

 In Person

MON	TUE	WED	THU	FRI
				1
4 2:30 PM - 3:45 PM Meditation for Radical Change with Susan Bissonnette 4:30 PM - 5:15 PM New! Resilience Yoga 6:30 PM - 8:00 PM The John Lennon Real Love Project	5 2:00 PM - 3:30 PM Activate Your Inner Healer	6 12:00 PM - 2:00 PM Knitting & Crochet Circle Workshop 1:30 PM - 2:30 PM Jin Shin Jyutsu Self-Care Workshop ® 2:00 PM - 3:00 PM Pilates Mat Workshop 3:00 PM - 4:15 PM Mining Your Memory: Writing Memoir & Personal Essays 6:00 PM - 8:00 PM Monthly Group: Post-Treatment Group (Evening) 6:00 PM - 7:00 PM Yoga Refresh & Revitalize Workshop	7 2:30 PM - 3:30 PM Movement Meditation Workshop 3:30 PM - 5:00 PM Embracing Your Creative Path: A Circle of Friends 6:00 PM - 8:00 PM Monthly Group: Caregivers Support Group 6:00 PM - 7:30 PM Monthly Group: Living with Advanced or Metastatic Cancer Group	8



MON	TUE	WED	THU	FRI
11 2:30 PM - 3:45 PM Meditation for Radical Change with Susan Bissonnette 6:00 PM - 8:00 PM Monthly Group: Living with Prostate Cancer Group 6:30 PM - 8:00 PM The John Lennon Real Love Project	12 11:00 AM - 12:30 PM Gentle Yoga Workshop 2:00 PM - 3:30 PM Activate Your Inner Healer 3:30 PM - 4:30 PM Seated Yoga Workshop 6:00 PM - 7:30 PM MAD Art Workshop	13 11:00 AM - 12:00 PM Gratitude Meditation Practice 12:00 PM - 2:00 PM Knitting & Crochet Circle Workshop 1:00 PM - 2:30 PM Monthly Group: Living with Loss (Day) 1:30 PM - 2:30 PM Meditation Made Easy 2:00 PM - 3:00 PM Pilates Mat Workshop 3:00 PM - 4:15 PM Mining Your Memory: Writing Memoir & Personal Essays 6:00 PM - 7:30 PM Monthly Group: Living with Gynecological Cancer Group 6:00 PM - 7:00 PM Yoga Refresh & Revitalize Workshop	14 5:00 AM - 5:45 AM Laughter Yoga Workshop 2:00 PM - 4:00 PM Meditative Pattern Drawing with Zentangle® Workshop 3:30 PM - 5:00 PM Embracing Your Creative Path: A Circle of Friends 6:00 PM - 7:30 PM Monthly Group: Young Adults Living with Loss	15 3:00 PM - 3:30 PM Improv Comedy Workshop



MON	TUE	WED	THU	FRI
18 12:00 PM - 1:00 PM TAI CHI EASY™ and QIGONG 2:30 PM - 3:45 PM Meditation for Radical Change with Susan Bissonnette 4:30 PM - 5:15 PM New! Resilience Yoga 6:30 PM - 8:00 PM The John Lennon Real Love Project	19 12:00 PM - 1:00 PM Educational Webinar: Holding On and Letting In: Accepting Help Through a Cancer Journey 2:00 PM - 3:30 PM Activate Your Inner Healer 6:00 PM - 7:30 PM MAD Art Workshop	20 12:00 PM - 2:00 PM Knitting & Crochet Circle Workshop 1:00 PM - 2:30 PM * NEW* In-Person Workshop: Pieces of Me: Collage Through Cancer 🧑 1:00 PM - 2:30 PM Monthly Group: Post-Treatment Group (Day) 2:00 PM - 3:00 PM Pilates Mat Workshop 3:00 PM - 4:15 PM Mining Your Memory: Writing Memoir & Personal Essays 3:15 PM - 4:30 PM Live Reiki (In-Person workshop) 🧑 6:00 PM - 8:00 PM Monthly Group: Living With Loss (Evening) 6:00 PM - 7:00 PM Yoga Refresh & Revitalize Workshop	21 11:00 AM - 11:30 AM Seated Zumba Workshop 1:00 PM - 2:30 PM Monthly Group: Living with Advanced or Metastatic Cancer Group 2:30 PM - 3:30 PM Movement Meditation Workshop 3:30 PM - 5:00 PM Embracing Your Creative Path: A Circle of Friends 6:00 PM - 8:00 PM Let's Write 6:00 PM - 7:30 PM Monthly Group: Young Adults Living with Cancer Group	22 12:00 PM - 1:00 PM *NEW*: Red Door Reads: Pride & Prejudice
25 12:00 PM - 1:00 PM TAI CHI EASY™ and QIGONG 2:30 PM - 3:45 PM Meditation for Radical Change with Susan Bissonnette 5:00 PM - 6:30 PM Comedy Writing Workshop 6:30 PM - 8:00 PM The John Lennon Real Love Project	26 11:00 AM - 12:30 PM Gentle Yoga Workshop 2:00 PM - 3:30 PM Activate Your Inner Healer 3:30 PM - 4:30 PM Seated Yoga Workshop 6:00 PM - 7:15 PM Cartooning as Self-Expression 6:30 PM - 7:30 PM Healing Sound Meditation and Sonic Attunement	27 12:00 PM - 2:00 PM Knitting & Crochet Circle Workshop 2:00 PM - 3:00 PM Pilates Mat Workshop 6:00 PM - 7:30 PM Monthly Group: Living with Cancer Alone Group 6:00 PM - 7:00 PM Yoga Refresh & Revitalize Workshop	28 12:00 PM - 1:00 PM Educational Webinar: Integrative Medicine, Wellness and Cancer Survivorship 3:30 PM - 5:00 PM Embracing Your Creative Path: A Circle of Friends 6:00 PM - 8:00 PM Monthly Group: Living with Blood Cancer Group 6:30 PM - 8:30 PM 1-Minute Relief from Stress Relief Workshop	29