

## Adult Support Groups

**Living with Cancer Support Group** Tuesday, April 11th and Tuesday, April 25th, 2:00-3:30pm \*We will learn EFT (Emotional Freedom Technique) during group on 4/11/17.  
**Blood Cancer Support Group** Thursday, April 20th, 1:00-2:30pm

## Art and Expression Workshops

**Spring Floral Craft Workshop** Tuesday, April 4th, 6:00-8:00pm  
**Art Therapy Workshop** Thursday, April 6th, 6:00-8:00pm and Tuesday, April 25th, 4:00-6:00pm  
**Family Craft Night** Thursday, April 20th, 6:00-8:00pm  
**Crochet Club** Thursday, April 27th, 4:00-6:00pm  
**Music Therapy: Music Making** April 27th, 6:00-8:00pm

## Health and Wellness Workshops in the Nancy G. Hoffman Wellness Studio

**Easy Cardio & Strength** Tuesday, April 4th, 1:00-1:50pm and Tuesday, April 18th, 1:00-1:50pm  
**Reiki** Thursday, April 20th, 5:30-8:00pm. Please call the Clubhouse at 724.221.6182 to register.  
**Sit, Stretch, & Meditate** Every Thursday, 1:00-2:00pm \*We will learn EFT (Emotional Freedom Technique) on 4/6/17.  
**Yoga** every Monday and Friday, 10:00-10:50am \*Please note that there will be no yoga class on 4/10/17 or 4/14/17

## Spotlight Workshops

**Living Life Post Cancer Treatment**  
Living Life Post Cancer Treatment is for adults of any cancer diagnosis who have completed treatment within the last 2 years. The free 9-week program covers the benefits of exercise, nutrition, emotional support, and medical management, and will help you bridge the gap between cancer treatment and life following cancer. Each class offers 20 minutes of exercise, a light meal, and a presentation from experts. Tuesdays, beginning April 18th, 5:30-8:00pm at Our Clubhouse Westmoreland. To register or for more information please contact Colleen Dwyer at 412-338-1919 or [cdwyer@ourclubhouse.org](mailto:cdwyer@ourclubhouse.org)

## Social Activities

**Dinner for Members** Tuesday, April 4th, 5:30-6:00pm  
**Learn to Play Mah Jongg** Thursday, April 6th, 4:00-6:00pm and Thursday, April 20th, 4:00-6:00pm  
**Movie & Popcorn Night** Tuesday, April 11th, 6:00-8:00pm  
**Thursday Supper and BINGO** Thursday, April 13th, 6:00-8:00pm  
**Game Night** Thursday, April 18th, 6:00-8:00pm  
**Spring Potluck** Thursday, April 25th, 6:00-8:00pm  
**Book Club** Thursday, April 27th, 3:00-4:00pm

## Our Clubhouse Speaker Series

**Introduction to Camp Raising Spirits with Mary Pfeifer** Tuesday, April 4th, 5:30pm  
\*Please note that this introduction will be held at Dinner for Members

**Guided Imagery with Maureen Ceidro** Thursday, April 27th, 1:00-2:00pm  
\*Please note that this guided imagery talk will be held at Sit, Stretch, & Meditate

## Volunteer Orientation

It is volunteers who make the daily activities of Our Clubhouse possible. Our Clubhouse welcomes individual and group volunteers to join our team.

**Tuesday, April 4th, 2:00-3:30pm**

For questions about our programming or to learn more about Our Clubhouse please contact Program Coordinator Christine Sumner at [csumner@ourclubhouse.org](mailto:csumner@ourclubhouse.org) or 724.221.6182

## Special Events

**Living Life Post Cancer Conference Spring 2017**  
If you attended any of the Our Clubhouse Living Life Post Cancer Treatment Programs, please join us for a gathering to connect with old friends, get moving with exercise facilitated by Janette Poppenberg and learn more from Dr. Josie van Londen about your Survivorship Care.

When: Saturday, April 22, 2017  
Time: 9:30am - Noon  
Where: Our Clubhouse Allegheny County - 2816 Smallman Street Pittsburgh, PA 15222  
To Register: Call (412)338-1919 or register online at [www.ourclubhouse.org](http://www.ourclubhouse.org)

# APRIL 2017

## Program Calendar

# Westmoreland 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.

4893 Route 30 | Greensburg, PA 15601  
724-221-6182 | [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 **724-221-6182**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Our Clubhouse Westmoreland Hours of Operation</b> Tuesday*: 12:30pm-8:00pm Thursday*: 12:30pm-8:00pm *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 10:00-10:50 Yoga	4 1:00-1:50 Easy Cardio & Strength 2:00-3:30 Volunteer Orientation 5:30-6:00 Dinner for Members— Introduction to Camp Raising Spirits Speaker 6:00-8:00 Spring Floral Craft Workshop	5	6 1:00-2:00 Sit, Stretch, & Meditate—Learn EFT 4:00-6:00 Learn to Play Mah Jongg 6:00-8:00 Art Therapy	7 10:00-10:50 Yoga	8 CLUBHOUSE CLOSED
9	10	11 2:00-3:30 Living with Cancer Support Group— Learn EFT 6:00-8:00 Movie and Popcorn Night	12	13 1:00-2:00 Sit, Stretch, & Meditate 6:00-8:00 Thursday Supper and BINGO	14	15 CLUBHOUSE CLOSED
16	17 10:00-10:50 Yoga	18 1:00-1:50 Easy Cardio & Strength 5:30-8:00 Living Life Post Cancer Treatment 6:00-8:00 Game Night	19	20 1:00-2:00 Sit, Stretch, & Meditate 1:00-2:30 Blood Cancer Support Group 4:00-6:00 Learn to Play Mah Jongg 5:30-8:00 Reiki 6:00-8:00 Family Craft Night	21 10:00-10:50 Yoga	22 CLUBHOUSE CLOSED
23	24 10:00-10:50 Yoga	25 2:00-3:30 Living with Cancer Support Group 4:00-6:00 Art Therapy 5:30-8:00 Living Life Post Cancer Treatment 6:00-8:00 Spring Potluck	26	27 1:00-2:00 Sit, Stretch, & Meditate—Guided Imagery Speaker 3:00-4:00 Book Club 4:00-6:00 Crochet Club 6:00-8:00 Music Therapy: Music Making	28 10:00-10:50 Yoga	29
30						