

# February 2026

Office Hours:  
9:00 AM - 5:00 PM  
Monday - Friday

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 10:00 AM - <b>Gentle Flow Yoga</b> 11:30 AM - <b>Relaxation &amp; Meditation</b>  7:00 PM - <i>Breast Cancer Support Group</i>	3 10:00 AM - <b>Qigong</b> 1:00 PM - <b>Coping with Cancer &amp; Survivorship</b>  6:30 PM - <i>Gentle Flow Yoga</i> 6:30 PM - <b>Coping with Cancer &amp; Survivorship</b>	4 10:00 AM - <b>Strength &amp; Tone</b> 12:30 PM - <b>Midday Meetup</b> 2:00 PM - <b>Welcome Meeting</b> 6:30 PM - <i>Art &amp; Healing</i> 8:00 PM - <i>Yoga Nidra</i>	5 6:30 PM - <i>Caregivers, Family, &amp; Friends</i>  6:30 PM - <i>Coping with Cancer &amp; Survivorship</i>	6 10:00 AM - <b>Seated Qigong</b>	7 8:30 AM - <i>Awaken with Yoga</i> 10:00 AM - <i>Tai Chi</i>
8	9 10:00 AM - <b>Gentle Flow Yoga</b> 11:30 AM - <b>Relaxation &amp; Meditation</b>  1:00 PM - <b>Yarn, Hooks, and Needles</b>  6:00 PM - <b>Workshop: Clinical Studies with Dr. G.</b> 7:00 PM - <i>Young Adults</i>	10 10:00 AM - <b>Qigong</b> 1:00 PM - <b>Coping with Cancer &amp; Survivorship</b> 3:00 PM - <b>Metastatic Breast Cancer Support</b> 6:30 PM - <i>Gentle Flow Yoga</i> 6:30 PM - <b>Caregivers, Family, &amp; Friends</b>	11 10:00 AM - <b>Strength &amp; Tone</b> 12:30 PM - <b>Midday Meetup</b> 2:00 PM - <b>Welcome Meeting</b> 5:30 PM - <b>Feeling &amp; Dealing</b> 5:30 PM - <b>Raising Children, Facing Cancer</b> 6:30 PM - <b>Blood Cancer Support Group</b> 8:00 PM - <i>Yoga Nidra</i>	12 6:30 PM - <i>Caregivers, Family, &amp; Friends</i> 6:30 PM - <i>Coping with Cancer &amp; Survivorship</i>  7:00 PM - <i>Ovarian Cancer Support Group</i>	13 10:00 AM - <b>Seated Qigong</b>	14 8:30 AM - <i>Awaken with Yoga</i> 10:00 AM - <i>Tai Chi</i> 11:00 AM - <i>Couples Support Group</i>
15	16  <b>CLOSED FOR PRESIDENTS DAY</b>	17 10:00 AM - <b>Qigong</b> 1:00 PM - <b>Coping with Cancer &amp; Survivorship</b>  6:30 PM - <i>Gentle Flow Yoga</i> 6:30 PM - <b>Coping with Cancer &amp; Survivorship</b>	18 10:00 AM - <b>Strength &amp; Tone</b> 12:30 PM - <b>Midday Meetup</b> 2:00 PM - <b>Welcome Meeting</b> 6:30 PM - <i>Art &amp; Healing</i> 8:00 PM - <i>Yoga Nidra</i>	19 4:00 PM - <i>Pancreatic Cancer Support Group</i> 5:30 PM - <b>Family Circle at Morgan CARES</b> 6:30 PM - <i>Caregivers, Family, &amp; Friends</i> 6:30 PM - <i>Coping with Cancer &amp; Survivorship</i>	20 10:00 AM - <b>Seated Qigong</b>	21 8:30 AM - <i>Awaken with Yoga</i> 10:00 AM - <i>Tai Chi</i> 1:00 PM - <b>Family Circle Post-Valentine's Family Fun Day</b>
22	23 10:00 AM - <b>Gentle Flow Yoga</b> 11:30 AM - <b>Relaxation &amp; Meditation</b>  7:00 PM - <i>Young Adults</i>	24 10:00 AM - <b>Qigong</b> 1:00 PM - <b>Coping with Cancer &amp; Survivorship</b> 3:00 PM - <b>Metastatic Breast Cancer Support</b> 6:30 PM - <i>Gentle Flow Yoga</i> 6:30 PM - <b>Adult Bereavement Support Group</b> 6:30 PM - <b>Caregivers, Family, &amp; Friends</b>	25 10:00 AM - <b>Strength &amp; Tone</b> 12:30 PM - <b>Midday Meetup</b> 2:00 PM - <b>Welcome Meeting</b> 5:30 PM - <b>Feeling &amp; Healing</b> 5:30 PM - <b>Parenting Through Grief</b>  8:00 PM - <i>Yoga Nidra</i>	26 6:30 PM - <i>Caregivers, Family, &amp; Friends</i> 6:30 PM - <i>Coping with Cancer &amp; Survivorship</i>  7:00 PM - <i>Ovarian Cancer Support Group</i>	27 10:00 AM - <b>Seated Qigong</b>	28 8:30 AM - <i>Awaken with Yoga</i> 10:00 AM - <i>Tai Chi</i> 2:00 PM - <i>Blood Cancer Support Group</i>
8	9	NOTES Groups and Classes in <b>RED</b> are In Person, <b><i>ITALICS</i></b> are on Zoom. Events & Speakers are in <b>PURPLE</b> . Check our website for further details on Zoom availability If you are interest in joining a group, please reach out to us at 410.832.2719				