Groups</p>	<p><b>30</b></p> <p>9am Watercolor 11am Yoga 11:30am Breast Cancer Support Group 2pm Mindfulness 4pm Tai Chi 6pm Black Support Cir 7pm Support Groups</p>		

# Calendar of Free Events

April • May • June 2022

## Special Events

### Love and Laughter with Jason Love

Tuesdays, April 12 and June 14, 6:00 – 7:00pm  
Join professional comedian Jason Love and a few of his closest friends for laughter and joy! *(Hybrid)*

### Awaken the Digital Photographer in You: Beginning Digital Photography

Thursdays, April 7, 14, 21, 28 and May 5, 6:00 – 7:00pm  
An introductory course to photography basics on a smart phone or a DSLR. Advance registration is required. *(Virtual)*

### Fun and Games

Thursdays, April 7 & June 2, 2:00 – 4:00pm  
Join us in the community room for some good ol' fashioned games! Activities will include card games, board games, puzzles, and more! Bring a dish and a game to share. *(In-Person)*

### Cooking with Malinda: Overnight Oats

Thursday, May 26, 2:00 – 3:00pm  
Join Malinda Hutchins - Wellness Coach, winning fitness competitor, wife and mom of 3 to learn how to make overnight oats loaded with super foods. They are super simple to prepare, and will save you time and money. *(Virtual)*

### A Night of Music

Monday, June 27, 6:00 – 7:00pm  
Join musicians from Los Angeles College of Music for a performance of folk classics and original music. This will be a hybrid event, welcoming in-person and virtual attendees. Light snacks will be served. *(Hybrid)*

Non-Profit Org.  
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Permit No. 30

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