



In Person

**WEDNESDAY, 1st**

- 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, 2nd**

- 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
- 6:00 PM Monthly Group: Living  
- 7:30 PM with Advanced or Metastatic Cancer Group

**FRIDAY, 3rd**

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

**MONDAY, 6th**

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

**TUESDAY, 7th**

- 11:00 AM Gentle Yoga  
- 12:30 PM
- 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 Mad Art  
- 7:30 PM

**WEDNESDAY, 8th**

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

**THURSDAY, 9th**

**THURSDAY, 9th (cont.)**

- 2:00 PM Meditative Art Pattern  
- 4:00 PM Drawing with Zentangle® Workshop
- 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:  
- 7:30 PM Young Adults Living with Loss

**FRIDAY, 10th**

- 1:00 PM Pilates Mat  
- 2:00 PM

**MONDAY, 13th**

- 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, 14th**

- 12:30 PM **In-Person: Pieces of  
- 2:15 PM Me Collage Workshop**
- 2:00 PM Activate Your Inner  
- 3:30 PM Healer
- 3:30 PM Seated Yoga  
- 4:30 PM

**WEDNESDAY, 15th**

- 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:  
- 4:15 PM Live Reiki**

- 6:00 PM Monthly Group:  
- 8:00 PM Living With Loss (Evening)
- 6:00 PM Yoga: Refresh and  
- 7:00 PM Revitalize

**THURSDAY, 16th**

- 1:00 PM Monthly Group:  
- 2:30 PM Living with Advanced or Metastatic Cancer Monthly Group (Day)

**THURSDAY, 16th (cont.)**

- 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, 17th**

- 1:00 PM Pilates Mat  
- 2:00 PM

**MONDAY, 20th**

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

**TUESDAY, 21st**

- 1:00 PM Practical tools for  
- 2:30 PM self-compassion (Writing a love letter to yourself)
- 2:00 PM Activate Your Inner  
- 3:30 PM Healer
- 6:00 PM Mad Art  
- 7:30 PM

**WEDNESDAY, 22nd**

- 11:00 AM Accessing Memories  
- 12:15 PM Via The Kitchen Door
- 12:00 PM Knitting and  
- 2:00 PM Crocheting Circle
- 3:30 PM **In-Person: New!  
- 4:30 PM Holding Space with Warmth and Care:  
Practicing Resonant Language in Challenging Times**
- 6:00 PM Monthly Group:  
- 7:30 PM Living with Cancer Alone
- 6:00 PM Yoga: Refresh and  
- 7:00 PM Revitalize

**THURSDAY, 23rd**

- 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, 24th**

- 1:00 PM Pilates Mat  
- 2:00 PM

**MONDAY, 27th**

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

**TUESDAY, 28th**

- 2:00 PM Activate Your Inner  
- 3:30 PM Healer
- 3:30 PM Seated Yoga  
- 4:30 PM
- 6:00 PM Comic Making As  
- 7:30 PM Self-Expression

**WEDNESDAY, 29th**

- 12:00 PM Knitting and Crocheting  
- 2:00 PM Circle
- 6:00 PM Yoga: Refresh and  
- 7:00 PM Revitalize

**THURSDAY, 30th**

- 3:30 PM Embracing Your  
- 5:00 PM Creative Path: A Circle of Friends
- 6:00 PM Let's Write  
- 8:00 PM

**FRIDAY, 31st**

- 1:00 PM Pilates Mat  
- 2:00 PM