

## Adult Support Groups

---

**Breast Cancer Group** First Tuesday, 6:30 – 8:00pm

**Living with Cancer Group** Second & Fourth Tuesdays, 6:30 – 8:00pm

**Multiple Myeloma Group** Second Tuesday, 6:00 – 8:00pm

**Pancreatic Cancer Group** Second Thursday, 6:30 – 8:00pm

**Post Treatment Group** Third Thursday, 6:30-8:00

**Prostate Cancer Group** First Tuesday, 6:30 – 8:00pm

**Living Life Post Cancer Treatment (LLPCT):** Pre-registration is required. Please call for location details.

## Health & Movement Workshops

---

**Alexander Technique** Tuesdays, 1:30-2:30pm

**Dance JaM by BaM** Tuesday, April 11, 12:30pm – 1:30pm

**Fitness Fun** Saturday April 8, 10:30 – 11:30am

**Gentle Yoga**

Mondays, 12:00 – 1:00pm

Tuesdays, First & Third Tuesday, 6:30 – 7:30pm

Wednesdays, Second & Fourth Wednesday, 12:30 – 1:30pm

Thursdays, 10:00-11:00am

Fridays, First & Third Friday, 10:00 – 11:00am

Friday, April 28, 11:00am – 12:00pm

**Meditative Yoga** First & Third Wednesday 12:30 – 1:30pm

**Nia (Gentle Movement)** Second & Fourth Tuesday, 6:30-7:30pm

**Pilates** Tuesdays, 12:30 – 1:30pm (No class April 11th)

**Reiki with Heather** (30 minute appts) April 11 & 25, 6:00-8:00pm

**Reiki with Cindi** (30 minute appts) April 5 & 19, 11:30-3:30

**Walking Club** Mondays, 11:00-11:30 & Wednesdays, 5:30-6:00

**Zumba!** Saturday, April 8, 11:45am – 12:30pm

## Art & Expression Workshops

---

**Beading Workshop** Tuesday, April 4, 5:00-7:00 & Wednesday, April 26, 5:00-7:00pm

**Beginner's Drawing** Monday, April 17, 11:00-1:00

**Ceramic Tile Trivets** Tuesday, April 25, 3:00-5:00

**Creative Painting** Thursday, April 13, 6:00 – 8:00pm

**Greeting Cards** Tuesday, April 18, 5:30 – 7:30pm

**Knitting & Crochet Circle** Wednesday, April 12 & 26, 3:30 – 5:30pm

**Recycle Ladies** Wednesday, April 19, 1:30-3:00pm

**Scrapbooking** Saturday, April 8, 9:00am-1:00pm

**Quilting Circle** Tuesday, April 11, 6:00-8:00pm

**Creative Writing** Thursday, April 6 & 20, 6:00-8:00pm

**Zentangle** Wednesday, April 12, 1:30 – 3:00pm

## In the Kitchen Workshops

---

**Cooking Workshop: Tiramisu** Thursday, April 6, 6:00 – 8:00pm

**Nutrition Workshop:** Thursday, April 20, 2:00 – 4:00pm

**Health Chat with Celia** Thursday, April 27, 2:00 – 4:00pm

## Children & Teen Activities

---

Child care is available for all evening programming with 48 hours notice.

**Youth & Family Support** (by appointment)

**Pediatric Cancer Family Group** Saturday April 8, 10:30 – 12:00pm

**Pediatric Cancer Bereavement Group** Saturday, April 8, 1:00 – 3:00pm

**Kid's Night: Minute to Win it!** Thursday, April 27, 6:00-7:30pm

## Social Activities

---

**Dinner for Members** Tuesday, April 4, 6:00 – 6:30pm

**Game Night!** Tuesday, April 4, 4:00 – 6:00pm

## Living Life Post Cancer Treatment (LLPCT)\*

---

Registration is required for these classes. Please contact Colleen at [cdwyer@ourclubhouse.org](mailto:cdwyer@ourclubhouse.org), or call 412-338-1919 to register or for more information. See group location details below.

**Allegheny General Hospital** Tuesday, April 11 – Tuesday, May 30, 6:00 – 8:30pm

**Jewish Community Center, South Hills** Thursday, April 20 – Thursday, June 8, 6:00 – 8:30pm

**Living Life Post Cancer Treatment Reunion** Saturday, April 22, 9:30am – 12:00pm

## New Workshops & Classes

For more information on new classes and workshops, please visit: [ourclubhouse.org/newprograms](http://ourclubhouse.org/newprograms)

## Volunteering

---

It is volunteers who make the daily activities of Our Clubhouse possible. If you are interested in volunteering please contact Dani at [dwilson@ourclubhouse.org](mailto:dwilson@ourclubhouse.org), or plan to attend an upcoming volunteer orientation:

**Tuesday, April 18, 6:00 – 7:00 pm**

APRIL  
2017

Program Calendar

FREE  
Cancer Support




We provide free cancer support for those living with cancer at any age, as well as the family & friends who care for them.

