

November 2020

Classes & Events | *The Barbara L. Posner* WELLNESS & SUPPORT CENTER

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Daylight Savings Ends 1	2 Yoga: 12:00-12:30 p.m. Via Zoom or in Suite 300 BCPL ESOL Conversation Group 12:30 p.m. BCPL NaNoWriMo Kickoff 7:00 p.m.	3 Election Day BCPL Be Creative: Family Writing Night 7:00 p.m.	4 Acupuncture 10:00-12:00 p.m. Yoga: 4:00-4:30 p.m. Via Zoom or in Suite 300 BCPL Virtual Speaker Series: Peggy Rowe 7:00 p.m.	5 BCPL Photography Challenge: Photographer's Choice 11:00 a.m. Qi Gong: 6:00-6:30 p.m. Via Zoom BCPL Lawrence Lanahan: The Lines Between Us 7:00 p.m.	6 BCPL Weekly Life Drawing 5:00 p.m.	7 BCPL Morning Tea with Acorn TV 10:00 a.m. BCPL Indie Author Day 11:00 a.m. BCPL Sit and Stitch 2:00 p.m.
8	9 Yoga: 12:00-12:30 p.m. Via Zoom or in Suite 300 BCPL ESOL Conversation Group 12:30 p.m. BCPL Zentangle® 7:00 p.m. BCPL Nonprofit Academy: How to Start a Nonprofit Organization 7:00 p.m.	10 Cancer Support Group 6:00-7:00 p.m. BCPL Be Creative: Family Writing Night 7:00 p.m. BCPL First Editions with Libby Copeland 7:00 p.m.	11 Veterans Day Acupuncture 10:00-12:00 p.m. Yoga: 4:00-4:30 p.m. Via Zoom or in Suite 300 BCPL Radio Goes to War 7:00 p.m.	12 BCPL Photography Challenge: Animals 11:00 a.m. Qi Gong: 6:00-3:30 p.m. Via Zoom BCPL Plant-Based Eating: Holiday Meals and Prep 6:30 p.m. BCPL Trivia Night 7:00 p.m.	13 BCPL Weekly Life Drawing 5:00 p.m. BCPL Books and Conversation 7:00 p.m.	14 BCPL Sit and Stitch 2:00 p.m.
15	16 Yoga: 12:00-12:30 p.m. Via Zoom or in Suite 300 BCPL ESOL Conversation Group 12:30 p.m. BCPL Nonprofit Academy: Build Your Nonprofit Organization from A-Z 7:00 p.m.	17 BCPL Be Creative: Family Writing Night 7:00 p.m. BCPL Anti-Racism Book Discussion 7:00 p.m.	18 Acupuncture 10:00-12:00 p.m. Yoga: 4:00-4:30 p.m. Via Zoom or in Suite 300 BCPL Virtual Speaker Series: Dr. Richard Bell – The Restless Genius of Benjamin Franklin 7:00 p.m.	19 BCPL Photography Challenge: Portraits 11:00 a.m. BCPL Happy Hour Live Concert with Brooks Long 5:00 p.m. Qi Gong: 6:00-6:30 p.m. Via Zoom BCPL Bingo! 7:30 p.m.	20 BCPL Weekly Life Drawing 5:00 p.m.	21 BCPL Sit and Stitch 2:00 p.m.
22	23 Yoga: 12:00-12:30 p.m. Via Zoom or in Suite 300	24 Cancer Support Group 6:00-7:00 p.m.	25 Acupuncture 10:00-12:00 p.m. Yoga: 4:00-4:30 p.m. Via Zoom or in Suite 300	26 Happy Thanksgiving!	27	28
29	30 Yoga: 12:00-12:30 p.m. Via Zoom or in Suite 300	<p>**Important** The classes listed below will be held on Zoom. To get the direct link, please go to: https://www.umms.org/sjmc/health-services/cancer/wellness-center and click on "Calendar of Events." All "BCPL" programs are hosted by the Baltimore County Public Library. Click the blue link to register. To join the Cancer Support Group, please contact Jody Tripple: Jody.Tripple@umm.edu.</p>				

All classes are FREE unless otherwise noted.

Private Acupuncture—Appointments required; insurance accepted.

First session: \$115/90 minutes; follow-up sessions: \$85/hour.



It's flu season! Don't forget to contact your doctor or local pharmacy to get yours today!