

November 2021 Support Groups



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
You do NOT need to be a MetroHealth patient to attend groups or events	Open Group 1:00 – 2:30 p.m. R172H Lunch provided	Taco Tuesday <i>For folx around 30 or younger</i> 5:00 - 7:00 p.m. Dermatology lobby 2 nd floor of Specialty Services Pavilion	For more information please contact Jen at (216)778-4051 or jmsmith@metrohealth.org	Yoga – 10:00 a.m. Inward Compass Yoga Studio 15903 West Park Rd. Cleveland, OH 44111 Knit Squad – 11:30 Metro Atrium.	50++ For those around 50 and up 12:00 – 1:30 p.m. Franklin Circle Church 1688 Fulton Rd. Cleveland	
7	8	9	10	11	12	13
			WOW Women Only Wednesday 12:00 – 1:30 p.m. Metro room R-176 <i>Limited to 6 people, RSVP for a seat</i>	Yoga – 10:00 a.m. Inward Compass Yoga Studio 15903 West Park Rd. Cleveland, OH 44111 Knit Squad – 11:30 Metro Atrium		
14	15	16	17	18	19	20
	Open Group 1:00 – 2:30 p.m. R172H Lunch provided	Taco Tuesday <i>For folx around 30 or younger</i> 5:00 - 7:00 p.m. Dermatology lobby 2 nd floor of Specialty Services Pavilion		Yoga – 10:00 a.m. Knit Squad – 11:30 “Friendsgiving” Meal & games 5:30 – 7:30 p.m. Room R-170		
21	22	23	24	25	26	27
				Happy Thanksgiving		
28	29	30				
			Bus ticket or parking validation provided. MASKS REQUIRED <i>Please join us!</i>		Yoga class is gentle and made for beginners! Come try it out, we provide mats, just wear comfy clothes & bring water	