

Adult Support Groups

NEW Coffee and Chat Tuesday, May 9th, 3:00-4:30pm and Tuesday, May 23rd, 2:00-3:30pm *Please note the time on 5/9/17.

The Leukemia and Lymphoma Society Support Group Thursday, May 18th, 1:00-2:30pm

Art and Expression Workshops

Spring Floral Craft Workshop Tuesday, May 2nd, 6:00-8:00pm

Crochet Club Thursday, May 18th, 5:00-7:00pm

Distressed Mason Jar Craft Part I Tuesday, May 23rd, 6:00-7:30pm. *Please note that this is a two part craft.

Distressed Mason Jar Craft Part II Thursday, May 25th, 4:00-6:00pm. *Please note that you must attend Distressed Mason Jar Craft Part I on 5/23/17 to attend this activity.

Zentangle and Tea Tuesday, May 30th, 6:00-8:00pm

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

Easy Cardio & Strength Tuesday, May 2nd, 1:00-1:50pm and Tuesday, May 16th, 1:00-1:50pm

Reiki Tuesday, May 16th, 2:30-5:00pm. Please call the Clubhouse at 724.221.6182 to register.

Sit, Stretch, and Meditate Workshop Every Thursday, 1:00-2:00pm

Yoga Every Monday and Friday, 10:00-10:50am. *Please note that there will be no yoga class on Monday, May 29th.

Social Activities

Dinner for Members Tuesday, May 2nd, 5:30-6:00pm

Cinco de Mayo Celebration Potluck Thursday, May 4th, 6:00-8:00pm

NEW TIME Learn to Play Mah Jongg Thursday, May 4th, 3:00-5:00pm and Thursday, May 18th, 3:00-5:00pm

Movie & Popcorn Night Tuesday, May 9th, 6:00-8:00pm

Thursday Supper and BINGO Thursday, May 11th, 6:00-8:00pm

Game Night Tuesday, May 16th, 6:00-8:00pm

Book Club Thursday, May 25th, 3:00-4:00pm

Appetizers and Chat Thursday, May 25th, 6:00-8:00pm

Our Clubhouse Speaker Series

Dream Interpretation Lecture and Discussion with Kristy DiGiacomo, Thursday, May 11th, 4:00-6:00pm

Vision Board Experience with Vanessa Beggs Tuesday, May 23rd, 4:00-6:00pm

Self-Defense Presentation with Gigi Dreskler Tuesday, May 30th, 1:00-2:00pm

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, May 2nd, 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 or 724.221.6182

MAY
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

MAY 2017

For more details or to register for an activity, visit www.ourclubhouse.org/events or call 724-221-6182

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00-10:50 Yoga	2 1:00-1:50 Easy Cardio & Strength 2:00-3:30 Volunteer Orientation 5:30-6:00 Dinner for Members 6:00-8:00 Spring Floral Craft Workshop	3 CLUBHOUSE CLOSED	4 1:00-2:00 Sit, Stretch, & Meditate—Learn EFT 3:00-5:00 NEW TIME Learn to Play Mah Jongg 6:00-8:00 Cinco de Mayo Celebration Potluck	5 10:00-10:50 Yoga	6 CLUBHOUSE CLOSED
7 10:00-10:50 Yoga	8	9 Clubhouse Opens at 3PM Today 3:00-4:30 Coffee and Chat 6:00-8:00 Movie and Popcorn Night	10 CLUBHOUSE CLOSED	11 1:00-2:00 Sit, Stretch, & Meditate 4:00-6:00 Dream Interpretation Lecture and Discussion 6:00-8:00 Thursday Supper and BINGO	12 10:00-10:50 Yoga	13 CLUBHOUSE CLOSED
14 10:00-10:50 Yoga	15	16 1:00-1:50 Easy Cardio & Strength 2:30-5:00 Reiki 6:00-8:00 Game Night	17 CLUBHOUSE CLOSED	18 1:00-2:00 Sit, Stretch, & Meditate 1:00-2:30 The Leukemia and Lymphoma Society Support Group 3:00-5:00 NEW TIME Learn to Play Mah Jongg 5:00-7:00 Crochet Club	19 10:00-10:50 Yoga	20 CLUBHOUSE CLOSED
21 10:00-10:50 Yoga	22	23 2:00-3:30 Coffee and Chat 4:00-6:00 Vision Board Experience 6:00-7:30 Distressed Mason Jar Craft Part I	24 CLUBHOUSE CLOSED	25 1:00-2:00 Sit, Stretch, & Meditate 3:00-4:00 Book Club 4:00-6:00 Distressed Mason Jar Craft Part II 6:00-8:00 Appetizers and Chat	26 10:00-10:50 Yoga	27 CLUBHOUSE CLOSED
28	29 HAPPY MEMORIAL DAY CLUBHOUSE CLOSED	30 1:00-2:00 Self-Defense Presentation 6:00-8:00 Zentangle and Tea	31 CLUBHOUSE CLOSED	Our Clubhouse Westmoreland Hours of Operation 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.		