

Adult Support Groups

Breast Cancer Group First Tuesday, 6:30 – 8:00pm
Living with Cancer Group No December Group
Living Life with Metastatic Breast Cancer Second Tuesday, 6:00-8:00pm
MPN Group No December Group
Multiple Myeloma Group Group Offsite
Pancreatic Cancer Group Second Thursday, 6:30 – 8:00pm
Prostate Cancer Group First Tuesday, 6:30 – 8:00pm
Wellness Circle Third Thursday, 6:00 – 7:30 pm
Group facilitator will be leading monthly topics to touch on overall wellness. December topic is fatigue.

Health & Movement Workshops

Alexander Technique Second Saturday, 10:00-11:00am
Chair Yoga Fridays, 10:00-11:00am
Fitness Fun Second Saturday, 10:30-11:30am
Gentle Yoga
Mondays, 12:00 – 1:00pm
Tuesdays, 11:00am – 12:00pm
Tuesdays, 6:30 – 7:30pm
Wednesdays, 12:30 – 1:30pm
Thursdays, 10:00-11:00am
Fridays, 11:15am – 12:15pm
Guided Meditation Second Wednesday, 1:45 – 2:15pm
Kundalini Yoga Wednesday, December 13, 6:30 – 7:30pm
Meditative Yoga First & Third Wednesday, 12:30 – 1:30pm
Nia (Gentle Movement) First & Third Wednesday, 6:30-7:30pm
Reiki with Cindi (30 minute appts) First & Third Wednesday, 10:30am-12:00pm
Reiki with Heather (30 minute appts) Tuesday, December 12, 6:00-8:00pm
Reiki with Rachael (30 minute appts) Wednesday, December 13, 6:30 -7:30pm
Zumba Second Saturday, 11:45-12:45pm

Art & Expression Workshops

Beading Workshop No December Workshop
Drawing with Grant Thursday, December 14, 3:30-5:30pm
Creative Painting Thursday, December 14, 6:00 – 8:00pm
Gift Tags Friday, December 1, 1:00 – 3:00pm
Greeting Cards Wednesday, December 6, 5:30-7:30pm
Knitting & Crochet Circle Wednesday, December 13, 3:30 – 5:30pm
Mosaic Workshop Thursday, December 7, 11:00 – 1:00pm
Recycle Ladies Wednesday, December 20, 1:30 – 3:30pm
Scrapbooking Tuesday, December 12, 1:30 – 4:30pm
Quilting Circle Tuesday, December 12, 6:00 – 8:00pm
Watercolor Workshop Thursday, December 7, 3:00 – 5:00pm
Creative Writing Thursday, December 7, 6:00-8:00pm
Zentangle Wednesday, December 6, 1:00 – 3:00pm
Open Art Studio Monday, December 4, 1:00–3:00pm
Please bring your own art project and use the space.

In the Kitchen Workshops

Italian Cooking Workshop: Christmas Cookies Thursday, December 7, 6:00 – 8:00pm
Nutrition Workshop: Peppermint Bark Thursday, December 14, 6:00 – 8:00pm
Holiday Cooking with Giant Eagle Chef Janice Wednesday, December 13, 6:00 – 8:00pm
Cooking with Erin No December Workshop

Children & Teen Activities

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

Youth & Family Support (by appointment)
Pediatric Cancer Family Group Saturday, December 9, 10:30am – 12:00pm
Pediatric Cancer Bereavement Group Saturday, December 9, 1:00 – 3:00pm
Family Painting Saturday, December 9, 1:00 – 3:00pm
Holiday Party Monday, December 11, 5:00 – 7:30pm
Hearts to Canvas No December Class.

Social Activities

Dinner for Members Tuesday, December 5, 6:00 – 6:30pm
Holiday Party Monday, December 11, 5:00 – 7:30pm

Our Clubhouse Speaker Series

Dinner & Lecture: Kundalini Yoga: Meditation for a Calm Heart Wednesday, December 6, 6:00 – 7:30, 6:00 Dinner, 6:30 Lecture
Medical Marijuana Program Information Session Monday, December 18, 6:00 – 7:00pm
Good Tidings and Tea Tasting Wednesday, December 20, 6:00 – 8:00pm

New Workshops & Classes

Kundalini Yoga: Wednesday, December 13, 6:30 -7:30pm
For more information on new classes and workshops, please visit:
Ourclubhouse.org/newprograms

Volunteering

It is volunteers who make the daily activities of Our Clubhouse possible. If you are interested in volunteering please contact Christine at mcleezirkle@ourclubhouse.org, or plan to attend an upcoming volunteer orientation: **Thursday, December 14, 2:00 – 3:00pm**

