



In Person

MONDAY, 1st

12:00 PM "TAI CHI EASY™ and
- 1:00 PM QIGONG"
1:00 PM Pilates Mat
- 2:00 PM
2:30 PM Meditation for Radical
- 3:30 PM Change
6:00 PM The John Lennon Real
- 7:30 PM Love Project

TUESDAY, 2nd

2:00 PM Activate Your Inner
- 3:30 PM Healer
3:30 PM Seated Yoga
- 4:30 PM
6:00 PM Comic Making As
- 7:30 PM Self-Expression

WEDNESDAY, 3rd

12:00 PM Knitting and Crocheting
- 2:00 PM Circle
2:00 PM New! The Unsent
- 3:15 PM Letters Workshop
3:30 PM **In-Person: New!**
- 4:30 PM **Home Within: Reiki
& Hypnosis for Body,
Mind, and Spirit**
6:00 PM Monthly Group: Breast
- 7:30 PM Cancer Support Group
6:00 PM Monthly Group:
- 8:00 PM Post-Treatment Group
(Evening)
6:00 PM Yoga: Refresh and
- 7:00 PM Revitalize

THURSDAY, 4th

1:00 PM **In-Person: New!**
- 2:00 PM **Natural Healing:
QIGONG**
3:30 PM Embracing Your
- 5:00 PM Creative Path: A Circle
of Friends
6:00 PM 1-Minute Relief from
- 8:00 PM Stress
6:00 PM Monthly Group:
- 8:00 PM Caregivers Support
Group
6:00 PM Monthly Group: Living
- 7:30 PM with Advanced or
Metastatic Cancer
Group

FRIDAY, 5th

12:00 PM New! Life, Interrupted:
- 1:00 PM Navigating the space
between what was and
what is - a mindfulness
workshop

MONDAY, 8th

1:00 PM Moving for Life: Bone
- 2:00 PM Health Discussion &
Practical Tips
2:30 PM Meditation for Radical
- 3:30 PM Change
6:00 PM Monthly Group:
- 8:00 PM Living with Prostate
Cancer

TUESDAY, 9th

12:30 PM **In-Person: Pieces of
Me Collage
Workshop**
2:00 PM Activate Your Inner
- 3:30 PM Healer
6:00 PM Mad Art
- 7:30 PM

WEDNESDAY, 10th

12:00 PM Knitting and
- 2:00 PM Crocheting Circle
1:00 PM Monthly Group:
- 2:30 PM Living with Loss
(Day)
2:00 PM New! The Unsent
- 3:15 PM Letters Workshop
6:00 PM Monthly Group:
- 7:30 PM Living with
Gynecological Cancer
Group
6:00 PM Yoga: Refresh and
- 7:00 PM Revitalize

THURSDAY, 11th

2:00 PM Meditative Art Pattern
- 4:00 PM Drawing with
Zentangle® Workshop
2:30 PM Movement Meditation
- 3:30 PM
3:30 PM Embracing Your
- 5:00 PM Creative Path: A
Circle of Friends
6:00 PM Let's Write
- 8:00 PM
6:00 PM Monthly Group:
- 7:30 PM Young Adults Living
with Loss
6:00 PM New! Monthly Group:
- 8:00 PM Faithful Hearts

FRIDAY, 12th

12:00 PM New! Life,
- 1:00 PM Interrupted:
Navigating the space
between what was and
what is - a
mindfulness workshop
12:00 PM Red Door Reads:
- 1:30 PM What Alice Forgot

FRIDAY, 12th (cont.)

1:00 PM Pilates Mat
- 2:00 PM
2:00 PM Moving Well with
- 3:00 PM Neuropathy:
Managing Nerve
Issues While
Exercising

MONDAY, 15th

2:30 PM Meditation for Radical
- 3:30 PM Change
6:00 PM The John Lennon Real
- 7:30 PM Love Project

TUESDAY, 16th

11:00 AM Gentle Yoga
- 12:30 PM
2:00 PM Activate Your Inner
- 3:30 PM Healer
3:30 PM Seated Yoga
- 4:30 PM
6:00 PM Comic Making As
- 7:30 PM Self-Expression

WEDNESDAY, 17th

12:00 PM Knitting and
- 2:00 PM Crocheting Circle
1:00 PM Monthly Group:
- 2:30 PM Post-Treatment Group
(Day)
3:00 PM **In-Person Workshop:
Live Reiki**
6:00 PM Monthly Group:
- 8:00 PM Living With Loss
(Evening)
6:00 PM Yoga: Refresh and
- 7:00 PM Revitalize
7:00 PM Poetry with Lynne
- 8:00 PM

THURSDAY, 18th

11:00 AM Seated Zumba
- 11:30 AM
1:00 PM Monthly Group:
- 2:30 PM Living with Advanced
or Metastatic Cancer
Monthly Group (Day)
3:30 PM Embracing Your
- 5:00 PM Creative Path: A
Circle of Friends
6:00 PM Education Series:
- 8:00 PM Navigating Prostate
Cancer-What Patients
& Loved Ones Should
Know
6:00 PM Monthly Group:
- 7:30 PM Young Adults Living
with Cancer Group

THURSDAY, 18th (cont.)

7:00 PM New! Introduction to
- 8:00 PM Playwright

MONDAY, 22nd

12:00 PM "TAI CHI EASY™ and
- 1:00 PM QIGONG"
2:30 PM Meditation for Radical
- 3:30 PM Change
5:00 PM Comedy Writing
- 6:30 PM

TUESDAY, 23rd

12:00 PM Expert Speaker Series -
- 1:00 PM "How Artificial
Intelligence is
Transforming
Oncology"
2:00 PM Activate Your Inner
- 3:30 PM Healer
6:30 PM Healing Sound
- 7:30 PM Meditation and Sonic
Attunement

WEDNESDAY, 24th

12:00 PM Knitting and Crocheting
- 2:00 PM Circle
2:00 PM New! The Unsent
- 3:15 PM Letters Workshop
6:00 PM Monthly Group: Living
- 7:30 PM with Cancer Alone
6:00 PM Yoga: Refresh and
- 7:00 PM Revitalize

THURSDAY, 25th

5:30 PM **In-Person Event:
Summerfest**

FRIDAY, 26th

12:00 PM New! Life, Interrupted:
- 1:00 PM Navigating the space
between what was and
what is - a mindfulness
workshop

MONDAY, 29th

2:30 PM Meditation for Radical
- 3:30 PM Change
4:00 PM New! Grief Yoga:
- 5:00 PM Using Breathe,
Movement, & Sound to
Cope with Loss
6:00 PM The John Lennon Real
- 7:30 PM Love Project

TUESDAY, 30th

2:00 PM Activate Your Inner
- 3:30 PM Healer