



January 2026

In Person

MON	TUE	WED	THU/FRI
			1 12:00 AM - 12:00 AM RDC CLOSED IN OBSERVANCE OF THE NEW YEAR 2 12:00 AM - 12:00 AM RDC CLOSED IN OBSERVANCE OF THE NEW YEAR
5 1:00 PM - 2:00 PM Pilates Mat Workshop 2:30 PM - 3:45 PM Meditation for Radical Change with Susan Bissonnette	6 11:00 AM - 12:30 PM Gentle Yoga Workshop 2:00 PM - 3:30 PM Activate Your Inner Healer 6:00 PM - 7:15 PM MAD Art Workshop	7 12:00 PM - 1:15 PM Free Writing 12:00 PM - 2:00 PM Knitting & Crocheting Circle Workshop 6:00 PM - 7:30 PM Monthly Group: Breast Cancer Support Group 6:00 PM - 8:00 PM Monthly Group: Post-Treatment Group (Evening) 6:00 PM - 7:00 PM Yoga Refresh & Revitalize Workshop	8 1:00 PM - 2:00 PM New! Taste of Healing: Qigong Workshop (In-Person) 2:00 PM - 4:00 PM Meditative Pattern Drawing with Zentangle® Workshop 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 - 8:00 PM Monthly Group: Caregivers Support Group 6:00 PM - 7:30 PM Monthly Group: Young Adults Living with Loss
12 12:00 PM - 1:00 PM TAI CHI EASY™ and QIGONG 1:00 PM - 2:00 PM Pilates Mat Workshop 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 6:00 PM - 7:30 PM The John Lennon Real Love Project	13 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	14 12:00 PM - 1:15 PM Free Writing 12:00 PM - 2:00 PM Knitting & Crocheting Circle Workshop 1:00 PM - 2:30 PM Monthly Group: Living with Loss (Day) 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	15 1:00 PM - 2:30 PM Monthly Group: Living with Advanced or Metastatic Cancer Monthly Group (Day) 3:30 PM - 5:00 PM Embracing Your Creative Path: A Circle of Friends 5:00 PM - 6:00 PM Gentle Flow into Yoga Nidra 6:00 PM - 7:30 PM Monthly Group: Young Adults Living with Cancer Group 6:00 PM - 7:00 PM New! New York Junior League: Wooden Coasters
19	20 11:30 AM - 1:00 PM Gentle Yoga Workshop 1:00 PM - 2:15 PM Healing Through Humor (In-Person) 2:00 PM - 3:30 PM Activate Your Inner Healer 6:00 PM - 7:15 PM MAD Art Workshop	21 12:00 PM - 1:15 PM Free Writing 12:00 PM - 2:00 PM Knitting & Crocheting Circle Workshop 1:00 PM - 2:30 PM Monthly Group: Post-Treatment Group (Day) 1:00 PM - 2:30 PM Pieces of Me: Collage Through Cancer (In-Person Workshop) 3:00 PM - 4:15 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	22 11:00 AM - 11:30 AM Seated Zumba Workshop 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 1-Minute Relief from Stress Relief Workshop 6:00 PM - 7:30 PM Living with Advanced or Metastatic Cancer Monthly Group 23 1:30 PM - 2:30 PM The Story You Tell Writing Workshop



MON	TUE	WED	THU/FRI
26 12:00 PM - 1:00 PM TAI CHI EASY™ and QIGONG 1:00 PM - 2:00 PM Pilates Mat Workshop 1:30 PM - 2:30 PM Coping with Change Through Art 2:30 PM - 3:45 PM Meditation for Radical Change with Susan Bissonnette 6:00 PM - 7:30 PM The John Lennon Real Love Project	27 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	28 12:00 PM - 1:15 PM Free Writing 12:00 PM - 2:00 PM Knitting & Crocheting Circle Workshop 6:00 PM - 7:30 PM Living with Cancer Alone Monthly Group 6:00 PM - 7:00 PM Yoga Refresh & Revitalize Workshop 7:00 PM - 8:00 PM Poetry with Lynne Workshop	29 3:30 PM - 5:00 PM Embracing Your Creative Path: A Circle of Friends 30 5:00 PM - 5:30 PM Improv Comedy Workshop