



In Person

MONDAY, 3rd

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

TUESDAY, 4th

12:00 PM Expert Speaker Series -
- 1:00 PM Living Fully: Managing
Fatigue, Sleep, and
Quality of Life During
and After Cancer
2:00 PM Activate Your Inner
- 3:30 PM Healer
5:00 PM New! Restore & Reset
- 5:40 PM Qigong for Breast
Health & Wellbeing
6:00 PM Comic Making As
- 7:30 PM Self-Expression

WEDNESDAY, 5th

11:00 AM Accessing Memories
- 12:15 PM Via The Kitchen Door
12:00 PM Knitting and Crocheting
- 2:00 PM Circle
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, 6th

1:00 PM **In-Person: New!**
- 2:00 PM **Wellbeing: The
Traditional Chinese
Medicine Way**
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 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, 7th

1:00 PM Pilates Mat
- 2:00 PM

MONDAY, 10th

MONDAY, 10th (cont.)

1:00 PM Practical tools for
- 2:30 PM self-compassion
(Writing a love letter to
yourself)
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, 11th

12:30 PM **In-Person: Pieces of
Me Collage
Workshop**
- 2:15 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, 12th

11:00 AM Accessing Memories
- 12:15 PM Via The Kitchen Door
12:00 PM Knitting and
- 2:00 PM Crocheting Circle
1:00 PM Monthly Group:
- 2:30 PM Living with Loss
(Day)
6:00 PM Monthly Group:
- 7:30 PM Living with
Gynecological Cancer
Group
6:00 PM Yoga: Refresh and
- 7:00 PM Revitalize

THURSDAY, 13th

2:00 PM Meditative Art 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:
- 7:30 PM Young Adults Living
with Loss

FRIDAY, 14th

12:00 PM Red Door Reads:
- 1:30 PM Anxious People by
Fredrik Backman
1:00 PM Pilates Mat
- 2:00 PM

MONDAY, 17th

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

TUESDAY, 18th

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

WEDNESDAY, 19th

11:00 AM Accessing Memories
- 12:15 PM Via The Kitchen Door
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

THURSDAY, 20th

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

FRIDAY, 21st

1:00 PM Pilates Mat
- 2:00 PM
3:00 PM New! Zumba Gold®
- 3:30 PM Seated: Fitness from
Your Chair

MONDAY, 24th

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, 25th

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, 26th

11:00 AM Accessing Memories
- 12:15 PM Via The Kitchen Door
12:00 PM Knitting and Crocheting
- 2:00 PM Circle
3:30 PM **In-Person: New!
Home Within: Reiki
& Hypnosis for Body,
Mind, and Spirit**
- 4:30 PM
6:00 PM Monthly Group: Living
- 7:30 PM with Cancer Alone
6:00 PM Yoga: Refresh and
- 7:00 PM Revitalize

THURSDAY, 27th

3:30 PM Embracing Your
- 5:00 PM Creative Path: A Circle
of Friends
5:00 PM Comedy Writing
- 6:30 PM
6:00 PM New! Monthly Group:
- 8:00 PM Faithful Hearts

MONDAY, 31st

2:30 PM Meditation for Radical
- 3:30 PM Change