

 In Person

 Online & In Person

WEDNESDAY, 1st

- 11:00 AM Free Writing
- 12:00 PM
- 12:00 PM Knitting & Crocheting
- 2:00 PM Circle Workshop
- 2:00 PM Pilates Mat Workshop
- 3:00 PM
- 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 & Revitalize
- 7:00 PM Workshop

THURSDAY, 2nd

- 2:30 PM Movement Meditation
- 3:30 PM Workshop
- 3:30 PM Embracing Your Creative
Path: A Circle of Friends
- 6:00 PM 1-Minute Relief from Stress
- 8:00 PM Relief Workshop
- 6:00 PM Monthly Group: Living with
- 7:30 PM Advanced or Metastatic
Cancer Group

MONDAY, 6th

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

TUESDAY, 7th

- 11:00 AM Gentle Yoga Workshop
- 12:30 PM
- 2:00 PM Activate Your Inner Healer
- 3:30 PM
- 3:30 PM Seated Yoga Workshop
- 4:30 PM

WEDNESDAY, 8th

- 11:00 AM Free Writing
- 12:00 PM
- 12:00 PM Knitting & Crocheting
- 2:00 PM Circle Workshop
- 1:00 PM Monthly Group: Living with
- 2:30 PM Loss (Day)
- 1:00 PM The Story You Tell Writing
- 2:00 PM Workshop
- 2:00 PM Pilates Mat Workshop
- 3:00 PM
- 6:00 PM Monthly Group: Living with
- 7:30 PM Gynecological Cancer
Group
- 6:00 PM Yoga Refresh & Revitalize
- 7:00 PM Workshop

THURSDAY, 9th

- 2:00 PM Meditative Pattern
- 4:00 PM Drawing with Zentangle®
Workshop
- 3:30 PM Embracing Your Creative
- 5:00 PM Path: A Circle of Friends
- 6:00 PM Let's Write
- 8:00 PM
- 6:00 PM Monthly Group:
- 8:00 PM Caregivers Support Group
- 6:00 PM Monthly Group: Young
- 7:30 PM Adults Living with Loss

FRIDAY, 10th

- 2:30 PM The Joy of Smartphone
- 3:30 PM Photography with Casey
Chinn

MONDAY, 13th

- 12:00 PM New! TAI CHI EASY™
- 1:00 PM and QIGONG
- 2:30 PM Meditation for Radical
- 3:30 PM Change with Susan
Bissonnette
- 6:00 PM Monthly Group: Living
- 8:00 PM with Prostate Cancer
- 6:00 PM The John Lennon Real
- 7:30 PM Love Project

TUESDAY, 14th

- 11:00 AM Gentle Yoga Workshop
- 12:30 PM
- 2:00 PM Activate Your Inner Healer
- 3:30 PM
- 6:00 PM MAD Art Workshop
- 7:30 PM

WEDNESDAY, 15th

- 11:00 AM Free Writing
- 12:00 PM
- 12:00 PM Knitting & Crocheting
- 2:00 PM Circle Workshop
- 1:00 PM **In-Person Workshop:**
- 2:30 PM **Pieces of Me: Collage
Through Cancer** 
- 1:00 PM Monthly Group:
- 2:30 PM Post-Treatment Group
(Day)
- 3:00 PM **Live Reiki (In-Person
- 4:15 PM workshop)** 
- 5:30 PM Yoga Journaling Workshop
- 6:30 PM
- 6:00 PM Monthly Group: Living
- 8:00 PM With Loss (Evening)
- 6:00 PM Yoga Refresh & Revitalize
- 7:00 PM Workshop

THURSDAY, 16th

THURSDAY, 16th (cont.)

- 1:00 PM Monthly Group: Living
- 2:30 PM with Advanced or
Metastatic Cancer Monthly
Group (Day)
- 2:30 PM Movement Meditation
- 3:30 PM Workshop
- 3:30 PM Embracing Your Creative
- 5:00 PM Path: A Circle of Friends
- 6:00 PM Monthly Group: Young
- 7:30 PM Adults Living with Cancer
Group
- 6:00 PM New! Create your own
- 7:00 PM Spring Magnet

FRIDAY, 17th

- 12:00 PM Red Door Reads: Eleanor
- 1:30 PM Oliphant is Completely
Fine
- 2:30 PM The Joy of Smartphone
- 3:30 PM Photography with Casey
Chinn

MONDAY, 20th

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

TUESDAY, 21st

- 11:00 AM Gentle Yoga Workshop
- 12:30 PM
- 2:00 PM Activate Your Inner Healer
- 3:30 PM
- 3:30 PM Seated Yoga Workshop
- 4:30 PM
- 6:00 PM Comic Making As
- 7:15 PM Self-Expression

WEDNESDAY, 22nd

- 11:00 AM Free Writing
- 12:00 PM
- 12:00 PM Knitting & Crocheting
- 2:00 PM Circle Workshop
- 2:00 PM Pilates Mat Workshop
- 3:00 PM
- 6:00 PM Living with Cancer Alone
- 7:30 PM Monthly Group
- 6:00 PM Yoga Refresh & Revitalize
- 7:00 PM Workshop
- 7:00 PM Poetry with Lynne
- 8:00 PM Workshop

THURSDAY, 23rd

- 11:00 AM Seated Zumba Workshop
- 11:30 AM
- 3:30 PM Embracing Your Creative
- 5:00 PM Path: A Circle of Friends

THURSDAY, 23rd (cont.)

- 6:00 PM **In-Person Event:**
- 7:30 PM **Remembrance Gathering** 

FRIDAY, 24th

- 2:30 PM The Joy of Smartphone
- 3:30 PM Photography with Casey
Chinn
- 5:00 PM Improv Comedy Workshop
- 5:30 PM

MONDAY, 27th

- 12:00 PM New! TAI CHI EASY™
- 1:00 PM and QIGONG
- 2:30 PM Meditation for Radical
- 3:30 PM Change with Susan
Bissonnette

TUESDAY, 28th

- 11:00 AM Gentle Yoga Workshop
- 12:30 PM
- 12:00 PM Expert Lecture Series: Body
- 1:00 PM Talk - Nourishment For
Your Mind and Body
- 2:00 PM Activate Your Inner Healer
- 3:30 PM
- 6:30 PM Healing Sound Meditation
- 7:30 PM and Sonic Attunement

WEDNESDAY, 29th

- 11:00 AM Free Writing
- 12:00 PM
- 12:00 PM Knitting & Crocheting
- 2:00 PM Circle Workshop
- 2:00 PM Pilates Mat Workshop
- 3:00 PM
- 6:00 PM Yoga Refresh & Revitalize
- 7:00 PM Workshop

THURSDAY, 30th

- 3:30 PM Embracing Your Creative
- 5:00 PM Path: A Circle of Friends
- 6:00 PM Special Event: Young
- 8:00 PM Adult Connect-
(In-Person) 