



In Person

TUESDAY, 1st

2:00 PM Activate Your Inner
- 3:30 PM Healer

WEDNESDAY, 2nd

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, 3rd

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 Monthly Group:
- 8:00 PM Caregivers Support
Group
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

MONDAY, 7th

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

TUESDAY, 8th

12:30 PM **In-Person Workshop:**
- 2:15 PM **Pieces of Me: Collage
Through Cancer**
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, 9th

11:00 AM Free Writing
- 12:15 PM
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, 10th

1:00 PM **In-Person: New!**
- 2:30 PM **Wellbeing: The
Traditional Chinese
Medicine Way**
2:00 PM Meditative Art Pattern
- 4:00 PM Drawing with
Zentangle® Workshop
3:30 PM Embracing Your
- 5:00 PM Creative Path: A
Circle of Friends
6:00 PM Let's Write
- 8:00 PM
6:00 PM Monthly Group:
- 7:30 PM Young Adults Living
with Loss
6:00 PM New! Exploring The
- 7:15 PM Symbolic Language of
Dreams

FRIDAY, 11th

1:00 PM Pilates Mat
- 2:00 PM

MONDAY, 14th

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, 15th

11:00 AM **In-Person and Zoom:**
- 12:30 PM **Gentle Yoga**
12:00 PM Expert Speaker Series
- 1:00 PM -Triage Cancer
2:00 PM Activate Your Inner
- 3:30 PM Healer
6:00 PM Comic Making As
- 7:30 PM Self-Expression

WEDNESDAY, 16th

11:00 AM New! The Unsent
- 12:15 PM Letters Workshop
12:00 PM Knitting and
- 2:00 PM Crocheting Circle
1:00 PM **In-Person Workshop:**
- 2:15 PM **Live Reiki**
1:00 PM Monthly Group:
- 2:30 PM Post-Treatment Group
(Day)
6:00 PM Monthly Group:
- 8:00 PM Living With Loss
(Evening)
6:00 PM Yoga: Refresh and
- 7:00 PM Revitalize

THURSDAY, 17th

1:00 PM Monthly Group:
- 2:30 PM Living with Advanced
or Metastatic Cancer
Monthly Group (Day)
6:00 PM **In-Person Event:**
- 8:00 PM **Celebrating Our
Community**
6:00 PM Monthly Group:
- 7:30 PM Young Adults Living
with Cancer Group

FRIDAY, 18th

1:00 PM Pilates Mat
- 2:00 PM
3:00 PM New! Zumba Gold®
- 3:30 PM Seated: Fitness from
Your Chair

MONDAY, 21st

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, 22nd

11:00 AM Gentle Yoga
- 12:30 PM
12:00 PM Expert Speaker Series
- 1:00 PM -How Artificial
Intelligence is
transforming
Oncology
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, 23rd

11:00 AM Free Writing
- 12:15 PM
12:00 PM Knitting and
- 2:00 PM Crocheting Circle
1:30 PM New! Holding Space
- 2:30 PM with Warmth and
Care: Practicing
Resonant Language in
Challenging Times
6:00 PM Monthly Group:
- 7:30 PM Living with Cancer
Alone

THURSDAY, 24th

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

THURSDAY, 24th (cont.)

6:00 PM New! Monthly Group:
- 8:00 PM Faithful Hearts
7:00 PM New! Introduction to
- 8:00 PM Playwright

FRIDAY, 25th

1:00 PM Pilates Mat
- 2:00 PM

MONDAY, 28th

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

TUESDAY, 29th

11:00 AM **In-Person and Zoom:**
- 12:30 PM **Gentle Yoga**
2:00 PM Activate Your Inner
- 3:30 PM Healer
6:00 PM Comic Making As
- 7:30 PM Self-Expression
6:00 PM Healing Sound
- 7:30 PM Meditation and Sonic
Attunement

WEDNESDAY, 30th

11:00 AM New! The Unsent
- 12:15 PM Letters Workshop
12:00 PM Knitting and Crocheting
- 2:00 PM Circle
1:00 PM **In-Person Workshop:**
- 2:15 PM **Live Reiki**
3:30 PM **In-Person: New!**
- 4:30 PM **Home Within: Reiki
& Hypnosis for Body,
Mind, and Spirit**
6:00 PM Yoga: Refresh and
- 7:00 PM Revitalize