



In Person

### FRIDAY, 1st

2:30 PM The Joy of Smartphone  
- 3:30 PM Photography with  
Casey Chinn

### MONDAY, 4th

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

### TUESDAY, 5th

11:00 AM Gentle Yoga  
- 12:30 PM  
1:00 PM **In-Person: Practical  
tools for  
self-compassion  
(Writing a love letter  
to yourself)**   
- 2:30 PM  
2:00 PM Activate Your Inner  
- 3:30 PM Healer  
3:30 PM Seated Yoga  
- 4:30 PM  
6:00 PM Mad Art  
- 7:30 PM

### WEDNESDAY, 6th

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!  
Holding Space with  
Warmth and Care:  
Practicing Resonant  
Language in  
Challenging Times**   
- 4:30 PM  
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  
7:00 PM Poetry with Lynne  
- 8:00 PM

### THURSDAY, 7th

1:00 PM **In-Person: New!  
Natural Healing:  
QIGONG**   
- 2:00 PM  
2:15 PM **In-Person: Qigong for  
Breast Health  
Workshop**   
- 3:15 PM  
3:30 PM Embracing Your  
- 5:00 PM Creative Path: A Circle  
of Friends  
6:00 PM Monthly Group:  
- 8:00 PM Caregivers Support  
Group

### THURSDAY, 7th (cont.)

6:00 PM Monthly Group: Living  
- 7:30 PM with Advanced or  
Metastatic Cancer  
Group  
6:30 PM 1-Minute Relief from  
- 8:30 PM Stress

### FRIDAY, 8th

1:00 PM Pilates Mat  
- 2:00 PM

### MONDAY, 11th

12:00 PM "TAI CHI EASY™  
- 1:00 PM and QIGONG"  
2:30 PM Meditation for Radical  
- 3:30 PM Change  
6:00 PM Monthly Group:  
- 8:00 PM Living with Prostate  
Cancer  
6:00 PM The John Lennon Real  
- 7:30 PM Love Project

### TUESDAY, 12th

11:00 AM Gentle Yoga  
- 12:30 PM  
12:00 PM Expert Speaker Series:  
- 1:00 PM "Menopause After  
Cancer Treatment:  
What Every Survivor  
Should Know What  
You Should Know"  
2:00 PM Activate Your Inner  
- 3:30 PM Healer  
6:00 PM Comic Making As  
- 7:30 PM Self-Expression

### WEDNESDAY, 13th

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, 14th

2:00 PM Meditative Art Pattern  
- 4:00 PM Drawing with  
Zentangle® Workshop  
2:15 PM **In-Person: Qigong  
for Breast Health  
Workshop**   
- 3:15 PM

### THURSDAY, 14th (cont.)

2:30 PM Movement Meditation  
- 3:30 PM  
3:30 PM Embracing Your  
- 5:00 PM Creative Path: A  
Circle of Friends  
5:30 PM Gentle Flow into Yoga  
- 6:30 PM Nidra  
6:00 PM Monthly Group:  
- 7:30 PM Young Adults Living  
with Loss

### FRIDAY, 15th

1:00 PM Pilates Mat  
- 2:00 PM

### MONDAY, 18th

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

### TUESDAY, 19th

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  
6:30 PM Healing Sound  
- 7:30 PM Meditation and Sonic  
Attunement

### WEDNESDAY, 20th

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**   
- 4:15 PM  
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, 21st

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)

### THURSDAY, 21st (cont.)

2:15 PM **In-Person: Qigong  
for Breast Health  
Workshop**   
- 3:15 PM  
3:30 PM Embracing Your  
- 5:00 PM Creative Path: A Circle  
of Friends  
6:00 PM Monthly Group: Young  
- 7:30 PM Adults Living with  
Cancer Group

### MONDAY, 25th

12:00 AM RDC LOFT CLOSED  
- 12:00 AM IN OBSERVANCE OF  
MEMORIAL DAY

### TUESDAY, 26th

2:00 PM Activate Your Inner  
- 3:30 PM Healer  
6:00 PM Mad Art  
- 7:30 PM

### WEDNESDAY, 27th

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, 28th

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 New! Monthly Group:  
- 8:00 PM Faithful Hearts  
7:00 PM New! Introduction to  
- 8:00 PM Playwright

### FRIDAY, 29th

1:00 PM Pilates Mat  
- 2:00 PM