



In Person

### MONDAY, 1st

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

### TUESDAY, 2nd

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  
6:00 PM Comic Making As  
- 7:30 PM Self-Expression

### WEDNESDAY, 3rd

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!**  
- 4:30 PM **Home Within: Reiki & Hypnosis for Body, Mind, and Spirit**   
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, 4th

1:00 PM **In-Person: New!**  
- 2:00 PM **Natural Healing: QIGONG**   
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:  
- 8:00 PM Caregivers Support Group  
6:00 PM Monthly Group: Living  
- 7:30 PM with Advanced or Metastatic Cancer Group

### FRIDAY, 5th

12:00 PM New! Life, Interrupted:  
- 1:00 PM Navigating the space between what was and what is - a mindfulness workshop  
1:00 PM Pilates Mat  
- 2:00 PM

### MONDAY, 8th

12:00 PM "TAI CHI EASY™  
- 1:00 PM and QIGONG"  
1:00 PM Moving for Life: Bone  
- 2:00 PM Health Discussion & Practical Tips  
2:30 PM Meditation for Radical  
- 3:30 PM Change  
6:00 PM Monthly Group:  
- 8:00 PM Living with Prostate Cancer

### TUESDAY, 9th

12:30 PM **In-Person: Pieces of Me Collage Workshop**   
- 2:15 PM  
2:00 PM Activate Your Inner  
- 3:30 PM Healer  
6:00 PM Mad Art  
- 7:30 PM

### WEDNESDAY, 10th

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, 11th

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 Let's Write  
- 8:00 PM  
6:00 PM Monthly Group:  
- 7:30 PM Young Adults Living with Loss  
6:00 PM New! Monthly Group:  
- 8:00 PM Faithful Hearts

### FRIDAY, 12th

12:00 PM New! Life,  
- 1:00 PM Interrupted:  
Navigating the space between what was and what is - a mindfulness workshop

### FRIDAY, 12th (cont.)

12:00 PM Red Door Reads:  
- 1:30 PM What Alice Forgot  
1:00 PM Pilates Mat  
- 2:00 PM  
2:00 PM Moving Well with  
- 3:00 PM Neuropathy: Managing Nerve Issues While Exercising

### MONDAY, 15th

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

### TUESDAY, 16th

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, 17th

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, 18th

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  
5:30 PM Yoga Journaling  
- 6:30 PM  
6:00 PM Monthly Group:  
- 7:30 PM Young Adults Living with Cancer Group  
7:00 PM New! Introduction to  
- 8:00 PM Playwright

### MONDAY, 22nd

12:00 PM "TAI CHI EASY™ and  
- 1:00 PM QIGONG"  
2:30 PM Meditation for Radical  
- 3:30 PM Change  
5:00 PM Comedy Writing  
- 6:30 PM

### TUESDAY, 23rd

2:00 PM Activate Your Inner  
- 3:30 PM Healer  
6:30 PM Healing Sound  
- 7:30 PM Meditation and Sonic Attunement

### WEDNESDAY, 24th

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, 25th

5:30 PM **In-Person Event: Summefest**   
- 7:30 PM

### FRIDAY, 26th

12:00 PM New! Life, Interrupted:  
- 1:00 PM Navigating the space between what was and what is - a mindfulness workshop

### MONDAY, 29th

2:30 PM Meditation for Radical  
- 3:30 PM Change  
4:00 PM New! Grief Yoga:  
- 5:00 PM Using Breathe, Movement, & Sound to Cope with Loss  
6:00 PM The John Lennon Real  
- 7:30 PM Love Project

### TUESDAY, 30th

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