

## Adult Support Groups

**Breast Cancer Group** First Tuesday, 6:30 – 8:00pm  
**Living with Cancer Group** Fourth Tuesday, 6:30 – 8:00pm  
**MPN Group** Third Thursday, 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 – 8:00pm  
**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** Monday, May 8, 12:00 – 1:00pm  
**Fitness Fun** Saturday May 13, 10:30 – 11:30am  
**Gentle Yoga**  
Mondays, 12:00 – 1:00pm  
Tuesdays, First, Third, & Fourth Tuesday, 6:30 – 7:30pm  
Wednesday, Second & Fourth Wednesday 12:30 – 1:30pm  
Thursdays, 10:00-11:00am  
Fridays, 11:00 – 12:00pm  
**Guided Meditation** Second & Fourth Wednesday, 1:45 – 2:15pm  
**Meditative Yoga** First & Third Wednesday 12:30 – 1:30pm  
**Nia (Gentle Movement)** Second Tuesday, 6:30-7:30pm  
**Pilates** Tuesdays, 12:30 – 1:30pm  
**Reiki with Heather** (30 minute appts) May 2 & 16, 6:00-8:00pm  
**Reiki with Cindi** (30 minute appts) May 3 & 17, 11:30-3:30  
**Walking Club** First & Second Monday, 11:00 – 12:00pm & First, Second & Fifth Wednesday, 5:30 – 6:30pm

## Art & Expression Workshops

**Art Workshop** Tuesday, May 9, 3:30 – 5:30pm  
**Beading Workshop** Wed., May 3, 5:00-7:00 & Tues., May 16, 5:00-7:00pm  
**Beginner's Drawing** Monday, May 15, 3:00 – 5:00pm  
**Creative Painting** Thursday, May 11, 6:00 – 8:00pm  
**Greeting Cards** Tuesday, May 23, 5:30 – 7:30pm  
**Knitting & Crochet Circle** Wednesday, May 10 & 24, 3:30 – 5:30pm  
**Recycle Ladies** No May Class  
**Scrapbooking** Saturday, May 13, 9:00am-1:00pm  
**Quilting Circle** Tuesday, May 9, 6:00-8:00pm  
**Watercolor Workshop** Thursday, May 4, 3:00 – 5:00pm  
**Creative Writing** Thursday, May 4 & 18, 6:00-8:00pm  
**Zentangle** Wednesday, May 10, 1:30 – 3:00pm

## In the Kitchen Workshops

**Cinco de Mayo Cooking Workshop and Dinner** Wednesday, May 3, 6:00 – 8:00pm (Dishes will be vegetarian)  
**Italian Cooking Workshop: Piccata** Thursday, May 4, 6:00 – 8:00pm  
**Nutrition Workshop: Fun with Chickpeas** Thursday, May 11, 2:00-4:00pm  
**Health Chat with Celia** Thursday, May 18, 2:00-3:00pm

## Children & Teen Activities

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

**Camp Clubhouse** July 17-21, 2017 Please call for details.  
**CLIMB: Children's Lives Include Moments of Bravery:** Wednesdays, May 3-24 6:00 – 8:00pm  
**Youth & Family Support** (by appointment)  
**Pediatric Cancer Family Group** Saturday May 13, 10:30 – 12:00pm  
**Pediatric Cancer Bereavement Group** Saturday, May 13, 1:00 – 3:00pm  
**Kid's Spring Crafts** Thursday, May 25, 4:00 – 5:30pm

## Social Activities

**Dinner for Members** Tuesday, May 2, 6:00 – 6:30pm  
**Walburga's Wednesday Supper** Wednesday, May 24, 6:00-7:30

## Our Clubhouse Speaker Series

**Pivot Physical Therapy: Lymphedema** Thursday, May 4, 6:00pm Lecture  
**Wellness Warriors** Wednesday, May 17, 6:00pm Dinner, 6:30pm Lecture

## 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: **Thursday, May 25, 2:00-3:00pm**

Volunteer with Our Clubhouse at the **PITTSBURGH MARATHON** and support our charity runners! We are looking for volunteers to hand out water and cheer on the runners! Please contact Teddi at 412-338-1919 for more information.

MAY  
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.

