



January 2026

In Person

MON

TUE

WED

THU/FRI

5 1:00 PM - 2:00 PM Pilates Mat Workshop 2:30 PM - 3:45 PM Meditation for Radical Change with Susan Bissonnette	6 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	7 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	1 12:00 AM - 12:00 AM RDC CLOSED IN OBSERVANCE OF THE NEW YEAR 2 12:00 AM - 12:00 AM RDC CLOSED IN OBSERVANCE OF THE NEW YEAR
12 12:00 PM - 1:00 PM TAI CHI EASY™ and QIGONG 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	13 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 6:30 PM - 7:30 PM Healing Sound Meditation and Sonic Attunement	14 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) 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	15 1:00 PM - 2:30 PM Monthly Group: Living with Advanced or Metastatic Cancer Monthly Group (Day) 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 6:00 PM - 7:00 PM New! New York Junior League: Wooden Coasters



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19	20 <p>11:30 AM - 1:00 PM Gentle Yoga Workshop</p> <p>2:00 PM - 3:30 PM Activate Your Inner Healer</p> <p>6:00 PM - 7:15 PM MAD Art Workshop</p>	21 <p>12:00 PM - 1:15 PM Free Writing</p> <p>12:00 PM - 2:00 PM Knitting & Crocheting Circle Workshop</p> <p>1:00 PM - 2:30 PM Monthly Group: Post-Treatment Group (Day)</p> <p>1:00 PM - 2:30 PM <i>Pieces of Me: Collage Through Cancer (In-Person Workshop)</i> </p> <p>3:00 PM - 4:15 PM <i>Live Reiki (In-Person workshop)</i> </p> <p>5:30 PM - 6:30 PM Gentle Flow into Yoga Nidra</p> <p>6:00 PM - 8:00 PM Monthly Group: Living With Loss (Evening)</p> <p>6:00 PM - 7:00 PM Yoga Refresh & Revitalize Workshop</p>	22 <p>11:00 AM - 11:30 AM Seated Zumba Workshop</p> <p>2:30 PM - 3:30 PM Movement Meditation Workshop</p> <p>3:30 PM - 5:00 PM Embracing Your Creative Path: A Circle of Friends</p> <p>6:00 PM - 8:00 PM 1-Minute Relief from Stress Relief Workshop</p> <p>6:00 PM - 7:30 PM Living with Advanced or Metastatic Cancer Monthly Group</p>
26 <p>12:00 PM - 1:00 PM TAI CHI EASY™ and QIGONG</p> <p>1:00 PM - 2:00 PM Pilates Mat Workshop</p> <p>1:30 PM - 2:30 PM Coping with Change Through Art</p> <p>2:30 PM - 3:45 PM Meditation for Radical Change with Susan Bissonnette</p> <p>6:00 PM - 7:30 PM The John Lennon Real Love Project</p>	27 <p>11:00 AM - 12:30 PM Gentle Yoga Workshop</p> <p>12:00 PM - 1:00 PM Expert Speaker Series: Navigating Loneliness During Cancer</p> <p>2:00 PM - 3:30 PM Activate Your Inner Healer</p> <p>3:30 PM - 4:30 PM Seated Yoga Workshop</p> <p>6:00 PM - 7:15 PM Cartooning as Self-Expression</p>	28 <p>12:00 PM - 1:15 PM Free Writing</p> <p>12:00 PM - 2:00 PM Knitting & Crocheting Circle Workshop</p> <p>6:00 PM - 7:30 PM Living with Cancer Alone Monthly Group</p> <p>6:00 PM - 7:00 PM Yoga Refresh & Revitalize Workshop</p> <p>7:00 PM - 8:00 PM Poetry with Lynne Workshop</p>	29 <p>3:30 PM - 5:00 PM Embracing Your Creative Path: A Circle of Friends</p>

23

1:30 PM - 2:30 PM The Story You Tell Writing Workshop

29

3:30 PM - 5:00 PM Embracing Your Creative Path: A Circle of Friends

30

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