OCTOBER 2026 – Pluta Integrative Oncology and Wellness Class Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOTE: ***Please arrive on time to class. Arrivals 10 minutes after the class start time or later will NOT be admitted.***			1 1:00 - 2:15 PM: IN PERSON Gentle Yoga (Chair) 2:30 – 3:30 PM IN PERSON Qigong No 5PM Yoga today	2 10:00 – 11:15 AM: ZOOM Gentle Yoga 2:00-3:00 PM: ZOOM Qigong 2:00 – 3:00 PM: IN-PERSON Music Therapy Group
5 11:00 - 12:30 PM IN PERSON Music Therapy Group 1:00PM - 2:00 PM: IN PERSON Mindfulness Art Studio NO MEDITATION TODAY	6 11:00 AM – 12:00 PM: IN PERSON Beginner Qigong NO MEDITATION TODAY	7 11:30AM – 12:30PM: IN PERSON Gentle Yoga (Chair) 1:30 - 2:45 PM: IN PERSON Gentle Yoga (Mat) 3:00PM - 4:00 PM: IN PERSON Mindfulness Art Studio 4:15 – 5:15PM: ZOOM Chair Yoga NO MEDITATION TODAY	8 1:00 - 2:15 PM: IN PERSON Gentle Yoga (Chair) 2:30 – 3:30 PM IN PERSON Qigong 5:00 - 6:15 PM: IN PERSON Gentle Yoga	9 10:00 – 11:15 AM: ZOOM Gentle Yoga 2:00-3:00 PM: ZOOM Qigong 2:00 – 3:00 PM: IN-PERSON Music Therapy Group
12 *No Music Therapy Today* *No Art Therapy Today* 5:00 - 6:00 PM: HYBRID Meditation Group	13 11:00 AM – 12:00 PM: IN PERSON Beginner Qigong 12:00-1:00 PM: ZOOM Meditation	14 *No Yoga today* 3:00PM - 4:00 PM: IN PERSON Mindfulness Art Studio 5:00 - 6:00 PM: ZOOM Meditation Class	15 *No Yoga today* 2:30 – 3:30 PM IN PERSON Qigong 5:00-6:00 PM: IN PERSON Cooking for Wellness at CSC	16 *No Yoga today* *No Music Therapy Today* 2:00-3:00 PM: ZOOM Qigong
19 11:00 - 12:30 PM IN PERSON Music Therapy Group 1:00PM - 2:00 PM: IN PERSON Mindfulness Art Studio 2:00-3:00 PM: ZOOM Restorative/Yoga Nidra 5:00 - 6:00 PM: HYBRID Meditation Group	20 11:00 AM – 12:00 PM: IN PERSON Beginner Qigong 12:00-1:00 PM: ZOOM Meditation	21 11:30AM – 12:30PM: IN PERSON Gentle Yoga (Chair) 1:30 - 2:45 PM: IN PERSON Gentle Yoga (Mat) 3:00PM - 4:00 PM: IN PERSON Mindfulness Art Studio 4:15 – 5:15PM: ZOOM Chair Yoga 5:00 - 6:00 PM: ZOOM Meditation Class	22 1:00 - 2:15 PM: IN PERSON Gentle Yoga (Chair) 2:30 – 3:30 PM IN PERSON Qigong 5:00 - 6:15 PM: IN PERSON Gentle Yoga	23 10:00 – 11:15 AM: ZOOM Gentle Yoga 2:00-3:00 PM: ZOOM Qigong 2:00 – 3:00 PM: IN-PERSON Music Therapy Group
26 11:00 - 12:30 PM IN PERSON Music Therapy Group 1:00PM - 2:00 PM: IN PERSON Mindfulness Art Studio 3:00 – 4:00 PM: ZOOM Art Therapy 5:00 - 6:00 PM: HYBRID Meditation Group	27 11:00 AM – 12:00 PM: IN PERSON Beginner Qigong 12:00-1:00 PM: ZOOM Meditation 5:00-6:00 PM: HYBRID Plan Your Way to a Cancer Protective Eating Pattern	28 11:30AM – 12:30PM: IN PERSON Gentle Yoga (Chair) 1:30 - 2:45 PM: IN PERSON Gentle Yoga (Mat) 3:00PM - 4:00 PM: IN PERSON Mindfulness Art Studio 4:15 – 5:15PM: ZOOM Chair Yoga 5:00 - 6:00 PM: ZOOM Meditation Class	29 1:00 - 2:15 PM: IN PERSON Gentle Yoga (Chair) 2:30 – 3:30 PM IN PERSON Qigong 5:00 - 6:15 PM: IN PERSON Gentle Yoga	30 10:00 – 11:15 AM: ZOOM Gentle Yoga 2:00-3:00 PM: ZOOM Qigong 2:00 – 3:00 PM: IN-PERSON Music Therapy Group

MINDFULNESS

MOVEMENT

TOUCH

NUTRITION

UR MEDICINE | WILMOT CANCER INSTITUTE

All Programs **require registration. To register for any of these programs, please call (585) 486-0630.**

ZOOM classes require a ZOOM link. Once registered, you will receive the link via email.

IN PERSON classes take place at the Pluta IOWC, and space is limited. If you cannot attend class, please call to cancel your reservation so that another patient may take your spot.

For more info, visit our website: Pluta-WilmotIOC.org