2816 Smallman Street | Pittsburgh, PA 15222  
412.338.1919 | [www.ourclubhouse.org](http://www.ourclubhouse.org)

# APRIL 2017

For more details or to register for an activity, visit [www.ourclubhouse.org/events](http://www.ourclubhouse.org/events) or call 412-338-1919

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Our Clubhouse Hours of Operation</b> Monday: 9:00am - 5:00pm Tuesday - Thursday*: 9:00am - 8:00pm Friday: 9:00am - 12:00pm Saturday (once per month): 9:00am - 3:00pm *Hours may vary depending on programming, please consult calendar.  In the event of bad weather, please call ahead, check our website, or check KDKA, WTAE, or WPXI for closing status.					1 CLUBHOUSE CLOSED
2	3 11:00-11:30 Walking Club 12:00-1:00 Gentle Yoga with Sue	4 12:30-1:30 Pilates 1:30-2:30 Alexander Technique 4:00-6:00 Game Night! 5:00-7:00 Beading Workshop 6:00-6:30 <b>Dinner for Members</b> 6:30-8:00 <b>Breast Cancer Group</b> 6:30-8:00 <b>Prostate Cancer Group</b> 6:30-7:30 Gentle Yoga with Delania	5 11:30-3:30 Reiki with Cindi 12:30-1:30 Meditative Yoga with Chelsea 5:30-6:00 Walking Club	6 10:00-11:00 Gentle Yoga with Raelyn 6:00-8:00 Cooking Workshop: Tiramisu 6:00-8:00 Creative Writing	7 10:00-11:00 Gentle Yoga with Michelle	8 9:00-1:00 Scrapbooking 10:30-11:30 Fitness Fun 10:30-12:00 <b>Pediatric Cancer Family Group</b> 11:45-12:30 Zumba 1:00-3:00 <b>Pediatric Cancer Bereavement Group</b>
9	10 11:00-11:30 Walking Club 12:00-1:00 Gentle Yoga with Sue	11 12:30-1:30 <b>New!</b> Dance JaM by BaM 1:30-2:30 Alexander Technique 6:00-8:30 <b>LLPCT-AGH</b> 6:00-8:00 Quilting Circle 6:00-8:00 Reiki with Heather 6:00-8:00 <b>Multiple Myeloma Group</b> 6:30-8:00 <b>Living with Cancer Group</b> 6:30-7:30 Nia	12 12:30-1:30 Gentle Yoga with Suma 1:30-3:00 Zentangle 3:30-5:30 Knitting & Crochet Circle 5:30-6:00 Walking Club	13 10:00-11:00 Gentle Yoga with Raelyn 6:00-8:00 Creative Painting 6:30-8:00 <b>Pancreatic Cancer Group</b>	14 CLUBHOUSE CLOSED	15 CLUBHOUSE CLOSED
16	17 11:00-11:30 Walking Club 11:00-1:00 <b>New!</b> Beginner's Drawing 12:00-1:00 Gentle Yoga with Sue	18 12:30-1:30 Pilates 1:30-2:30 Alexander Technique 5:30-7:30 Greeting Cards 6:00-8:30 <b>LLPCT-AGH</b> 6:00-7:00 <b>Volunteer Orientation</b> 6:30-7:30 Gentle Yoga with Delania	19 11:30-3:30 Reiki with Cindi 12:30-1:30 Meditative Yoga with Chelsea 1:30-3:00 Recycle Ladies 5:30-6:00 Walking Club	20 10:00-11:00 Gentle Yoga with Raelyn 2:00-4:00 Nutrition Workshop 6:00-8:30 <b>LLPCT-JCC</b> 6:00-8:00 Creative Writing 6:30-8:00 <b>Post Treatment Group</b>	21 10:00-11:00 Gentle Yoga with Michelle	22 9:30-12:00 <b>Living Life Post Cancer Treatment Reunion</b>
23	24 11:00-11:30 Walking Club 12:00-1:00 Gentle Yoga with Sue	25 12:30-1:30 Pilates 1:30-2:30 Alexander Technique 3:00-5:00 Ceramic Tile Trivets 6:00-8:30 <b>LLPCT-AGH</b> 6:00-8:00 Reiki with Heather 6:30-8:00 <b>Living with Cancer Group</b> 6:30-7:30 Nia	26 12:30-1:30 Gentle Yoga with Iya 3:30-5:30 Knitting & Crochet Circle 5:00-7:00 Beading Workshop 5:30-6:00 Walking Club	27 10:00-11:00 Gentle Yoga with Mary S 2:00-4:00 Health Chat with Celia 6:00-8:30 <b>LLPCT-JCC</b> 6:00-7:30 <b>Kid's Night: Minute to Win it!</b>	28 11:00-12:00 Gentle Yoga with Cindi	29 CLUBHOUSE CLOSED
30						