# MAY 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>1</b> 11:00-12:00 Walking Club and Smoothies 12:00-1:00 Gentle Yoga with Sue	<b>2</b> 12:30-1:30 Pilates 1:30-2:30 Alexander Technique 6:00-8:00 Reiki with Heather <b>Dinner for Members</b> <b>Breast Cancer Group</b> <b>Prostate Cancer Group</b> 6:30-8:00 Gentle Yoga with Delania	<b>3</b> 11:30-3:30 Reiki with Cindi 12:30-1:30 Meditative Yoga with Chelsea 5:00-7:00 Beading Workshop 5:30-6:30 Walking Club 6:00-8:00 <b>CLIMB</b> 6:00-8:00 Cinco de Mayo Cooking Workshop and Dinner 6:00-8:30 <b>LLPCT-Passavant</b>	<b>4</b> 10:00-11:00 Gentle Yoga with Mary S 3:00-5:00 Watercolor Workshop 6:00-7:30 <b>Pivot Physical Therapy: Lymphedema</b> 6:00-8:00 Italian Cooking Workshop: Chicken Piccata 6:00-8:00 Creative Writing	<b>5</b> 11:00-12:00 Gentle Yoga with Michelle	<b>6</b> CLUBHOUSE CLOSED
<b>7</b>	<b>8</b> 11:00-12:00 Walking Club and Smoothies 12:00-1:00 Dance JaM by BaM	<b>9</b> 12:30-1:30 Pilates 1:30-2:30 Alexander Technique 3:30-5:30 Art Workshop <b>Multiple Myeloma Group</b> 6:00-8:00 Quilting Circle 6:30-7:30 Nia	<b>10</b> 12:30-1:30 Gentle Yoga with Suma 1:45-2:15 Guided Meditation with Suma 1:30-3:00 Zentangle 3:30-5:30 Knitting and Crochet Circle 6:00-8:00 <b>CLIMB</b> 5:30-6:30 Walking Club	<b>11</b> 10:00-11:00 Gentle Yoga with Raelyn 2:00-4:00 Nutrition Workshop: Fun with Chickpeas 6:00-8:00 Creative Painting 6:30-8:00 <b>Pancreatic Cancer Group</b>	<b>12</b> 11:00-12:00 Gentle Yoga with Cindi	<b>13</b> 9:00-1:00 Scrapbooking 10:30-11:30 Fitness Fun 10:30-12:00 <b>Pediatric Cancer Family Group</b> 1:00-3:00 <b>Pediatric Cancer Bereavement Group</b>
<b>14</b>	<b>15</b> 12:00-1:00 Gentle Yoga with Sue 3:00-5:00 Beginner's Drawing	<b>16</b> 12:30-1:20 Pilates 1:30-2:30 Alexander Technique 5:00-7:00 Beading Workshop 6:00-8:00 Reiki with Heather 6:30-7:30 Gentle Yoga with Delania	<b>17</b> 11:30-3:30 Reiki with Cindi 12:30-1:30 Meditative Yoga with Chelsea 6:00-8:00 <b>CLIMB</b> 6:00-8:00 <b>Wellness Warriors Lecture &amp; Dinner</b>	<b>18</b> 10:00-11:00 Gentle Yoga with Raelyn 2:00-3:00 Health Chat with Celia 6:00-8:00 Creative Writing 6:30-8:00 <b>MPN Group</b> 6:30-8:00 <b>Post Treatment Group</b>	<b>19</b> 11:00-12:00 Gentle Yoga with Michelle	<b>20</b> CLUBHOUSE CLOSED
<b>21</b>	<b>22</b> 12:00-1:00 Gentle Yoga with Sue	<b>23</b> 12:30-1:30 Pilates 1:30-2:30 Alexander Technique 5:30-7:30 Greeting Cards 6:30-8:00 <b>Living with Cancer Group</b> 6:30-7:30 Gentle Yoga with Amy	<b>24</b> 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 <b>CLIMB</b> 6:00-7:30 Walburga's Wednesday Supper	<b>25</b> 10:00-11:00 Gentle Yoga with Raelyn 2:00-3:00 <b>Volunteer Orientation</b> 4:00-5:30 <b>Kid's Spring Crafts</b>	<b>26</b> 11:00-12:00 Gentle Yoga with Cindi	<b>27</b> CLUBHOUSE CLOSED
<b>28</b>	<b>29</b>  <b>HAPPY MEMORIAL DAY</b> CLUBHOUSE CLOSED	<b>30</b> 12:30-1:20 Pilates 1:30-2:30 Alexander Technique	<b>31</b> 5:30-6:30 Walking Club	<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.		 <b>United Way #221008</b>