



Circle of Hope's Wellness Center Calendar of Events – January 2026

Tuesday, January 6

Medical Massage Chair

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

Gentle Yoga with Terry Wankle

10:30am – 11:30am

*Registration via SignUpGenius

Qigong for Relaxation & Healing with Clare Crocker

2:00pm – 3:00pm

*Registration via SignUpGenius

**** NEW CLASS****

Structured Effective Venting Sessions with Founder Asha Blanchard

3:00pm – 5:00pm

*Registration via SignUpGenius

Festive Fabric Painting – with Maria Sleem

4:00pm – 5:00pm

*Registration via SignUpGenius

Wednesday, January 7

Medical Massage Chair

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

Reiki with Toi Bartone

10:00am & 11:00am

*By appointment only. Registration via SignUpGenius

Medical Massage Chair

2:00pm – 4:15pm

*By appointment only. Registration via SignUpGenius

Thursday, January 8

Medical Massage Chair

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

Painting with Tia Bruno for Adults & Kids (5+)

1:00pm – 2:30pm

*Registration via SignUpGenius

**** NEW CLASS****

Structured Effective Venting Sessions with Founder Asha Blanchard

3:00pm – 5:00pm

*Registration via SignUpGenius

Friday, January 9

Swedish Massage with Arlene Valenzuela

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

Monday, January 12

Healing Touch with Karen Nelson

1:00pm & 2:00pm

*By appointment only. Registration via SignUpGenius

Mosaic Sticker Art with Laura Jones

2:00pm – 3:30pm

*Registration via SignUpGenius

MLD Massage with Arlene Valenzuela

3:00pm – 5:30pm

*By appointment only. Registration via SignUpGenius

Healing Through Creative Writing with Mary Peterson

4:30pm – 5:30pm

*Meets exclusively on Zoom. Registration via SignUpGenius

Tuesday, January 13

Medical Massage Chair

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

**** NEW CLASS****

Menopause Workshop with Linda Malerba

4:00pm – 5:00pm

*Registration via SignUpGenius

Support Group

7:00pm

*Available via Zoom & in person. Registration via SignUpGenius

Wednesday, January 14

Medical Massage Chair

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

Essential Oil Touch with Leigh Ann Stiglich

12:30pm – 3:10pm

*By appointment only. Registration via SignUpGenius

Medical Massage Chair

2:00pm – 4:15pm

*By appointment only. Registration via SignUpGenius

The Meditative Art of Jewelry Making with Holly Feneht

5:00 – 6:00pm

*Registration via SignUpGenius

Thursday, January 15

Medical Massage Chair

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

The Art of Flower Arranging with Colleen Shaffer

4:00pm – 5:00pm

*Registration via SignUpGenius

Monday, January 19

Book Club with Pam Ripling

6:00pm – 7:00pm

*Available via Zoom & in person. Registration via SignUpGenius

Tuesday, January 20

Medical Massage Chair

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

Gentle Yoga with Terry Wankle

10:30am – 11:30am

*Registration via SignUpGenius

Coloring for Relaxation with Tricia Rasplicka

12:30pm – 1:30pm

*Registration via SignUpGenius

**** NEW CLASS****

Mood Recipe™ Session 1 with Founder Asha Blanchard

3:30pm – 5:30pm

*Registration via SignUpGenius

Wednesday, January 21

Medical Massage Chair

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

Essential Oil Touch with Leigh Ann Stiglich

12:30pm – 3:10pm

*By appointment only. Registration via SignUpGenius

Medical Massage Chair

2:00pm – 4:15pm

*By appointment only. Registration via SignUpGenius

Crafting with Colleen Shaffer & Jeannie Dodge

4:00pm – 5:00pm

*Registration via SignUpGenius

Talking with our Bodies through Gentle Dance with Ingrid Blanco of D'Wifri DanceArt & Entertainment

5:15pm – 6:15pm

*Registration via SignUpGenius

Thursday, January 22

Medical Massage Chair

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

Qigong for Relaxation & Healing with Clare Crocker

2:00pm – 3:00pm

*Registration via SignUpGenius

**** NEW CLASS****

Holding Space: A Journaling Practice with Sarah Avanessian - Leadership Coach, MA in Education

5:00pm-6:30pm

*Registration via SignUpGenius

Monday, January 26

Healing Touch with Karen Nelson

1:00pm & 2:00pm

*By appointment only. Registration via SignUpGenius

Healing Through Creative Writing with Mary Peterson

4:30pm – 5:30pm

*Meets exclusively on Zoom. Registration via SignUpGenius

Tuesday, January 27

Medical Massage Chair

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

**** NEW CLASS****

Mood Recipe™ Session 2 with Founder Asha Blanchard

3:30pm – 5:30pm

*Registration via SignUpGenius

Support Group

7:00pm

*Available via Zoom & in person. Registration via SignUpGenius

Wednesday, January 28

Medical Massage Chair

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

Back Care & Restorative Yoga with Dani Ibarra

10:30am – 11:30am

*Registration via SignUpGenius

Medical Massage Chair

2:00pm – 4:15pm

*By appointment only. Registration via SignUpGenius

Group Reiki & Sound Bath with Karen Moreno-Scott

5:00pm – 6:00pm

*Registration via SignUpGenius

Thursday, January 29

Medical Massage Chair

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

Pick-a-Prize BINGO

5:00pm – 7:00pm

*Registration via SignUpGenius