



November 2025

In Person

MON	TUE	WED	THU/FRI
3 2:30 PM - 3:45 PM Meditation for Radical Change with Susan Bissonnette 6:30 PM - 8:00 PM The John Lennon Real Love Project	4 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	5 12:00 PM - 2:00 PM Knitting & Crocheting Circle Workshop 1:30 PM - 2:30 PM Jin Shin Jyutsu Self-Care Workshop ® 5:00 PM - 6:15 PM Mining Your Memory: Writing Memoir & Personal Essays 6:00 PM - 7:30 PM Monthly Group: New! 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 7:00 PM - 8:00 PM Poetry with Lynne Workshop	6 2:00 PM - 3:30 PM New! Practical tools for self-compassion (Writing a love letter to yourself)-(In-Person) 3:30 PM - 5:00 PM Embracing Your Creative Path: A Circle of Friends 4:00 PM - 5:00 PM New! Women's Energy Wellness Workshop Featuring Taoist Wu Ming Qigong for Breast Health-In-Person 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 - 7:00 PM New! New York Junior League: Fall Flower Bouquet 7 1:30 PM - 2:30 PM The Story You Tell Writing Workshop
10 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 Group 6:30 PM - 8:00 PM The John Lennon Real Love Project	11 12:00 PM - 1:00 PM Expert Speaker Series: Empowering Your Financial Future After a Cancer Diagnosis: A Financial Wellness Webinar 2:00 PM - 3:30 PM Activate Your Inner Healer 4:00 PM - 5:00 PM Coping with Change Through Art 5:00 PM - 6:00 PM Yoga Journaling Workshop 6:00 PM - 7:30 PM MAD Art Workshop	12 12:00 PM - 2:00 PM Knitting & Crocheting Circle Workshop 1:00 PM - 2:30 PM Monthly Group: Living with Loss (Day) 1:30 PM - 2:30 PM Yoga Nidra for Stress Reduction Workshop 5:00 PM - 6:15 PM Mining Your Memory: Writing Memoir & Personal Essays 6:00 PM - 7:30 PM Monthly Group: Living with Gynecological Cancer Group 6:00 PM - 7:00 PM Yoga Refresh & Revitalize Workshop	13 2:00 PM - 4:00 PM Meditative Pattern Drawing with Zentangle® Workshop 2:30 PM - 3:30 PM Movement Meditation Workshop 3:30 PM - 5:00 PM Embracing Your Creative Path: A Circle of Friends 5:00 PM - 5:45 PM The Art of Letting Go Through Laughter Yoga 6:00 PM - 7:30 PM Monthly Group: Young Adults Living with Loss



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17 11:00 AM - 12:00 PM New! TAI CHI EASY™ and QIGONG 2:30 PM - 3:45 PM Meditation for Radical Change with Susan Bissonnette 6:30 PM - 8:00 PM The John Lennon Real Love Project	18 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 4:00 PM - 5:00 PM Healing Sound Meditation and Sonic Attunement (In-Person) 6:00 PM - 7:15 PM Cartooning as Self-Expression	19 12:00 PM - 2:00 PM Knitting & Crocheting Circle Workshop 1:00 PM - 2:30 PM * NEW* In-Person Workshop: Pieces of Me: Collage Through Cancer 1:00 PM - 2:30 PM Monthly Group: Post-Treatment Group (Day) 3:00 PM - 4:15 PM Live Reiki (In-Person workshop) 5:00 PM - 6:15 PM Mining Your Memory: Writing Memoir & Personal Essays 6:00 PM - 7:30 PM Monthly Group: Living with Cancer Alone 6:00 PM - 8:00 PM Monthly Group: Living With Loss (Evening) 6:00 PM - 7:00 PM Yoga Refresh & Revitalize Workshop 7:00 PM - 8:00 PM Poetry with Lynne Workshop	20 11:00 AM - 11:30 AM Seated Zumba Workshop 12:00 PM - 1:00 PM Expert Speaker Series: Finding Meaning and Growth Through Adversity 1:00 PM - 2:30 PM Monthly Group: Living with Advanced or Metastatic Cancer Group 2:00 PM - 3:00 PM New! Prompt & Flow: A Guided Freewriting Workshop (In-Person) 3:30 PM - 5:00 PM Embracing Your Creative Path: A Circle of Friends 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 Cancer Group 21 1:30 PM - 2:30 PM The Story You Tell Writing Workshop 4:00 PM - 4:30 PM Improv Comedy Workshop
24 11:00 AM - 12:00 PM New! TAI CHI EASY™ and QIGONG 2:30 PM - 3:45 PM Meditation for Radical Change with Susan Bissonnette	25 2:00 PM - 3:30 PM Activate Your Inner Healer 6:00 PM - 7:30 PM MAD Art Workshop	26 12:00 AM - 12:00 AM RDC LOFT CLOSING @ 1PM 12:00 PM - 2:00 PM Knitting & Crocheting Circle Workshop	27 12:00 AM - 12:00 AM RDC LOFT CLOSED IN OBSERVANCE OF THANKSGIVING 28 12:00 AM - 12:00 AM RDC LOFT CLOSED IN OBSERVANCE OF THANKSGIVING