

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