



In Person

FRIDAY, 1st

1:00 PM Pilates Mat
- 2:00 PM
2:30 PM The Joy of Smartphone
- 3:30 PM Photography with
Casey Chinn

MONDAY, 4th

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

TUESDAY, 5th

11:00 AM Gentle Yoga
- 12:30 PM
1:00 PM **In-Person: Practical
tools for
self-compassion
(Writing a love letter
to yourself)**
- 2:30 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, 6th

12:00 PM Knitting and Crocheting
- 2:00 PM Circle
2:00 PM New! The Unsent
- 3:15 PM Letters Workshop
3:30 PM **In-Person: New!
Holding Space with
Warmth and Care:
Practicing Resonant
Language in
Challenging Times**
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
7:00 PM Poetry with Lynne
- 8:00 PM

THURSDAY, 7th

1:00 PM **In-Person: New!
Natural Healing:
QIGONG**
- 2:00 PM
3:30 PM Embracing Your
- 5:00 PM Creative Path: A Circle
of Friends
6:00 PM Monthly Group:
- 8:00 PM Caregivers Support
Group

THURSDAY, 7th (cont.)

6:00 PM Monthly Group: Living
- 7:30 PM with Advanced or
Metastatic Cancer
Group
6:30 PM 1-Minute Relief from
- 8:30 PM Stress

FRIDAY, 8th

1:00 PM Pilates Mat
- 2:00 PM

MONDAY, 11th

12:00 PM "TAI CHI EASY™
- 1:00 PM and QIGONG"
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, 12th

11:00 AM Gentle Yoga
- 12:30 PM
12:00 PM Expert Speaker Series:
- 1:00 PM "Menopause After
Cancer Treatment:
What Every Survivor
Should Know What
You Should Know"
2:00 PM Activate Your Inner
- 3:30 PM Healer
6:00 PM Comic Making As
- 7:30 PM Self-Expression

WEDNESDAY, 13th

12:00 PM Knitting and
- 2:00 PM Crocheting Circle
1:00 PM Monthly Group:
- 2:30 PM Living with Loss
(Day)
2:00 PM New! The Unsent
- 3:15 PM Letters Workshop
6:00 PM Monthly Group:
- 7:30 PM Living with
Gynecological Cancer
Group
6:00 PM Yoga: Refresh and
- 7:00 PM Revitalize

THURSDAY, 14th

2:00 PM Meditative Art Pattern
- 4:00 PM Drawing with
Zentangle® Workshop
2:30 PM Movement Meditation
- 3:30 PM

THURSDAY, 14th (cont.)

3:30 PM Embracing Your
- 5:00 PM Creative Path: A
Circle of Friends
5:30 PM Gentle Flow into Yoga
- 6:30 PM Nidra
6:00 PM Monthly Group:
- 7:30 PM Young Adults Living
with Loss

FRIDAY, 15th

1:00 PM Pilates Mat
- 2:00 PM

MONDAY, 18th

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, 19th

11:00 AM Gentle Yoga
- 12:30 PM
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, 20th

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
7:00 PM Poetry with Lynne
- 8:00 PM

THURSDAY, 21st

11:00 AM Seated Zumba
- 11:30 AM
1:00 PM Monthly Group:
- 2:30 PM Living with Advanced
or Metastatic Cancer
Monthly Group (Day)
3:30 PM Embracing Your
- 5:00 PM Creative Path: A
Circle of Friends

THURSDAY, 21st (cont.)

6:00 PM Monthly Group:
- 7:30 PM Young Adults Living
with Cancer Group

MONDAY, 25th

12:00 AM RDC LOFT CLOSED
- 12:00 AM IN OBSERVANCE OF
MEMORIAL DAY

TUESDAY, 26th

2:00 PM Activate Your Inner
- 3:30 PM Healer
6:00 PM Mad Art
- 7:30 PM

WEDNESDAY, 27th

12:00 PM Knitting and Crocheting
- 2:00 PM Circle
2:00 PM New! The Unsent
- 3:15 PM Letters Workshop
6:00 PM Monthly Group: Living
- 7:30 PM with Cancer Alone
6:00 PM Yoga: Refresh and
- 7:00 PM Revitalize

THURSDAY, 28th

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 New! Monthly Group:
- 8:00 PM Faithful Hearts

FRIDAY, 29th

1:00 PM Pilates Mat
- 2:00 PM