



Circle of Hope's Wellness Center
Calendar of Events - November 2024

Monday, November 4

Healing Touch Therapy with Karen 1:00 PM – 3:00 PM

**by appointment only*

Tuesday, November 5

Reiki with Toi 10:00 AM – 12:00 PM

**by appointment only*

Tuesday, November 5

Essential Oil Touch with Leigh Ann at 3:00 PM - 4:00 PM

Thursday, November 7

Gentle Yoga with Terry 10:30 AM

Thursday, November 7

QiGong for Relaxation and Healing with Clare 2:00 PM

Thursday, November 7

Finding Peace Through the Holidays - A Drop in Class for Support and Resiliense with Shellee Zentano 6:00 PM

Monday, November 11

Veterans Day & Healing Touch Therapy with Karen 1:00 PM – 3:00 PM

**by appointment only*

Monday, November 11

Healing through Creative Writing with Mary at 4:30 PM

**In person and Zoom option available*

Tuesday, November 12

Essential Oil Touch with Leigh Ann at 3:00 PM - 4:00 PM

Tuesday, November 12

Support Group 7:00 PM

**In person and Zoom option available*

Wednesday November 13



Therapeutic Back Care & Restorative Yoga with Dani Ibarra from Yoga Yoga at Circle of Hope
10:30 AM - 11:30AM

Wednesday, November 13

Talking with our Bodies through Gentle Dance with Ingrid Blanco of D'Wilfri DanceArt and
Entertainment 5:00 PM

Thursday, November 14

Sound Bath with Angela Fritz 6:00 PM

Monday, November 18

Book Club with Pam & Trisha at 6:00 PM

**In person and Zoom option available*

Monday, November 18

Healing Touch Therapy with Karen 1:00 PM – 3:00 PM

**by appointment only*

Tuesday, November 19

Reiki with Toi 10:00 AM – 12:00 PM

**by appointment only*

Tuesday, November 19

QiGong for Relaxation and Healing with Clare 2:00 PM

Tuesday, November 19

Essential Oil Touch with Leigh Ann at 3:00 PM - 4:00 PM

Tuesday, November 19

Creative Healing - Crafting with Colleen & Maria 4:00 PM

Wednesday, November 20

Unlocking Creativity - An Out of The Box Experience Art Class hosted by Amy Hovsepian 10AM -
12PM

Thursday, November 21

Gentle Yoga with Terry 10:30 AM

Thursday, November 21

The Art of Flower Arranging with Colleen Shaffer 4:00 PM

Thursday, November 21

Finding Peace Through the Holidays - A Drop in Class for Support and Resiliense with Shellee
Zentano 6:00 PM



Thursday, November 21

Unlocking Creativity - An Out of The Box Experience Art Class hosted by Amy Hovsepian 6PM - 8PM

Friday, November 22 Manual Lymphatic Massage with Arlene 10:00 AM – 12:15 PM

**by appointment only*

Thursday, November 21

Gentle Yoga with Terry 10:30 AM

Monday, November 25

Healing through Creative Writing with Mary at 4:30 PM

**In person and Zoom option available*

Wednesday November 27

Therapeutic Back Care & Restorative Yoga with Dani Ibarra from Yoga Yoga at Circle of Hope
10:30 AM - 11:30AM

Medical Massage Chair

Available Monday - Thursday 10 AM - 4 PM

call 661- 254- 5218 to book your appointment today!