



**CIRCLE
OF HOPE**
CANCER SUPPORT CENTER

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

Monday, May 4

Book Club with Pam Ripling

6:00pm – 7:00pm

*Registration via SignUpGenius

Tuesday, May 5

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

Structured Effective Venting with founder Asha Blanchard

3:00pm – 5:00pm

*Registration via SignUpGenius

Crafting with Colleen Shaffer & Jeannie Dodge

4:00pm – 5:30pm

*Registration via SignUpGenius

Peer-led Support Group with Colleen Shaffer

7:00pm – 8:00pm

*Available via Zoom & in person. Registration via SignUpGenius

Wednesday, May 6

Medical Massage Chair

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

Medical Massage Chair

2:00pm – 3:30pm

*By appointment only. Registration via SignUpGenius

Thursday, May 7

Medical Massage Chair

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

****NEW CLASS****

Skin Care for Cancer Warriors with Kathleen McGraw, Esthetician

12:00pm – 2:00pm

*Registration via SignUpGenius

****BACK IN SESSION****

“Sticking with our Friends” Sticker Art with Laura Jones

2:30pm – 4:00pm

*Registration via SignUpGenius

Structured Effective Venting with founder Asha Blanchard

3:00pm – 5:00pm

*Registration via SignUpGenius

****SPECIAL EVENT****

Creative Expressions Group Potluck

5:00pm – 7:00pm

*Registration & potluck item signup: Call COH office 661-254-5218

Monday, May 11

Creative Expressions Group with Mary Petersen

4:30pm – 5:30pm

*Meets exclusively on Zoom. Registration via SignUpGenius

Tuesday, April 12

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

Mood Recipe™ Session 1 with founder Asha Blanchard

3:30pm – 5:30pm

*Registration via SignUpGenius

****NEW CLASS****

Learn to Watercolor Paint with Qiana Tarlow

4:00pm – 6:00pm

*Registration via SignUpGenius

****NEW GROUP****

Therapist-led Support Group with Cheryl Morrow, MFT
6:30 – 8:30pm
*Registration via SignUpGenius

Wednesday, May 13

Medical Massage Chair
10:00am – 12:15pm
*By appointment only. Registration via SignUpGenius

Coloring for Relaxation with Tricia Rasplicka
12:30pm – 1:30pm
*Registration via SignUpGenius

Medical Massage Chair
2:00pm – 3:30pm
*By appointment only. Registration via SignUpGenius

Thursday, May 14

Medical Massage Chair
10:00am – 12:15pm
*By appointment only. Registration via SignUpGenius

****NEW CLASS****

Diamond Painting with Kathryn, COH Staff
4:00pm – 5:00pm
*Registration via SignUpGenius

Monday, May 18

Watercolor & Aura Painting with Maria Sleem
“Sunshine & Summer Vibes”
4:00pm – 5:00pm
*Registration via SignUpGenius

Tuesday, May 19

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

Cinco de BINGO with COH Staff 🎉
5:00pm – 6:30pm
*Registration via SignUpGenius
Peer-led Support Group with Colleen Shaffer

7:00pm – 8:00pm

*Available via Zoom & in person. Registration via SignUpGenius

Wednesday, May 20

Medical Massage Chair

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

Medical Massage Chair

2:00pm – 3:30pm

*By appointment only. Registration via SignUpGenius

The Art of Flower Arranging with Colleen Shaffer

4:00pm – 5:00pm

*Registration via SignUpGenius

Thursday, May 21

Medical Massage Chair

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

****NEW CLASS****

Skin Care for Cancer Warriors with Kathleen McGraw, Esthetician

4:00pm – 6:00pm

*Registration via SignUpGenius

Monday, May 25

Wellness Center Closed for Memorial Day

Tuesday, May 26

Medical Massage Chair

10:00am – 12:15pm

*By appointment only. Registration via SignUpGenius

Mood Recipe™ Session 2 with founder Asha Blanchard

3:30pm – 5:30pm

*Registration via SignUpGenius

****NEW GROUP****

Therapist-led Support Group with Cheryl Morrow, MFT

6:30 – 8:30pm

*Registration via SignUpGenius

Wednesday, May 27

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

Essential Oil Touch with Leigh Ann Stiglich

12:30pm – 3:10pm

*By appointment only. Registration via SignUpGenius

Medical Massage Chair

2:00pm – 3:30pm

*By appointment only. Registration via SignUpGenius

Thursday, May 28

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

****SPECIAL CLASS****

Reclaiming Health, Intimacy & Joy with Linda Malerba, LFMT

4:00pm – 5:00pm

*Registration via SignUpGenius

The Meditative Art of Jewelry Making with Holly Feneht

5:30pm – 6:30pm

*Registration via SignUpGenius

Sunday, May 31

****SPECIAL EVENT****

Wellness Day at Monarch Beauty Academy

9:00am – 2:00pm

*Registration: Call COH office 661-254-5218

Classes to be determined:

- Talking with our Bodies through Gentle Dance with Ingrid Blanco of D'Wifri DanceArt & Entertainment
- Holding Space: A Journaling Practice with Sarah Avanesian