



In Person

MONDAY, 2nd

2:30 PM Meditation for Radical
- 3:30 PM Change with Susan
Bissonnette

TUESDAY, 3rd

11:00 AM Gentle Yoga Workshop
- 12:30 PM
2:00 PM Activate Your Inner Healer
- 3:30 PM
6:00 PM MAD Art Workshop
- 7:30 PM

WEDNESDAY, 4th

11:00 AM Free Writing
- 12:00 PM
12:00 PM Knitting & Crocheting
- 2:00 PM Circle Workshop
2:00 PM Pilates Mat Workshop
- 3:00 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)

THURSDAY, 5th

2:30 PM Movement Meditation
- 3:30 PM Workshop
3:30 PM Embracing Your Creative
- 5:00 PM Path: A Circle of Friends
6:00 PM Monthly Group: Living with
- 7:30 PM Advanced or Metastatic
Cancer Group

MONDAY, 9th

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

TUESDAY, 10th

11:00 AM Gentle Yoga Workshop
- 12:30 PM
2:00 PM Activate Your Inner Healer
- 3:30 PM
3:30 PM Seated Yoga Workshop
- 4:30 PM
6:00 PM Cartooning as
- 7:30 PM Self-Expression

WEDNESDAY, 11th

11:00 AM Free Writing
- 12:00 PM

WEDNESDAY, 11th (cont.)

12:00 PM Knitting & Crocheting
- 2:00 PM Circle Workshop
1:00 PM Monthly Group: Living
- 2:30 PM with Loss (Day)
1:00 PM The Story You Tell
- 2:00 PM Writing Workshop
2:00 PM Pilates Mat Workshop
- 3:00 PM
5:30 PM Gentle Flow into Yoga
- 6:30 PM Nidra
6:00 PM Monthly Group: Living
- 7:30 PM with Gynecological Cancer
Group
6:00 PM Yoga Refresh & Revitalize
- 7:00 PM Workshop
7:00 PM Poetry with Lynne
- 8:00 PM Workshop

THURSDAY, 12th

2:00 PM Meditative Pattern
- 4:00 PM Drawing with Zentangle®
Workshop
3:30 PM Embracing Your Creative
- 5:00 PM Path: A Circle of Friends
6:00 PM 1-Minute Relief from
- 8:00 PM Stress Relief Workshop
6:00 PM Caregivers Monthly
- 8:00 PM Support Group
6:00 PM Monthly Group: Young
- 7:30 PM Adults Living with Loss

MONDAY, 16th

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

TUESDAY, 17th

11:00 AM Gentle Yoga Workshop
- 12:30 PM
2:00 PM Activate Your Inner Healer
- 3:30 PM
6:30 PM Healing Sound Meditation
- 7:30 PM and Sonic Attunement

WEDNESDAY, 18th

11:00 AM Free Writing
- 12:00 PM
12:00 PM Knitting & Crocheting
- 2:00 PM Circle Workshop
1:00 PM **In-Person Workshop:**
- 2:30 PM **Pieces of Me: Collage
Through Cancer**
1:00 PM Monthly Group:
- 2:30 PM Post-Treatment Group
(Day)
3:00 PM **Live Reiki (In-Person
workshop)**

WEDNESDAY, 18th (cont.)

6:00 PM Monthly Group: Living
- 8:00 PM With Loss (Evening)
6:00 PM Yoga Refresh & Revitalize
- 7:00 PM Workshop

THURSDAY, 19th

11:00 AM Seated Zumba Workshop
- 11:30 AM
1:00 PM Monthly Group: Living
- 2:30 PM with Advanced or
Metastatic Cancer Monthly
Group (Day)
2:30 PM Movement Meditation
- 3:30 PM Workshop
3:30 PM Embracing Your Creative
- 5:00 PM Path: A Circle of Friends
6:00 PM Monthly Group: Young
- 7:30 PM Adults Living with Cancer
Group
6:00 PM Paint Your Own Mug
- 7:00 PM

MONDAY, 23rd

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

TUESDAY, 24th

2:00 PM Activate Your Inner Healer
- 3:30 PM
3:30 PM Seated Yoga Workshop
- 4:30 PM
6:00 PM MAD Art Workshop
- 7:30 PM

WEDNESDAY, 25th

11:00 AM Free Writing
- 12:00 PM
12:00 PM Knitting & Crocheting
- 2:00 PM Circle Workshop
1:00 PM The Story You Tell
- 2:00 PM Writing Workshop
2:00 PM Pilates Mat Workshop
- 3:00 PM
6:00 PM Living with Cancer Alone
- 7:30 PM Monthly Group
6:00 PM Yoga Refresh & Revitalize
- 7:00 PM Workshop
7:00 PM Poetry with Lynne
- 8:00 PM Workshop

THURSDAY, 26th

1:00 PM **New! Natural Healing:**
- 2:00 PM **Qigong Workshop
(In-Person)**

THURSDAY, 26th (cont.)

3:30 PM Embracing Your Creative
- 5:00 PM Path: A Circle of Friends
6:00 PM Let's Write
- 8:00 PM

FRIDAY, 27th

5:00 PM Improv Comedy Workshop
- 5:30 PM

MONDAY, 30th

2:30 PM Meditation for Radical
- 3:30 PM Change with Susan
Bissonnette

TUESDAY, 31st

11:00 AM Gentle Yoga Workshop
- 12:30 PM
12:00 PM Expert Speaker Series:
- 1:30 PM Moving From Critical to
Confident: Reframe Your
Inner Critic and Embrace
Your Wise Voice n
2:00 PM Activate Your Inner Healer
- 3:30 PM
6:00 PM Cartooning as
- 7:30 PM Self-Expression