NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **B** 7a – Gentle Flow Yoga **L** 10-11a – Bryan Canine Volunteer **L** 11a - Piano Player **L** 4p – New Patient and Family Tours	**3** **B** 7a – Gentle Flow Yoga **L** 9:30-10:30a – Bryan Canine Volunteer **L** 10:30a & 12p – Piano Player	**4** **B** 7a – Healthy Steps **L** 9:30-10:30a – Bryan Canine Volunteer **L** 10-12p – Chaplain **B** 11:30a – Healthy Steps **M** 4:30p – Chair Yoga	**5** **B** 7a - Core & More **M** 9-10:30a – Wig Meet & Greet **L** 10-11a – Bryan Canine Volunteer **M** 3p – Cancer Support Group	**6** **B** 7a – Gentle Flow Yoga **B** 9a – Tai Chi Easy **L** 9:30a – Piano Player
9 **B** 7a – Gentle Flow Yoga **L** 10-11a – Bryan Canine Volunteer **L** 11a – Piano Player	**10** **B** 7a – Gentle Flow Yoga **L** 9:30-10:30a – Bryan Canine Volunteer **A** 10a – Art for the Soul – Painting **L** 10:30a & 12p - Piano **M** 1-3p - Community Acupuncture **LL** 4:30p - Shine a Light on Lung Cancer	**11** **B** 7a – Healthy Steps **L** 9:30-10:30a –Bryan Canine Volunteer **B** 11:30a Healthy Steps **M** 1p – Sound Bath **B** 4:30p - Chair Yoga **M** 4:30p – Caregiver Support Group	**12** **R** 7a – Core & More **L** 8:30-10:30a – Chaplain **L** 10-11a – Bryan Canine Volunteer **CCR** 5:30p – Prostate Support Group	**13** **B** 7a – Gentle Flow Yoga **L** 9:30a - Piano Player
16 **B** 7a Core & More **L** 10-11a – Bryan Canine Volunteer **L** 11a – Piano Player **L** 4p – New Patient and Family Tours	**17** **B** 7a – Yoga with Lisa **L** 8:30-10:30a – Chaplain **L** 9:30-10:30a – Bryan Canine Volunteer **M** 10-12p - Community Acupuncture **L** 10:30a & 12p - Piano Player	**18** **B** 7a – Healthy Steps **M** 9a – Sound Bath **L** 9:30-10:30a –Bryan Canine Volunteer **B** 11:30a – Healthy Steps **B** 4:30p – Chair Yoga	**19** **B** 7a – Core & More **L** 10-11a – Bryan Canine Volunteer **G** 3p – Fly Fishing **M** 3p–Cancer Support Group	**20** **B** 7a – Gentle Flow Yoga **M** 9a – Tai Chi Easy **L** 9:30a - Piano Player
23 **B** 7a – Gentle Flow Yoga **L** 8:30-10:30a – Chaplain **M** 9:30-11a – Wig Meet & Greet **L** 10-11a – Bryan Canine Volunteer **L** 11a – Piano Player	**24** **B** 7a – Gentle Flow Yoga **L** 9:30-10:30a – Bryan Canine Volunteer **L** 10:30a & 12p – Piano Player	**25** **B** 7a – Healthy Steps **L** 9:30-10:30a – Bryan Canine Volunteer **M** 10a – Caregiver Support Group **B** 11:30a – Healthy Steps **B** 4:30p – Chair Yoga	**26** **Thanksgiving** **April Sampson Cancer Center Closed** **No classes or events**	**27** No exercise class today due to the holiday
30 **B** 7a – Gentle Flow Yoga **L** 10-11a – Bryan Canine Volunteer **L** 11a – Piano Player				

APRIL SAMPSON
CANCER CENTER

Bryan Health

Cancer Partners of Nebraska

LOCATION KEY

M Meditation Room
L Main Lobby
R Rehab Gym
A Lower Conference Room A
B Lower Conference Room B
G Garden of Hope & Healing
LL Lower Level
CCR CPN Conference Room

LEARN MORE
BryanHealth.org/ASCCCalendar

All Healing Arts & Connections programs are free thanks to generous donations.