



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

Monday, December 2

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

**by appointment only*

Tuesday, December 3

Reiki with Toi Bartone 10:00 AM – 12:00 PM

**by appointment only*

Tuesday, December 3

Essential Oil Touch with Leigh Ann Stiglich 3 PM - 4 PM

**by appointment only*

Wednesday, December 4

Manual Lymphatic Drainage with Arlene Valenzuela 2 PM - 5:30 PM

**by appointment only*

Thursday, December 5

Gentle Yoga with Terry Wankel 10:30 AM - 11:30 AM

Thursday, December 5

Finding Peace Through the Holidays - a drop in class for support and resilience with Shellee Zentano 6 PM - 7 PM

Friday, December 6

Swedish Massage with Arlene Valenzuela 10 AM - 12:45 PM

**by appointment only*

Monday, December 9

Healing through Creative Writing with Mary Peterson 4:30 PM - 5:30 PM

Tuesday, December 10

Reiki with Toi Bartone 10:00 AM – 12:00 PM

**by appointment only*

Tuesday, December 10

Juicing for Wellness with Kira Porter (Healing Strong SCV) 6 PM

Wednesday, December 11



Talking with our Bodies through Gentle Dance with Ingrid Blanco of D'Wilfri DanceArt and Entertainment 5 PM - 6 PM

Thursday, December 12

QiGong for Relaxation and Healing with Clare Crocker 2 PM - 3 PM

Monday, December 16

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

**by appointment only*

Monday, December 16

Book Club with Pam Ripling 6 PM - 7 PM

**Able to join in via Zoom*

Tuesday, December 17

Essential Oil Touch with Leigh Ann Stiglich 3 PM - 4 PM

**by appointment only*

Tuesday, December 17

Crafting with Colleen Shaffer 4 PM - 5 PM

Tuesday, December 17

Support Group 7 PM - 8 PM

**Able to join in via Zoom*

Wednesday, December 18

Back Care & Restorative Yoga with Dani Ibarra of Yoga Yoga 9:30 AM - 10:30 AM

Thursday, December 19

Gentle Yoga with Terry Wankel 10:30 AM - 11:30 AM

Thursday, December 19

The Art of Flower Arranging with Colleen Shaffer 4 PM - 5 PM

Thursday, December 19

Finding Peace Through the Holidays - a drop in class for support and resilience with Shellee Zentano 6 PM - 7 PM



Medical Massage Chair

Available Monday - Thursday 10 AM - 4 PM

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