



September 2025

In Person

MON	TUE	WED	THU/FRI
1 12:00 AM - 12:00 AM RDC LOFT CLOSED: IN OBSERVANCE LABOR DAY	2 2:00 PM - 3:30 PM Activate Your Inner Healer	3 12:00 PM - 2:00 PM Knitting & Crocheting Circle Workshop 1:30 PM - 2:30 PM Jin Shin Jyutsu Self-Care Workshop ® 2:00 PM - 3:00 PM Pilates Mat Workshop 5:00 PM - 6:15 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	4 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 12:00 PM - 1:00 PM New! TAI CHI EASY™ and QIGONG 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	9 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	10 12:00 PM - 2:00 PM Knitting & Crocheting Circle Workshop 1:00 PM - 2:30 PM Monthly Group: Living with Loss (Day) 1:30 PM - 2:30 PM Yoga Nidra for Stress Reduction Workshop 2:00 PM - 3:00 PM Pilates Mat Workshop 5:00 PM - 6:15 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 7:00 PM - 8:00 PM Poetry with Lynne Workshop	11 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 - 8:00 PM Let's Write 6:00 PM - 7:30 PM Monthly Group: Young Adults Living with Loss



MON	TUE	WED	THU/FRI
<p>15 2:30 PM - 3:45 PM Meditation for Radical Change with Susan Bissonnette 6:30 PM - 8:00 PM The John Lennon Real Love Project</p>	<p>16 12:00 PM - 1:00 PM Educational Webinar: What is Proton Therapy? and How can it treat your cancer? 12:00 PM - 1:30 PM In-Person: MAD Art Workshop 🧑 2:00 PM - 3:30 PM Activate Your Inner Healer 4:00 PM - 5:00 PM Coping with Change Through Art</p>	<p>17 12:00 PM - 2:00 PM Knitting & Crocheting 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) 3:00 PM - 4:15 PM Live Reiki (In-Person workshop) 🧑 5:00 PM - 6:15 PM Mining Your Memory: Writing Memoir & Personal Essays 6:00 PM - 8:00 PM Monthly Group: Living With Loss (Evening) 6:00 PM - 7:00 PM Yoga Refresh & Revitalize Workshop</p>	<p>18 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 6:00 PM - 8:00 PM Special In-Person Event: A Celebration of Our Red Door Community 🧑</p>
<p>22 12:00 PM - 1:00 PM New! TAI CHI EASY™ and QIGONG 2:30 PM - 3:45 PM Meditation for Radical Change with Susan Bissonnette 6:30 PM - 8:00 PM The John Lennon Real Love Project</p>	<p>23 11:00 AM - 12:30 PM Gentle Yoga Workshop 3:30 PM - 4:30 PM Seated Yoga Workshop 6:00 PM - 7:15 PM Cartooning as Self-Expression</p>	<p>24 12:00 PM - 2:00 PM Knitting & Crocheting Circle Workshop 2:00 PM - 3:00 PM Pilates Mat Workshop 5:00 PM - 6:15 PM Mining Your Memory: Writing Memoir & Personal Essays 6:00 PM - 7:30 PM Monthly Group: Living with Cancer Alone Group 6:00 PM - 7:00 PM Yoga Refresh & Revitalize Workshop</p>	<p>25 3:30 PM - 5:00 PM Embracing Your Creative Path: A Circle of Friends 5:00 PM - 5:45 PM The Art of Letting Go Through Laughter Yoga 6:00 PM - 8:00 PM 1-Minute Relief from Stress Relief Workshop 6:00 PM - 8:00 PM Monthly Group: Living with Blood Cancer Group 6:00 PM - 7:30 PM Monthly Group: Young Adults Living with Cancer Group</p> <p>26 3:00 PM - 3:30 PM Improv Comedy Workshop</p>
<p>29 2:30 PM - 3:45 PM Meditation for Radical Change with Susan Bissonnette 6:30 PM - 8:00 PM The John Lennon Real Love Project</p>	<p>30 2:00 PM - 3:30 PM Activate Your Inner Healer 6:00 PM - 7:30 PM MAD Art Workshop 6:30 PM - 7:30 PM Healing Sound Meditation and Sonic Attunement</p>		