



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 **In-Person: New!
- 2:00 PM Natural Healing: QIGONG**

THURSDAY, 16th (cont.)

- 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
- 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

- 12:00 PM Expert Lecture Series:
- 1:00 PM UNRAVELING NUTRITION MYTHS IN ONCOLOGY: Evidence-Based Insights from an Expert
- 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

THURSDAY, 23rd (cont.)

- 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