



## October 2025

In Person

MON	TUE	WED	THU/FRI
		<b>1</b> <b>12:00 PM - 2:00 PM</b> Knitting & Crocheting Circle Workshop <b>4:30 PM - 5:30 PM</b> *NEW-The Joy of Smartphone Photography with Casey Chinn <b>6:00 PM - 7:30 PM</b> Monthly Group: New! Breast Cancer Support Group <b>6:00 PM - 8:00 PM</b> Monthly Group: Post-Treatment Group (Evening) <b>6:00 PM - 7:00 PM</b> Yoga Refresh & Revitalize Workshop	<b>2</b> <b>3:30 PM - 5:00 PM</b> Embracing Your Creative Path: A Circle of Friends  <b>3</b> <b>3:00 PM - 3:30 PM</b> Improv Comedy Workshop
<b>6</b> <b>2:30 PM - 3:45 PM</b> Meditation for Radical Change with Susan Bissonnette <b>6:00 PM - 8:00 PM</b> The John Lennon Real Love Project	<b>7</b> <b>11:00 AM - 12:30 PM</b> Gentle Yoga Workshop <b>12:00 PM - 1:15 PM</b> New: Free Writing <b>2:00 PM - 3:30 PM</b> Activate Your Inner Healer <b>3:30 PM - 4:30 PM</b> Seated Yoga Workshop	<b>8</b> <b>12:00 PM - 2:00 PM</b> Knitting & Crocheting Circle Workshop <b>1:00 PM - 2:30 PM</b> Monthly Group: Living with Loss (Day) <b>1:30 PM - 2:30 PM</b> Jin Shin Jyutsu Self-Care Workshop @ <b>4:30 PM - 5:30 PM</b> *NEW-The Joy of Smartphone Photography with Casey Chinn <b>6:00 PM - 7:30 PM</b> Monthly Group: Living with Gynecological Cancer Group <b>6:00 PM - 7:30 PM</b> Special In-Person Event: John Lennon's 85th Birthday Concert <b>6:00 PM - 7:00 PM</b> Yoga Refresh & Revitalize Workshop	<b>9</b> <b>2:00 PM - 4:00 PM</b> Meditative Pattern Drawing with Zentangle® Workshop <b>3:30 PM - 5:00 PM</b> Embracing Your Creative Path: A Circle of Friends <b>6:00 PM - 8:00 PM</b> Monthly Group: Caregivers Support Group <b>6:00 PM - 7:30 PM</b> Monthly Group: Living with Advanced or Metastatic Cancer Group <b>6:00 PM - 7:30 PM</b> Monthly Group: Young Adults Living with Loss
<b>13</b> <b>6:00 PM - 8:00 PM</b> Monthly Group: Living with Prostate Cancer Group	<b>14</b> <b>12:00 PM - 1:15 PM</b> New: Free Writing <b>2:00 PM - 3:30 PM</b> Activate Your Inner Healer <b>6:00 PM - 7:15 PM</b> Cartooning as Self-Expression	<b>15</b> <b>12:00 PM - 2:00 PM</b> Knitting & Crocheting Circle Workshop <b>1:00 PM - 2:30 PM</b> * NEW* In-Person Workshop: Pieces of Me: Collage Through Cancer <b>1:00 PM - 2:30 PM</b> Monthly Group: Post-Treatment Group (Day) <b>1:30 PM - 2:30 PM</b> Meditation Made Easy Workshop <b>3:00 PM - 4:15 PM</b> Live Reiki (In-Person workshop) <b>4:30 PM - 5:30 PM</b> *NEW-The Joy of Smartphone Photography with Casey Chinn <b>6:00 PM - 8:00 PM</b> Monthly Group: Living With Loss (Evening) <b>6:00 PM - 7:00 PM</b> Yoga Refresh & Revitalize Workshop	<b>16</b> <b>12:00 PM - 1:00 PM</b> Educational Webinar: Restoring Confidence: The Power of Areola Tattoos <b>1:00 PM - 2:30 PM</b> Monthly Group: Living with Advanced or Metastatic Cancer Group <b>2:30 PM - 3:30 PM</b> Movement Meditation Workshop <b>3:30 PM - 5:00 PM</b> Embracing Your Creative Path: A Circle of Friends <b>6:00 PM - 7:30 PM</b> Monthly Group: Young Adults Living with Cancer Group <b>6:00 PM - 6:45 PM</b> The Art of Letting Go Through Laughter Yoga



