

# October 2025

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

Phone: 410-832-2719  
Email: [info@hopewellcancersupport.org](mailto:info@hopewellcancersupport.org)  
Address: 10628 Falls Road, Lutherville, MD, 21093



| SUNDAY | MONDAY                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                 | FRIDAY                                | SATURDAY                                                                                                            |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| 28     | 29                                                                                                                                                                                      | 30                                                                                                                                                                                                                                                                                           | 1<br>10:00 AM - <b>Strength &amp; Tone</b><br>12:30 PM - <b>Midday Meetup</b><br>6:30 PM - <i>Art &amp; Healing</i><br>8:00 PM - <i>Yoga Nidra</i>                                                                                             | 2<br>6:30 PM - <i>Caregivers, Family, &amp; Friends</i><br>6:30 PM - <i>Coping with Cancer &amp; Survivorship</i>                                                                                                        | 3<br>10:00 AM - <b>Seated Qigong</b>  | 4<br>8:30 AM - <i>Awaken with Yoga</i><br>10:00 AM - <i>Tai Chi</i>                                                 |
| 5      | 6<br>10:00 AM - <b>Gentle Flow Yoga</b><br>11:30 AM - <b>Relaxation &amp; Meditation</b><br><br>7:00 PM - <i>Breast Cancer Support Group</i>                                            | 7<br>10:00 AM - <b>Qigong</b><br>1:00 PM - <b>Coping with Cancer &amp; Survivorship</b><br><br>6:30 PM - <i>Gentle Flow Yoga</i><br>6:30 PM - <b>Coping with Cancer &amp; Survivorship</b>                                                                                                   | 8<br>10:00 AM - <b>Strength &amp; Tone</b><br>12:30 PM - <b>Midday Meetup</b><br>2:00 PM - <b>Welcome Meeting</b><br>5:30 PM - <b>Feeling &amp; Dealing</b><br>5:30 PM - <b>Raising Children, Facing Cancer</b><br>8:00 PM - <i>Yoga Nidra</i> | 9<br>6:30 PM - <i>Caregivers, Family, &amp; Friends</i><br>6:30 PM - <i>Coping with Cancer &amp; Survivorship</i><br>7:00 PM - <i>Ovarian Cancer Support Group</i>                                                       | 10<br>10:00 AM - <b>Seated Qigong</b> | 11<br>8:30 AM - <i>Awaken with Yoga</i><br>10:00 AM - <i>Tai Chi</i><br>11:00 AM - <i>Couples Support Group</i>     |
| 12     | 13<br>10:00 AM - <b>Gentle Flow Yoga</b><br>11:30 AM - <b>Relaxation &amp; Meditation</b><br>1:00 PM - <b>Yarn, Hooks, and Needles</b><br>7:00 PM - <i>Young Adults</i>                 | 14<br>10:00 AM - <b>Qigong</b><br>1:00 PM - <b>Coping with Cancer &amp; Survivorship</b><br>3:00 PM - <b>Metastatic Breast Cancer Support</b><br>6:30 PM - <i>Gentle Flow Yoga</i><br>6:30 PM - <b>Blood Cancer Support Group</b><br>6:30 PM - <b>Caregivers, Family, &amp; Friends</b>      | 15<br>10:00 AM - <b>Strength &amp; Tone</b><br>12:30 PM - <b>Midday Meetup</b><br>2:00 PM - <b>Welcome Meeting</b><br>6:30 PM - <i>Art &amp; Healing</i><br>8:00 PM - <i>Yoga Nidra</i>                                                        | 16<br>4:00 PM - <i>Pancreatic Cancer Support Group</i><br>5:30 PM - <b>Family Circle at Morgan CARES</b><br>6:30 PM - <i>Caregivers, Family, &amp; Friends</i><br>6:30 PM - <i>Coping with Cancer &amp; Survivorship</i> | 17<br>10:00 AM - <b>Seated Qigong</b> | 18<br>8:30 AM - <i>Awaken with Yoga</i><br>10:00 AM - <i>Tai Chi</i><br>1:00 PM - <b>Trunk or Treat</b>             |
| 19     | 20<br>10:00 AM - <b>Gentle Flow Yoga</b><br>11:30 AM - <b>Relaxation &amp; Meditation</b><br>6:30 PM - <i>Lung Cancer Support Group</i><br>7:00 PM - <i>Breast Cancer Support Group</i> | 21<br>10:00 AM - <b>Qigong</b><br>1:00 PM - <b>Coping with Cancer &amp; Survivorship</b><br>6:30 PM - <i>Gentle Flow Yoga</i><br>6:30 PM - <b>Coping with Cancer &amp; Survivorship</b>                                                                                                      | 22<br>10:00 AM - <b>Strength &amp; Tone</b><br>12:30 PM - <b>Midday Meetup</b><br>2:00 PM - <b>Welcome Meeting</b><br>5:30 PM - <b>Feeling &amp; Healing</b><br>5:30 PM - <b>Parenting Through Grief</b><br>8:00 PM - <i>Yoga Nidra</i>        | 23<br>6:30 PM - <i>Caregivers, Family, &amp; Friends</i><br>6:30 PM - <i>Coping with Cancer &amp; Survivorship</i><br>7:00 PM - <i>Ovarian Cancer Support Group</i>                                                      | 24<br>10:00 AM - <b>Seated Qigong</b> | 25<br>8:30 AM - <i>Awaken with Yoga</i><br>10:00 AM - <i>Tai Chi</i><br>2:00 PM - <i>Blood Cancer Support Group</i> |
| 26     | 27<br>10:00 AM - <b>Gentle Flow Yoga</b><br>11:30 AM - <b>Relaxation &amp; Meditation</b><br>7:00 PM - <i>Young Adults</i>                                                              | 28<br>10:00 AM - <b>Qigong</b><br>1:00 PM - <b>Coping with Cancer &amp; Survivorship</b><br>3:00 PM - <b>Metastatic Breast Cancer Support</b><br>6:30 PM - <i>Gentle Flow Yoga</i><br>6:30 PM - <b>Adult Bereavement Support Group</b><br>6:30 PM - <b>Caregivers, Family, &amp; Friends</b> | 29<br>10:00 AM - <b>Strength &amp; Tone</b><br>12:30 PM - <b>Midday Meetup</b><br>8:00 PM - <i>Yoga Nidra</i>                                                                                                                                  | 30<br>6:30 PM - <i>Caregivers, Family, &amp; Friends</i><br>6:30 PM - <i>Coping with Cancer &amp; Survivorship</i>                                                                                                       | 31<br>10:00 AM - <b>Seated Qigong</b> | 1                                                                                                                   |

**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