NOVEMBER 2026 – Pluta Integrative Oncology and Wellness Class Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:00 - 12:30 PM IN PERSON Music Therapy Group 1:00PM - 2:00 PM: IN PERSON Mindfulness Art Studio 5:00 - 6:00 PM: HYBRID Meditation Group	**3** 11:00 AM – 12:00 PM: IN PERSON Beginner Qigong 12:00-1:00 PM: ZOOM Meditation	**4** 11:30AM – 12:30PM: IN PERSON Gentle Yoga (Chair) 1:30 - 2:45 PM: IN PERSON Gentle Yoga (Mat) 4:15 – 5:15PM: ZOOM Chair Yoga 5:00 - 6:00 PM: ZOOM Meditation Class	**5** 1:00 - 2:15 PM: IN PERSON Gentle Yoga (Chair) 2:30 – 3:30 PM IN PERSON Qigong 3:45PM - 4:45 PM: IN PERSON Mindfulness Art Studio 5:00 - 6:15 PM: IN PERSON Gentle Yoga	**6** 10:00 – 11:15 AM: ZOOM Gentle Yoga 2:00-3:00 PM: ZOOM Qigong No Music Therapy Today
9 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	**10** 11:00 AM – 12:00 PM: IN PERSON Beginner Qigong 12:00-1:00 PM: ZOOM Meditation 5:00 – 6:00 PM HYBRID Healthy High Calorie High Protein Nutrition	**11** 11:30AM – 12:30PM: IN PERSON Gentle Yoga (Chair) 1:30 - 2:45 PM: IN PERSON Gentle Yoga (Mat) 4:15 – 5:15PM: ZOOM Chair Yoga 5:00 - 6:00 PM: ZOOM Meditation Class	**12** 1:00 - 2:15 PM: IN PERSON Gentle Yoga (Chair) 2:30 – 3:30 PM IN PERSON Qigong 3:45PM - 4:45 PM: IN PERSON Mindfulness Art Studio 5:00 - 6:15 PM: IN PERSON Gentle Yoga	**13** 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
16 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	**17** 11:00 AM – 12:00 PM: IN PERSON Beginner Qigong 12:00-1:00 PM: ZOOM Meditation	**18** 11:30AM – 12:30PM: IN PERSON Gentle Yoga (Chair) 1:30 - 2:45 PM: IN PERSON Gentle Yoga (Mat) 4:15 – 5:15PM: ZOOM Chair Yoga 5:00 - 6:00 PM: ZOOM Meditation Class	**19** 12:00-1:00 PM: IN PERSON Cooking for Wellness at CSC 1:00 - 2:15 PM: IN PERSON Gentle Yoga (Chair) 2:30 – 3:30 PM IN PERSON Qigong 3:45PM - 4:45 PM: IN PERSON Mindfulness Art Studio 5:00 - 6:15 PM: IN PERSON Gentle Yoga	**20** 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
23 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	**24** 11:00 AM – 12:00 PM: IN PERSON Beginner Qigong 12:00-1:00 PM: ZOOM Meditation	**25** 11:30AM – 12:30PM: IN PERSON Gentle Yoga (Chair) 1:30 - 2:45 PM: IN PERSON Gentle Yoga (Mat) 4:15 – 5:15PM: ZOOM Chair Yoga 5:00 - 6:00 PM: ZOOM Meditation Class	**26** **CLOSED** **for Thanksgiving break**	**27** **CLOSED** **for Thanksgiving break**
30 11:00 - 12:30 PM IN PERSON Music Therapy Group 1:00PM - 2:00 PM: IN PERSON Mindfulness Art Studio 5:00 - 6:00 PM: HYBRID Meditation Group			**NOTE:** ***Please arrive on time to class. Arrivals 10 minutes after the class start time or later will NOT be admitted.***	

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