

Sun

Mon

Tue

Wed

Thu

Fri

Sat

# SEPTEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					<b>1</b> 10:00 Chi Kung 11:30 T'ai Chi w Susan Deak 1:00 Fundraising Meeting	<b>2</b> 10:15 LwC Support Group 12:00 LwC Potluck  6:00 Chi Kung w Henry Story 7:15 <b>What is Quantum Biofeedback?</b> w Hilda Jarvis	<b>3</b>  2:00 Beading Circle  8:00 Drum Circle w Bob Sabo
<b>4</b> 10:00 Sunday Inspiration w Nik Tressler	<b>5</b>   <b>Labor Day</b> <b>WTLC Office Closed</b>	<b>6</b> 10:00 Chi Kung 1:30 Emergence w Vince Lisi  4:30 Hawaiian Dance w Louise Torok 5:30 Yoga 7:00 A Course in Miracles	<b>7</b> 10a-12p <b>Wellness Recovery Action Plan (WRAP)</b> w <b>Angel Rossi-Hanan</b>  7:00 Game Night	<b>8</b> 10:00 Chi Kung 11:30 T'ai Chi  7:15 Perspectives on 2012 w Luanna Hale	<b>9</b> 10:15 LwC Support Group  4:30 Nutritional Cooking w Michelle Dofflemyer 6:00 Chi Kung  7:15 <b>Breathe Well, Be Well</b> w <b>Carol Baglia</b>	<b>10</b> 9a—7p Heart Integration by appt w Jonathan Davis 10:00 Reiki Healing w Cheryl Shortridge	
<b>11</b> 10:00 Sunday Inspiration w Luanna Hale 1:30 <b>Lupus Share &amp; Talk</b> w <b>Brenda Angle</b> 2:30 Poets' Circle w Colleen Crawford 7:30 Exploring God's Heart w Bill Bruel	<b>12</b> 10a-12p WRAP  1:00 T'ai Chi w Susan Deak 4:30 Nutritional Cooking 6:00 Chi Kung 7:15 WTLC Board Meeting	<b>13</b> 10:00 Chi Kung w Henry Story 1:30 Emergence  4:30 Hawaiian Dance w Vickie Giangola 5:30 Yoga 7:00 A Course in Miracles	<b>14</b> 10a-12p WRAP  11:00 Meditation w Lonny Johnson  7:15 Movie/Discussion <b>The Story of "A Course in Miracles"</b>	<b>15</b> 10:00 Chi Kung 11:30 T'ai Chi  2:00 Acrylic Painting w Cynthia Ziegler  7:15 Digital Photography w Gary Cartner	<b>16</b> 10:15 LwC Support Group  4:30 Nutritional Cooking 6:00 Chi Kung  7:15 <b>Home Water Purification</b> w <b>Dennis Miller</b>	<b>17</b> 10a—5p Trance Channeling by appt w Jeanne Ley  1p-2:30p <b>The Top 50 Most Healthful Foods on Earth</b> w <b>Michelle Dofflemyer</b>	
<b>18</b> 10:00 Sunday Inspiration w Dick Mueller 12:15 Yuen Healing w Dick Mueller	<b>19</b> 10a-12p WRAP  1:00 T'ai Chi  4:30 Nutritional Cooking 6:00 Chi Kung	<b>20</b> 10:00 Chi Kung  1:30 Emergence  4:30 Hawaiian Dance 5:30 Yoga  7:00 A Course in Miracles	<b>21</b> 10a-12p WRAP  7:15 Mystical Council w Cindy Fish	<b>22</b> 10:00 Chi Kung  11:30 T'ai Chi  7:15 IHH w Jim Royster	<b>23</b> 10:15 LwC Support Group  4:30 Nutritional Cooking 6:00 Chi Kung  7:15 <b>Coconut Oil Miracle</b> w <b>Cindy Fish</b>	<b>24</b>  7:00 Close Encounters Discussion Group w Ron Bracale	
<b>25</b> 10:00 Sunday Inspiration w Yvonne Y. Miller  7:30 Exploring God's Heart	<b>26</b> 10a-12p WRAP  1:00 T'ai Chi 4:30 Nutritional Cooking 6:00 Chi Kung w Henry Story	<b>27</b> 10:00 Chi Kung  1:30 Emergence  4:30 Hawaiian Dance 5:30 Yoga 7:00 A Course in Miracles w Vince Lisi	<b>28</b> 10a-12p WRAP  7:15 Conscious Eating: Healthy Eating Support Group w Cindy Fish	<b>29</b> 10:00 Chi Kung w Henry Story 11:30 T'ai Chi	<b>30</b> 10:15 LwC Support Group  6:00 Chi Kung  7:15 <b>Energy Medicine-The Medicine of the Future</b> w <b>Hilda Jarvis</b>		

