



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)
- 1:30 PM New! Holding Space  
- 2:30 PM with Warmth and Care: Practicing Resonant Language in Challenging Times
- 3:00 PM **In-Person Workshop:  
- 4:15 PM Live Reiki**

### WEDNESDAY, 15th (cont.)

- 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
- 2:30 PM **In-Person Children  
- 4:30 PM and Teens Event: Friday Afternoon Main Event with WWE Stars**

### 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 Speaker Series:  
- 1:00 PM Unraveling Nutrition Myths in Oncology: Evidence-Based Insights
- 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

### WEDNESDAY, 22nd (cont.)

- 3:30 PM **In-Person: New!  
- 4:30 PM Home Within: Reiki & Hypnosis for Body, Mind, and Spirit**
- 6:00 PM Monthly Group: Living  
- 7:30 PM with Cancer Alone
- 6:00 PM Yoga: Refresh and  
- 7:00 PM Revitalize

### THURSDAY, 23rd

- 2:30 PM Movement Meditation  
- 3:30 PM
- 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