



February 2026

In Person

MON

TUE

WED

THU/FRI

<b>2</b> <b>1:00 PM - 2:00 PM</b> Pilates Mat Workshop <b>2:30 PM - 3:45 PM</b> Meditation for Radical Change with Susan Bissonnette <b>6:00 PM - 7:30 PM</b> The John Lennon Real Love Project	<b>3</b> <b>11:00 AM - 12:30 PM</b> Gentle Yoga Workshop <b>2:00 PM - 3:30 PM</b> Activate Your Inner Healer <b>6:00 PM - 7:15 PM</b> MAD Art Workshop	<b>4</b> <b>12:00 PM - 1:15 PM</b> Free Writing <b>12:00 PM - 2:00 PM</b> Knitting & Crocheting Circle Workshop <b>6:00 PM - 7:30 PM</b> Monthly Group: Breast Cancer Support Group <b>6:00 PM - 8:00 PM</b> Monthly Group: Post-Treatment Group (Evening) <b>6:00 PM - 7:00 PM</b> Yoga Refresh & Revitalize Workshop	<b>5</b> <b>2:30 PM - 3:30 PM</b> Movement Meditation Workshop <b>3:30 PM - 5:00 PM</b> Embracing Your Creative Path: A Circle of Friends <b>6:00 PM - 8:00 PM</b> Monthly Group: Caregivers Support Group <b>6:00 PM - 7:30 PM</b> Monthly Group: Living with Advanced or Metastatic Cancer Group <b>6:00 PM - 6:45 PM</b> The Art of Letting Go Through Laughter Yoga
<b>9</b> <b>1:00 PM - 2:00 PM</b> Pilates Mat Workshop <b>2:30 PM - 3:45 PM</b> Meditation for Radical Change with Susan Bissonnette <b>6:00 PM - 8:00 PM</b> Monthly Group: Living with Prostate Cancer <b>6:00 PM - 7:30 PM</b> The John Lennon Real Love Project	<b>10</b> <b>11:00 AM - 12:30 PM</b> Gentle Yoga Workshop <b>12:00 PM - 1:00 PM</b> Expert Speaker Series: Cancer and Your Heart: Protecting Cardiovascular Health During & After Treatment <b>2:00 PM - 3:30 PM</b> Activate Your Inner Healer <b>3:30 PM - 4:30 PM</b> Seated Yoga Workshop <b>6:00 PM - 7:15 PM</b> Cartooning as Self-Expression	<b>11</b> <b>12:00 PM - 1:15 PM</b> Free Writing <b>12:00 PM - 2:00 PM</b> Knitting & Crocheting Circle Workshop <b>1:00 PM - 2:30 PM</b> Monthly Group: Living with Loss (Day) <b>1:00 PM - 2:00 PM</b> The Story You Tell Writing Workshop <b>6:00 PM - 7:30 PM</b> Monthly Group: Living with Gynecological Cancer Group <b>6:00 PM - 7:00 PM</b> Yoga Refresh & Revitalize Workshop <b>7:00 PM - 8:00 PM</b> Poetry with Lynne Workshop	<b>12</b> <b>2:00 PM - 4:00 PM</b> Meditative Pattern Drawing with Zentangle® Workshop <b>3:30 PM - 5:00 PM</b> Embracing Your Creative Path: A Circle of Friends <b>5:00 PM - 6:00 PM</b> Yoga Journaling Workshop <b>6:00 PM - 8:00 PM</b> 1-Minute Relief from Stress Relief Workshop <b>6:00 PM - 7:30 PM</b> Monthly Group: Young Adults Living with Loss
<b>16</b> <b>12:00 AM - 12:00 AM</b> RDC LOFT CLOSED IN OBSERVANCE OF PRESIDENTS DAY	<b>17</b> <b>11:00 AM - 12:30 PM</b> Gentle Yoga Workshop <b>2:00 PM - 3:30 PM</b> Activate Your Inner Healer <b>6:30 PM - 7:30 PM</b> Healing Sound Meditation and Sonic Attunement	<b>18</b> <b>12:00 PM - 1:15 PM</b> Free Writing <b>12:00 PM - 2:00 PM</b> Knitting & Crocheting Circle Workshop <b>1:00 PM - 2:30 PM</b> Monthly Group: Post-Treatment Group (Day) <b>1:00 PM - 2:30 PM</b> <b>Pieces of Me: Collage Through Cancer ( In-Person Workshop)</b> <b>3:00 PM - 4:15 PM</b> <b>Live Reiki (In-Person workshop)</b> <b>6:00 PM - 8:00 PM</b> Monthly Group: Living With Loss (Evening) <b>6:00 PM - 7:00 PM</b> Yoga Refresh & Revitalize Workshop	<b>19</b> <b>11:00 AM - 11:30 AM</b> Seated Zumba Workshop <b>1:00 PM - 2:30 PM</b> Monthly Group: Living with Advanced or Metastatic Cancer Monthly Group (Day) <b>2:30 PM - 3:30 PM</b> Movement Meditation Workshop <b>3:30 PM - 5:00 PM</b> Embracing Your Creative Path: A Circle of Friends <b>6:00 PM - 7:30 PM</b> Monthly Group: Young Adults Living with Cancer Group <b>20</b> <b>12:00 PM - 1:30 PM</b> Red Door Reads: Wild Dark Shore <b>5:00 PM - 5:30 PM</b> Improv Comedy Workshop



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<b>23</b> <b>1:00 PM - 2:00 PM</b> Pilates Mat Workshop <b>1:30 PM - 2:30 PM</b> Coping with Change Through Art <b>2:30 PM - 3:45 PM</b> Meditation for Radical Change with Susan Bissonnette <b>6:00 PM - 7:30 PM</b> The John Lennon Real Love Project	<b>24</b> <b>11:00 AM - 12:30 PM</b> Gentle Yoga Workshop <b>2:00 PM - 3:30 PM</b> Activate Your Inner Healer <b>3:30 PM - 4:30 PM</b> Seated Yoga Workshop <b>6:00 PM - 7:15 PM</b> Cartooning as Self-Expression	<b>25</b> <b>12:00 PM - 1:15 PM</b> Free Writing <b>12:00 PM - 2:00 PM</b> Knitting & Crocheting Circle Workshop <b>1:00 PM - 2:00 PM</b> The Story You Tell Writing Workshop <b>6:00 PM - 7:30 PM</b> Living with Cancer Alone Monthly Group <b>7:00 PM - 8:00 PM</b> Poetry with Lynne Workshop	<b>26</b> <b>3:30 PM - 5:00 PM</b> Embracing Your Creative Path: A Circle of Friends <b>5:00 PM - 7:00 PM</b> Let's Write <b>6:00 PM - 7:00 PM</b> New! Valentines Day Heart-New York Junior League
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