Sun

Mon

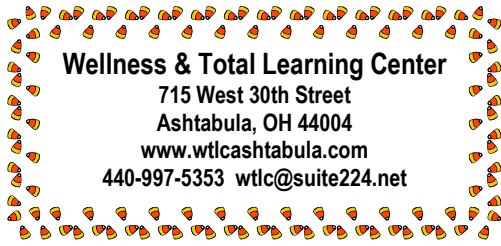
Tue

Wed

Thu

Fri

Sat



# OCTOBER 2011

**1**  
11:00 Financial Health Workshop  
w Catharine McKibbin  
2:00 Beading Circle  
8:00 Drum Circle  
w Bob Sabo

**2**  
10:00 Sunday Inspiration  
w Nik Tressler

**3**  
10a-12p WRAP  
1:00 T'ai Chi w Susan Deak  
6:00 Chi Kung w Henry Story

**4**  
10:00 Chi Kung  
1:30 Emergence  
4:30 Hawaiian Dance  
w Louise Torok  
5:30 Yoga  
7:00 A Course in Miracles

**5**  
10a-12p **Wellness Recovery Action Plan (WRAP)**  
w Angel Rossi-Hanan  
7:00 Game Night

**6**  
10:00 Chi Kung  
w Henry Story  
11:30 T'ai Chi  
1:00 Fundraising Meeting

**7**  
10:15 LwC Support Group  
12:00 LwC Potluck  
6:00 Chi Kung  
7:15 **The Path to 2012 - The New Beginning**  
w Tim Brainard

**8**  
9a—7p Heart Integration  
by appt w Jonathan Davis  
10:00 Reiki Healing  
w Cheryl Shortridge

**9**  
10:00 Sunday Inspiration  
w Luanna Hale  
2:30 Poets' Circle  
w Colleen Crawford  
7:30 Exploring God's Heart  
w Bill Bruehl

**10**  
10a-12p WRAP  
1:00 T'ai Chi  
6:00 Chi Kung  
7:15 WTLC Board Meeting

**11**  
10:00 Chi Kung  
w Henry Story  
1:30 Emergence  
w Vince Lisi  
4:30 Hawaiian Dance  
5:30 Yoga  
7:00 A Course in Miracles

**12**  
10a-12p WRAP  
11:00 Meditation  
w Lonny Johnson

**13**  
10:00 **Protect Your Breasts**  
w Michelle Dofflemyer  
10:00 Chi Kung  
11:30 T'ai Chi  
w Susan Deak  
7:15 Perspectives on 2012  
w Luanna Hale

**14**  
10:15 LwC Support Group  
6:00 Chi Kung  
w Henry Story  
7:15 **Co-Creating Our New World—Preparing for 2012 and Beyond**  
w Richard Filisky

**15**  
10a—5p Trance Channeling  
by appt w Jeanne Ley

**16**  
10:00 Sunday Inspiration  
w Dick Mueller  
12:15 Yuen Healing  
w Dick Mueller

**17**  
10a-12p WRAP  
1:00 T'ai Chi  
6:00 Chi Kung

**18**  
10:00 Chi Kung  
1:30 Emergence  
4:30 Hawaiian Dance  
5:30 Yoga  
7:00 A Course in Miracles  
w Vince Lisi

**19**  
10a-12p WRAP  
7:15 Mystical Council  
w Cindy Fish

**20**  
10:00 Chi Kung  
11:30 T'ai Chi  
2:00 Acrylic Painting  
w Cynthia Ziegler  
7:15 Digital Photography  
w Gary Cartner

**21**  
10:15 LwC Support Group  
6:00 Chi Kung  
7:15 **The Staging of Aging**  
w Diane Dipietro,  
Donna Peltz and Mike Wojo

**22**  
1p—2p **The Hidden Factors of Sugar Substitutes**  
w Michelle Dofflemyer  
7:00 Close Encounters  
Discussion Group  
w Ron Bracale

**23**  
10:00 Sunday Inspiration  
w Yvonne Y. Miller  
7:30 Exploring God's Heart

**24**  
10a-12p WRAP  
1:00 T'ai Chi  
6:00 Chi Kung

**25**  
10:00 Chi Kung  
1:30 Emergence  
4:30 Hawaiian Dance  
5:30 Yoga  
w Vickie Giangola

**26**  
10a-12p WRAP  
7:15 Conscious Eating:  
Healthy Eating Support  
Group w Cindy Fish

**27**  
10:00 **Why Am I So Tired?**  
w Michelle Dofflemyer  
10:00 Chi Kung  
11:30 T'ai Chi

**28**  
10:15 LwC Support Group  
6:00 Chi Kung

**29**

**30**  
10:00 Sunday Inspiration

**31**  
10a-12p WRAP  
1:00 T'ai Chi  
6:00 Chi Kung

7:00 A Course in Miracles

7:15 IHH w Jim Royster

7:15 **What is Pilates?**  
w Rebecca Monda

**Happy Halloween**