Images of Hope El Dorado
October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Intermediate Pilates 10:00 am –11:00 am (CM) Stress Reduction Yoga 12 pm – 1:15 pm (CM) 1	Knitting 10 am – 12 pm (MCC) 2	3
4	5	Intermediate Pilates 10:00 am –11:00 am (CM) FUNdamental Pilates 11:30 am - 12:30 pm (CM) 6	Exploring Art with Sheri 2 pm – 4 pm (HSQ) 7	Intermediate Pilates 10:00 am –11:00 am (CM) 8	Knitting 10 am – 12 pm (MCC) 9	10
11	12	Pen, Ink, and Watercolor 10:00 am –12:00 pm (HSQ) 13	14	15	Knitting 10 am – 12 pm (MCC) 16	17
18	19	20	Cathie's Paint Party 10 am – 12 pm (HSQ) 21	Stress Reduction Yoga 12 pm – 1:15 pm (CM) 22	Knitting 10 am – 12 pm (MCC) 23	24
25	Journaling with Pen & Watercolor 10 am – 12 pm (HSQ) 26	Intermediate Pilates 10:00 am –11:00 am (CM) FUNdamental Pilates 11:30 am - 12:30 pm (CM) 27	28	Intermediate Pilates 10:00 am –11:00 am (CM) Stress Reduction Yoga 12 pm – 1:15 pm (CM) 29	Knitting 10 am – 12 pm (MCC) 30	31

(CM) - Connect at The Meadow, Placerville (MCC) - Marshall Cancer Center, Cameron Park (HSQ) - High Sierra Quilters, Placerville

Music in the Marshall Cancer Resource Center's Infusion Center provided by Images of Hope

www.imagesofhopeeldorado.com/community-calendar