



In Person

MON	TUE	WED	THU/FRI
1 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	2 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	3 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	4 3:30 PM - 5:00 PM Embracing Your Creative Path: A Circle of Friends 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 York Junior League: Snowflake Windchimes 5 1:30 PM - 2:30 PM The Story You Tell Writing Workshop
8 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 6:00 PM - 8:00 PM Monthly Group: Living with Prostate Cancer Group 6:30 PM - 8:00 PM The John Lennon Real Love Project	9 11:00 AM - 12:30 PM Gentle Yoga Workshop 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 Healing Through Humor 6:00 PM - 7:15 PM Cartooning as Self-Expression	10 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 Meditation Made Easy 5:00 PM - 6:15 PM Mining Your Memory: Writing Memoir & Personal Essays 6:00 PM - 7:30 PM Living with Cancer Alone Monthly Group 6:00 PM - 7:30 PM Monthly Group: Living with Gynecological Cancer Group 6:00 PM - 7:00 PM Yoga Refresh & Revitalize Workshop	11 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 5:30 PM - 7:30 PM Special Event: Winterfest In-person 6:00 PM - 8:00 PM Let's Write 6:00 PM - 7:30 PM Monthly Group: Young Adults Living with Loss
15 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	16 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 - 7:30 PM MAD Art Workshop 6:30 PM - 7:30 PM Healing Sound Meditation and Sonic Attunement	17 12:00 PM - 2:00 PM Knitting & Crocheting Circle Workshop 1:00 PM - 2:30 PM Monthly Group: Post-Treatment Group (Day) 3:00 PM - 4:15 PM Live Reiki (In-Person workshop) 6:00 PM - 8:00 PM Monthly Group: Living With Loss (Evening) 7:00 PM - 8:00 PM Poetry with Lynne Workshop	18 11:00 AM - 11:30 AM Seated Zumba Workshop 1:00 PM - 2:30 PM Monthly Group: Living with Advanced or Metastatic Cancer Group 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 19 1:30 PM - 2:30 PM The Story You Tell Writing Workshop 4:00 PM - 4:30 PM Improv Comedy Workshop



MON	TUE	WED	THU/FRI
22 12:00 AM - 12:00 AM RDC CLOSED IN OBSERVANCE OF THE HOLIDAYS	23 12:00 AM - 12:00 AM RDC CLOSED IN OBSERVANCE OF THE HOLIDAYS	24 12:00 AM - 12:00 AM RDC CLOSED IN OBSERVANCE OF THE HOLIDAYS	25 12:00 AM - 12:00 AM RDC CLOSED IN OBSERVANCE OF THE HOLIDAYS 26 12:00 AM - 12:00 AM RDC CLOSED IN OBSERVANCE OF THE HOLIDAYS
29 11:00 AM - 12:00 PM New! TAI CHI EASY™ and QIGONG 5:00 PM - 6:30 PM Comedy Writing Workshop	30 2:00 PM - 3:30 PM Activate Your Inner Healer	31 12:00 AM - 12:00 AM RDC CLOSES @ 1PM 11:00 AM - 12:00 PM New Year's Gratitude Meditation	