

 In Person

WEDNESDAY, 1st

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)
6:00 PM Yoga Refresh &
- 7:00 PM Revitalize Workshop

THURSDAY, 2nd

2:30 PM Movement Meditation
- 3:30 PM Workshop
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 Relief Workshop
6:00 PM Monthly Group: Living
- 7:30 PM with Advanced or
Metastatic Cancer
Group

MONDAY, 6th

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, 7th

11:00 AM Gentle Yoga Workshop
- 12:30 PM
2:00 PM Activate Your Inner
- 3:30 PM Healer
3:30 PM Seated Yoga Workshop
- 4:30 PM

WEDNESDAY, 8th

11:00 AM Free Writing
- 12:00 PM
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
6:00 PM Monthly Group: Living
- 7:30 PM with Gynecological
Cancer Group
6:00 PM Yoga Refresh &
- 7:00 PM Revitalize Workshop

THURSDAY, 9th

2:00 PM Meditative Pattern
- 4:00 PM Drawing with
Zentangle® Workshop
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:
- 8:00 PM Caregivers Support
Group
6:00 PM Monthly Group:
- 7:30 PM Young Adults Living
with Loss

FRIDAY, 10th

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

MONDAY, 13th

12:00 PM New! TAI CHI
- 1:00 PM EASY™ and
QIGONG
2:30 PM Meditation for Radical
- 3:30 PM Change with Susan
Bissonnette
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, 14th

11:00 AM Gentle Yoga
- 12:30 PM Workshop
12:00 PM Expert Speaker Series
- 1:30 PM - Moving From Critic
al to Confident:
Reframe Your Inner
Critic and Embrace
Your Wise Voice
2:00 PM Activate Your Inner
- 3:30 PM Healer
6:00 PM MAD Art Workshop
- 7:30 PM

WEDNESDAY, 15th

12:00 PM Knitting & Crocheting
- 2:00 PM Circle Workshop
12:30 PM **In-Person Workshop:**
- 2:15 PM **Pieces of Me:
Collage Through
Cancer**
1:00 PM Monthly Group:
- 2:30 PM Post-Treatment Group
(Day)

WEDNESDAY, 15th (cont.)

3:00 PM **Live Reiki**
- 4:15 PM **(In-Person
workshop)**
5:30 PM Yoga Journaling
- 6:30 PM Workshop
6:00 PM Monthly Group:
- 8:00 PM Living With Loss
(Evening)
6:00 PM Yoga Refresh &
- 7:00 PM Revitalize Workshop

THURSDAY, 16th

1:00 PM Monthly Group:
- 2:30 PM Living with Advanced
or Metastatic Cancer
Monthly Group (Day)
2:30 PM Movement Meditation
- 3:30 PM Workshop
3:30 PM Embracing Your
- 5:00 PM Creative Path: A
Circle of Friends
6:00 PM Monthly Group:
- 7:30 PM Young Adults Living
with Cancer Group
6:00 PM New! Create your own
- 7:00 PM Spring Magnet

FRIDAY, 17th

12:00 PM Red Door Reads:
- 1:30 PM Eleanor Oliphant is
Completely Fine
2:30 PM The Joy of
- 3:30 PM Smartphone
Photography with
Casey Chinn

MONDAY, 20th

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, 21st

11:00 AM Gentle Yoga
- 12:30 PM Workshop
2:00 PM Activate Your Inner
- 3:30 PM Healer
3:30 PM Seated Yoga
- 4:30 PM Workshop
6:00 PM Comic Making As
- 7:15 PM Self-Expression
6:00 PM MAD Art Workshop
- 7:30 PM

WEDNESDAY, 22nd

11:00 AM Free Writing
- 12:00 PM

WEDNESDAY, 22nd (cont.)

12:00 PM Knitting & Crocheting
- 2:00 PM Circle Workshop
2:00 PM Pilates Mat Workshop
- 3:00 PM
6:00 PM Monthly Group: Living
- 7:30 PM with Cancer Alone
6:00 PM Yoga Refresh &
- 7:00 PM Revitalize Workshop
7:00 PM Poetry with Lynne
- 8:00 PM Workshop

THURSDAY, 23rd

11:00 AM Seated Zumba
- 11:30 AM Workshop
3:30 PM Embracing Your
- 5:00 PM Creative Path: A Circle
of Friends
6:00 PM **In-Person Event:**
- 7:30 PM **Remembrance
Gathering**

FRIDAY, 24th

2:30 PM The Joy of Smartphone
- 3:30 PM Photography with
Casey Chinn
5:00 PM Improv Comedy
- 5:30 PM Workshop

MONDAY, 27th

12:00 PM New! TAI CHI
- 1:00 PM EASY™ and QIGONG
2:30 PM Meditation for Radical
- 3:30 PM Change with Susan
Bissonnette

TUESDAY, 28th

11:00 AM Gentle Yoga Workshop
- 12:30 PM
12:00 PM Expert Lecture Series:
- 1:00 PM Body Talk -
Nourishment For Your
Mind and Body
2:00 PM Activate Your Inner
- 3:30 PM Healer
6:30 PM Healing Sound
- 7:30 PM Meditation and Sonic
Attunement

WEDNESDAY, 29th

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 Yoga Refresh &
- 7:00 PM Revitalize Workshop



THURSDAY, 30th

3:30 PM Embracing Your
- 5:00 PM Creative Path: A Circle
of Friends
6:00 PM **Special Event: Young**
- 8:00 PM **Adult Connect-**
(In-Person) 

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