



In Person

MON	TUE	WED	THU/FRI
2 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 - 7:30 PM The John Lennon Real Love Project	3 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	4 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	5 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 Monthly Group: Caregivers Support Group 6:00 PM - 7:30 PM Monthly Group: Living with Advanced or Metastatic Cancer Group 6:00 PM - 6:45 PM The Art of Letting Go Through Laughter Yoga
9 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	10 11:00 AM - 12:30 PM Gentle Yoga Workshop 12:00 PM - 1:00 PM Expert Speaker Series: Cancer and Your Heart: Protecting Cardiovascular Health During & After Treatment 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	11 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) 1:00 PM - 2:00 PM The Story You Tell Writing Workshop 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	12 2:00 PM - 4:00 PM Meditative Pattern Drawing with Zentangle® Workshop 3:30 PM - 5:00 PM Embracing Your Creative Path: A Circle of Friends 5:00 PM - 6:00 PM Yoga Journaling Workshop 6:00 PM - 8:00 PM 1-Minute Relief from Stress Relief Workshop 6:00 PM - 7:30 PM Monthly Group: Young Adults Living with Loss
16 12:00 AM - 12:00 AM RDC LOFT CLOSED IN OBSERVANCE OF PRESIDENTS DAY	17 11:00 AM - 12:30 PM Gentle Yoga Workshop 2:00 PM - 3:30 PM Activate Your Inner Healer 6:30 PM - 7:30 PM Healing Sound Meditation and Sonic Attunement	18 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	19 11:00 AM - 11:30 AM Seated Zumba Workshop 1:00 PM - 2:30 PM Monthly Group: Living with Advanced or Metastatic Cancer Monthly Group (Day) 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 - 7:30 PM Monthly Group: Young Adults Living with Cancer Group 20 12:00 PM - 1:30 PM Red Door Reads: Wild Dark Shore 5:00 PM - 5:30 PM Improv Comedy Workshop



MON

TUE

WED

THU/FRI

23 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	24 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	25 12:00 PM - 1:15 PM Free Writing 12:00 PM - 2:00 PM Knitting & Crocheting Circle Workshop 1:00 PM - 2:00 PM The Story You Tell Writing Workshop 6:00 PM - 7:30 PM Living with Cancer Alone Monthly Group 7:00 PM - 8:00 PM Poetry with Lynne Workshop	26 3:30 PM - 5:00 PM Embracing Your Creative Path: A Circle of Friends 5:00 PM - 7:00 PM Let's Write 6:00 PM - 7:00 PM New! Valentines Day Heart-New York Junior League
---	---	---	---