

## Adult Support Groups

**Cancer Grief Support Group** Thursday, December 7th, 2:30-4:00pm; Thursday, December 14th, 2:30-4:00pm; and Thursday, December 21st, 2:30-4:00pm

## Art and Expression Workshops

**Art Therapy** Tuesday, December 5th, 4:00-5:30pm  
**Photography Club** Tuesday, December 5th, 4:00-5:30pm  
**Winter Craft** Tuesday, December 5th, 6:00-8:00pm  
**Snowman Craft** Thursday, December 7th, 6:00-8:00pm  
**Crochet & Cake** Tuesday, December 12th, 6:00-8:00pm

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

**Easy Cardio & Strength** Tuesday, December 5th, 1:00-1:50pm  
**Affirmation, Imagery, & Energy Hour** Thursday, December 7th, 1:00-2:00pm and Thursday, December 21st, 1:00-2:00pm  
**Reiki** Tuesday, December 12th, 1:00-3:30pm. Please call the Clubhouse at 724.221.6182 to register.  
**Relax and Restore Yoga** Thursday, December 14th, 1:00-2:00pm  
**Yoga** Every Monday and Friday, 10:00-10:50am *\*Please note that there will be no yoga class on Monday, December 25th or Monday, January 1st 2018.*

## Social Activities

**Movie (The Shack) & Hot Chocolate** Thursday, December 14th, 6:00-8:00pm  
**Holiday Party and BINGO** Thursday, December 21st, 6:00-8:00pm

## Children, Teen, & Family Programs

**Kid's Holiday Art Fest** Tuesday, December 12th, 4:30-6:00pm

## Our Clubhouse Speaker Series

**Cookies & Coffee Talk with Kristy from Excelsa** Thursday, December 14th, 4:00-5:30pm

## 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. Last class in series: Tuesday, December 12th, 5:30-8:00pm.

To register or for more information please contact Colleen at 412-338-1919 or [cdwyer@ourclubhouse.org](mailto:cdwyer@ourclubhouse.org)

## 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, December 5th, 2:00-4:00pm

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



# 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.



# DECEMBER 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                          |
|--|---|--|--|---|---|-----------------------------------|
|  | <p><b>Our Clubhouse Westmoreland Hours of Operation</b></p> <p>Tuesday*: 12:30pm-8:00pm<br/>Thursday*: 12:30pm-8:00pm</p> <p>*Hours may vary depending on programming, please consult calendar.<br/>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>10:00-10:50 Yoga</p> <p>1</p>  | <p>2</p> <p>CLUBHOUSE CLOSED</p>  |
| <p>3</p> <p>10:00-10:50 Yoga</p>   | <p>4</p>  | <p>5</p> <p>1:00-1:50 Easy Cardio &amp; Strength<br/>2:00-4:00 Volunteer Orientation<br/>4:00-5:30 Photography Club<br/>4:00-5:30 Art Therapy<br/>6:00-8:00 Winter Craft</p> | <p>6</p> <p>CLUBHOUSE CLOSED</p>                             | <p>7</p> <p>1:00-2:00 Affirmation, Imagery, and Energy Hour<br/>2:30-4:00 Cancer Grief Support Group<br/>6:00-8:00 Snowman Craft</p>  | <p>10:00-10:50 Yoga</p> <p>8</p>  | <p>9</p> <p>CLUBHOUSE CLOSED</p>  |
| <p>10</p> <p>10:00-10:50 Yoga</p>  | <p>11</p>   | <p>12</p> <p>1:00-3:30 Reiki<br/>4:30-6:00 Kid's Holiday Art Fest with Abby Ziegler<br/>5:30-8:00 Living Life Post Treatment Group<br/>6:00-8:00 Crochet &amp; Cake</p>      | <p>13</p> <p>CLUBHOUSE CLOSED</p>                            | <p>14</p> <p>1:00-2:00 Relax and Restore Yoga<br/>2:30-4:00 Cancer Grief Support Group<br/>4:00-5:30 Cookies &amp; Coffee Talk with Kristy from Excelsa<br/>6:00-8:00 Movie &amp; Hot Chocolate</p> | <p>10:00-10:50 Yoga</p> <p>15</p>   | <p>16</p> <p>CLUBHOUSE CLOSED</p> |
| <p>17</p> <p>10:00-10:50 Yoga</p>  | <p>18</p>   | <p>19</p> <p>CLUBHOUSE CLOSED</p>  | <p>20</p> <p>CLUBHOUSE CLOSED</p>                            | <p>21</p> <p>1:00-2:00 Affirmation, Imagery, and Energy Hour<br/>2:30-4:00 Cancer Grief Support Group<br/>6:00-8:00 Holiday Party and BINGO</p>   | <p>10:00-10:50 Yoga</p> <p>22</p>   | <p>23</p> <p>CLUBHOUSE CLOSED</p> |
| <p>24</p> <p>NO YOGA</p>   | <p>25</p>   | <p>26</p>  | <p>27</p>  | <p>28</p>   | <p>10:00-10:50 Yoga</p> <p>29</p>   | <p>30</p> <p>CLUBHOUSE CLOSED</p> |
| <p>31</p> <p>NO YOGA</p>  | <p>Jan 1.</p>    | <p><i>Happy Holidays</i></p> <p>CLUBHOUSE CLOSED</p>   |  |   |  | <p>CLUBHOUSE CLOSED</p>           |