DECEMBER 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

December 2017

For more details or to register for an activity, visit www.ourclubhouse.org/events or call 412-338-1919

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Our Clubhouse Hours of Operation 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.</p> <p>In the event of bad weather, please call ahead, check our website, or check KDKA, WTAE, or WPXI for closing status.</p>		<p>Please check online calendar for most recent updates.</p>		<p>1</p> <p>10:00-11:00 Chair Yoga with Patty 11:15-12:15 Gentle Yoga with Chelsea 1:00-3:00 Gift Tag Workshop</p>	<p>2</p> <p>CLUBHOUSE CLOSED</p>
<p>3</p> <p>12:00-1:00 Gentle Yoga with Cindi 1:00-3:00 Open Art Studio</p>	<p>4</p> <p>11:00-12:00 Gentle Yoga with Sue F. 6:00-6:30 Dinner for Members 6:30-8:00 Breast Cancer Group 6:30-8:00 Prostate Cancer Group 6:30-7:30 Gentle Yoga with Delaina</p>	<p>5</p> <p>10:30-12:00 Reiki with Cindi 12:30-1:30 Meditative Yoga with Chelsea 1:00-3:00 Zentangle 5:30-7:30 Greeting Cards 6:00-7:30 Dinner & Lecture: Kundalini Yoga: Meditation for a Calm Heart 6:30-7:30 Nia with Jo Ellen</p>	<p>6</p> <p>10:00-11:00 Gentle Yoga with Mary S. 11:00-1:00 Mosaic Workshop 3:00-5:00 Watercolor Workshop 6:00-8:00 Creative Writing 6:00-8:00 Italian Cooking Workshop: Christmas Cookies</p>	<p>7</p> <p>10:00-12:00 Holiday Crafts Event 10:00-11:00 Chair Yoga with Patty 11:15-12:15 Gentle Yoga with Chelsea</p>	<p>8</p> <p>10:00-11:00 Alexander Technique 10:30-11:30 Fitness Fun 10:30-12:00 Pediatric Cancer Family Group Zumba 11:45-12:45 Family Painting 1:00-3:00 Pediatric Cancer Bereavement Group</p>	<p>9</p>
<p>10</p> <p>12:00-1:00 Gentle Yoga with Cindi 5:00-7:30 Holiday Party</p>	<p>11</p> <p>11:00-12:00 Gentle Yoga with Sue F. 1:30-4:30 Scrapbooking 6:00-8:00 Living Life with Metastatic Breast Cancer Group 6:00-8:00 Quilting Circle 6:00-8:00 Reiki with Heather 6:30-7:30 Gentle Yoga with Layla</p>	<p>12</p> <p>12:30-1:30 Gentle Yoga with Suma 1:45-2:15 Guided Meditation with Suma 3:30-5:30 Knitting and Crochet Circle 6:00-8:00 Holiday Cooking with Giant Eagle Chef Janice 6:30-7:30 Reiki with Rachael 6:30-7:30 Kundalini Yoga</p>	<p>13</p> <p>10:00-11:00 Gentle Yoga with Mary S. 2:00-3:00 Volunteer Orientation 3:30-5:30 Drawing with Grant 6:00-8:00 Creative Painting 6:00-8:00 Nutrition Workshop: Peppermint Bark 6:30-8:00 Pancreatic Cancer Group</p>	<p>14</p> <p>10:00-11:00 Chair Yoga with Patty 11:15-12:15 Gentle Yoga with Chelsea</p>	<p>15</p> <p>CLUBHOUSE CLOSED</p>	<p>16</p>
<p>17</p> <p>12:00-1:00 Gentle Yoga with Sue 6:00-7:00 Medical Marijuana Program Information Session</p>	<p>18</p> <p>CLUBHOUSE CLOSED</p>	<p>19</p> <p>10:30-12:00 Reiki with Cindi 12:30-1:30 Meditative Yoga with Chelsea 1:30-3:30 Recycle Ladies 6:00-8:00 Good Tidings and Tea Tasting 6:30-7:30 Nia with Jo Ellen</p>	<p>20</p> <p>10:00-11:00 Gentle Yoga with Mary S. 6:00-7:30 Wellness Circle</p>	<p>21</p> <p>10:00-11:00 Chair Yoga with Patty 11:15-12:15 Gentle Yoga with Chelsea</p>	<p>22</p> <p>CLUBHOUSE CLOSED</p>	<p>23</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>
<p>31</p>	<p><i>Happy Holidays</i> CLUBHOUSE CLOSED</p>					