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<p><b>20</b>  <b>12:00 PM - 1:00 PM</b> New! TAI CHI EASY™ and QIGONG  <b>2:30 PM - 3:45 PM</b> Meditation for Radical Change with Susan Bissonnette  <b>5:00 PM - 6:30 PM</b> Comedy Writing Workshop  <b>6:00 PM - 8:00 PM</b> The John Lennon Real Love Project</p>	<p><b>21</b>  <b>12:00 PM - 1:15 PM</b> New: Free Writing  <b>1:00 PM - 2:00 PM</b> Educational Webinar: What's New in Medicare for 2026  <b>2:00 PM - 3:30 PM</b> Activate Your Inner Healer  <b>3:30 PM - 4:30 PM</b> Seated Yoga Workshop  <b>6:00 PM - 7:30 PM</b> MAD Art Workshop</p>	<p><b>22</b>  <b>12:00 PM - 2:00 PM</b> Knitting &amp; Crocheting Circle Workshop  <b>4:30 PM - 5:30 PM</b> *NEW-The Joy of Smartphone Photography with Casey Chinn  <b>6:00 PM - 7:30 PM</b> Monthly Group: Living with Cancer Alone Group  <b>6:00 PM - 7:00 PM</b> Yoga Refresh &amp; Revitalize Workshop  <b>7:00 PM - 8:00 PM</b> Poetry with Lynne Workshop</p>	<p><b>23</b>  <b>11:00 AM - 11:30 AM</b> Seated Zumba Workshop  <b>3:30 PM - 5:00 PM</b> Embracing Your Creative Path: A Circle of Friends  <b>5:00 PM - 6:00 PM</b> New! Women's Energy Wellness Workshop Featuring Taoist Wu Ming Qigong for Breast Health  <b>6:00 PM - 8:00 PM</b> Let's Write</p> <p><b>24</b>  <b>12:00 PM - 1:00 PM</b> Red Door Reads</p>
<p><b>27</b>  <b>12:00 PM - 1:00 PM</b> New! TAI CHI EASY™ and QIGONG  <b>2:30 PM - 3:45 PM</b> Meditation for Radical Change with Susan Bissonnette  <b>6:00 PM - 8:00 PM</b> The John Lennon Real Love Project</p>	<p><b>28</b>  <b>11:00 AM - 12:30 PM</b> Gentle Yoga Workshop  <b>12:00 PM - 1:15 PM</b> New: Free Writing  <b>2:00 PM - 3:30 PM</b> Activate Your Inner Healer  <b>6:00 PM - 7:15 PM</b> Cartooning as Self-Expression  <b>6:30 PM - 7:30 PM</b> Healing Sound Meditation and Sonic Attunement</p>	<p><b>29</b>  <b>12:00 PM - 2:00 PM</b> Knitting &amp; Crocheting Circle Workshop  <b>4:30 PM - 5:30 PM</b> *NEW-The Joy of Smartphone Photography with Casey Chinn  <b>6:00 PM - 7:00 PM</b> Yoga Refresh &amp; Revitalize Workshop</p>	<p><b>30</b>  <b>2:30 PM - 3:30 PM</b> Movement Meditation Workshop  <b>3:30 PM - 5:00 PM</b> Embracing Your Creative Path: A Circle of Friends  <b>5:00 PM - 6:00 PM</b> New! Women's Energy Wellness Workshop Featuring Taoist Wu Ming Qigong for Breast Health  <b>6:00 PM - 8:00 PM</b> 1-Minute Relief from Stress Relief Workshop</p>