





 In Person

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



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