



In Person

### MONDAY, 1st

12:00 PM "TAI CHI EASY™ and  
- 1:00 PM QIGONG"  
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

### FRIDAY, 5th (cont.)

1:00 PM Pilates Mat  
- 2:00 PM

### MONDAY, 8th

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**  
2:00 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

### FRIDAY, 12th (cont.)

12:00 PM New! Life,  
- 1:00 PM Interrupted:  
Navigating the space  
between what was and  
what is - a  
mindfulness workshop  
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  
6:00 PM Monthly Group:  
- 7:30 PM Young Adults Living  
with Cancer Group

### THURSDAY, 18th (cont.)

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:  
- 7:30 PM Summerfest**

### 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