



In Person

WEDNESDAY, 1st

12:00 PM Knitting and Crocheting
- 2:00 PM Circle
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

THURSDAY, 2nd

3:30 PM Embracing Your
- 5:00 PM Creative Path: A Circle
of Friends
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, 3rd

12:00 AM RDC LOFT CLOSED
- 12:00 AM IN OBSERVANCE OF
INDEPENDANCE
DAY

MONDAY, 6th

2:30 PM Meditation for Radical
- 3:30 PM Change

TUESDAY, 7th

11:00 AM Gentle Yoga
- 12:30 PM
2:00 PM Activate Your Inner
- 3:30 PM Healer
5:00 PM New! Restore & Reset
- 5:40 PM Qigong for Breast
Health & Wellbeing
6:00 PM Mad Art
- 7:30 PM

WEDNESDAY, 8th

11:00 AM Accessing Memories
- 12:15 PM Via The Kitchen Door
12:00 PM Knitting and Crocheting
- 2:00 PM Circle
1:00 PM Monthly Group: Living
- 2:30 PM with Loss (Day)
6:00 PM Monthly Group: Living
- 7:30 PM with Gynecological
Cancer Group
6:00 PM Yoga: Refresh and
- 7:00 PM Revitalize

THURSDAY, 9th

THURSDAY, 9th (cont.)

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 1-Minute Relief from
- 8:00 PM Stress
6:00 PM Monthly Group:
- 7:30 PM Young Adults Living
with Loss

FRIDAY, 10th

1:00 PM Pilates Mat
- 2:00 PM
3:00 PM New! Zumba Gold®
- 3:30 PM Seated: Fitness from
Your Chair

MONDAY, 13th

2:30 PM Meditation for Radical
- 3:30 PM Change
6:00 PM Monthly Group:
- 8:00 PM Living with Prostate
Cancer
6:00 PM The John Lennon Real
- 7:30 PM Love Project

TUESDAY, 14th

12:30 PM **In-Person: Pieces of
- 2:15 PM Me Collage
Workshop**
2:00 PM Activate Your Inner
- 3:30 PM Healer
3:30 PM Seated Yoga
- 4:30 PM
4:00 PM **In-Person: Healing
- 5:00 PM Sound Meditation
and Sonic
Attunement**

WEDNESDAY, 15th

11:00 AM Accessing Memories
- 12:15 PM Via The Kitchen Door
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:
- 4:15 PM Live Reiki**
6:00 PM Monthly Group:
- 8:00 PM Living With Loss
(Evening)
6:00 PM Yoga: Refresh and
- 7:00 PM Revitalize

THURSDAY, 16th

1:00 PM **In-Person: New!
- 2:00 PM Natural Healing:
QIGONG**
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
7:00 PM New! Introduction to
- 8:00 PM Playwright

FRIDAY, 17th

1:00 PM Pilates Mat
- 2:00 PM

MONDAY, 20th

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

TUESDAY, 21st

12:00 PM Expert Lecture Series:
- 1:00 PM UNRAVELING
NUTRITION MYTHS
IN ONCOLOGY:
Evidence-Based
Insights from an
Expert
1:00 PM Practical tools for
- 2:30 PM self-compassion
(Writing a love letter
to yourself)
2:00 PM Activate Your Inner
- 3:30 PM Healer
6:00 PM Mad Art
- 7:30 PM

WEDNESDAY, 22nd

11:00 AM Accessing Memories
- 12:15 PM Via The Kitchen Door
12:00 PM Knitting and
- 2:00 PM Crocheting Circle
3:30 PM **In-Person: New!
- 4:30 PM Holding Space with
Warmth and Care:
Practicing Resonant
Language in
Challenging Times**
6:00 PM Monthly Group:
- 7:30 PM Living with Cancer
Alone
6:00 PM Yoga: Refresh and
- 7:00 PM Revitalize

THURSDAY, 23rd

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 New! Monthly Group:
- 8:00 PM Faithful Hearts

FRIDAY, 24th

1:00 PM Pilates Mat
- 2:00 PM

MONDAY, 27th

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

TUESDAY, 28th

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, 29th

12:00 PM Knitting and Crocheting
- 2:00 PM Circle
6:00 PM Yoga: Refresh and
- 7:00 PM Revitalize

THURSDAY, 30th

3:30 PM Embracing Your
- 5:00 PM Creative Path: A Circle
of Friends
6:00 PM Let's Write
- 8:00 PM

FRIDAY, 31st

1:00 PM Pilates Mat
- 2:00 PM