

## Adult Support Groups

**Breast Cancer Group** First Tuesday, 6:30 – 8:00pm  
**Living with Cancer Group** No November Group  
**Living Life with Metastatic Breast Cancer** Second Tuesday, 6:00-8:00pm  
**MPN Group** Third Thursday, 6:00-8:00pm  
**Multiple Myeloma Group** Second Tuesday, 6:00-8:00pm  
**Pancreatic Cancer Group** No November Meeting due to Potluck Dinner & Lecture  
**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.

## Health & Movement Workshops

**Alexander Technique** Second Saturday, 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, 11:00am – 12:00pm  
**Guided Meditation** Second & Fourth Wednesday 1:45 – 2:15pm  
**Chair Yoga** First, Second & Third Friday 10:00-11:00am  
**Meditative Yoga** First & Third Wednesday 12:30 – 1:30pm  
**Nia (Gentle Movement)** First & Third Wednesday 6:30-7:30pm  
**Reiki with Heather (30 minute appts)** Tuesday, November 14 & Tuesday, November 28, 6:00-8:00pm  
**Reiki with Cindi (45 minute appts)** No November session  
**Zumba** Saturday, November 11, 11:45-12:45pm

## Art & Expression Workshops

**Beading Workshop** Tuesday, November 7 & Wednesday, November 15, 5:00-7:00pm  
**Handmade Art with Hannah** Friday, November 17, 1:00-2:00pm  
**Drawing with Grant** Thursday, November 9, 3:30-5:30pm  
**Creative Painting** Thursday, November 9, 6:00 – 8:00pm  
**Gift Tags** Tuesday, November 7, 3:00 – 5:00pm  
**Greeting Cards** Thursday, November 16, 5:30-7:30pm  
**Knitting & Crochet Circle** Wednesday, November 8 & 22, 3:30 – 5:30pm  
**Mosaic Workshop** Thursday, November 9, 16, & 30, 11:00am – 1:00pm  
**Recycle Ladies** Wednesday, November 15, 1:00 – 3:00pm  
**Scrapbooking** Saturday, November 11, 9:00-1:00pm  
**Quilting Circle** Tuesday, November 14, 6:00-8:00pm  
**Watercolor Workshop** Thursday, November 2, 3:00 – 5:00pm  
**Creative Writing** Thursday, November 2, 6:00-8:00pm  
**Zentangle** Wednesday, November 1, 1:00 – 3:00pm  
**Open Art Time** Friday, November 10, 11:00–1:00pm and Monday, November 20, 2:00–4:00pm. Please bring your own art project and use the space.

## In the Kitchen Workshops

**Nutrition Workshop: Fall Soup**, Thursday, November 9, 2:00-4:00pm  
**Cooking with Erin: “Chicken” Pot Pie** Tuesday, November 28, 6:00 – 7:30pm  
**Apple Pie Cook-Off: Walburga vs Bertha** Wednesday, November 29, 6:00 – 8:00pm

## 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, November 11, 10:30am – 12:00pm  
**Pediatric Cancer Bereavement Group** Saturday, November 11, 1:00 – 3:00pm  
**Teen Painting** Saturday, November 11, 1:00 – 3:00pm  
**Kid’s Cooking Workshop** Thursday, November 16, 5:30 – 7:30pm  
**Hearts to Canvas** Thursday, November 30, 4:30 – 6:00pm

## Social Activities

**Dinner for Members** Tuesday, November 7, 6:00 – 6:30pm  
**Thanksgiving at Our Clubhouse** Wednesday, November 8, 5:00-8:00pm

## Our Clubhouse Speaker Series

**Potluck Dinner & Lecture: Hope on the Horizon: Treatment for Pancreatic Cancer** Thursday, November 9, 6:00 – 8:00pm  
6:00 Potluck, 6:30 Lecture  
**Dinner & Lecture: Caregivers Grief During the Holidays** Wednesday, November 15, 6:00-7:30pm, 6:00 Dinner, 6:30 Lecture  
**Information Session: Medical Marijuana Program** Monday, November 20 & Thursday, November 30, 6:00 – 7:00pm Cresco Yltrah LLC will host an educational discussion on the Medical Cannabis Program in PA, what illnesses the state has approved, how to obtain a card, and what forms of products are allowed.

## New Workshops & Classes

Our Clubhouse Kindness Day corresponds with Pittsburgh Kindness Day, proclaimed by Honorable Bill Peduto. Please call the clubhouse for more information. For more information on new classes and workshops, please visit: [Ourclubhouse.org/newprograms](http://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](mailto:mcleezirkle@ourclubhouse.org), or plan to attend an upcoming volunteer orientation: **Wednesday, November 1, 2:00-3:00pm or Tuesday, November 14, 6:00-7:00pm.**

# NOVEMBER 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](http://www.ourclubhouse.org)

# NOVEMBER 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>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>1</b> 12:30-1:30 Meditative Yoga with Chelsea 1:00-3:00 Zentangle 2:00-3:00 <b>Volunteer Orientation</b> 6:30-7:30 NIA with Jo Ellen	<b>2</b> 10:00-11:00 Gentle Yoga with Mary 3:00-5:00 Watercolor Workshop 6:00-8:00 Creative Writing 6:00-7:30 <b>Remembrance Night</b>	<b>3</b> 10:00-11:00 Chair Yoga with Patty 11:00-12:00 Gentle Yoga with Chelsea	<b>4</b> CLUBHOUSE CLOSED
<b>5</b> 12:00-1:00 Gentle Yoga with Sue	<b>6</b> 12:00-1:00 Gentle Yoga with Sue	<b>7</b> 11:00-12:00 Gentle Yoga with Chelsea 3:00-5:00 Gift Tags Workshop 5:00-7:00 Beading Workshop: Beaded Utensils 6:00-6:30 <b>Dinner for Members</b> 6:30-8:00 <b>Breast Cancer Group</b> 6:30-8:00 <b>Prostate Cancer Group</b> 6:30-7:30 Gentle Yoga with Delaina	<b>8</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 5:00-8:00 <b>Thanksgiving at Our Clubhouse</b>	<b>9</b> 10:00-11:00 Gentle Yoga with Raelyn 11:00-1:00 <b>New!</b> Mosaic Workshop Part 1 3:30-5:30 Drawing with Grant 6:00-8:00 Creative Painting 6:00-8:00 Nutrition Workshop: Fall Soups 6:00-8:00 Potluck Dinner & Lecture: Hope on the Horizon: Treatment for Pancreatic Cancer	<b>10</b> 10:00-11:00 Chair Yoga with Patty 11:00-1:00 Open Art Studio 11:00-12:00 Gentle Yoga with Chelsea	<b>11</b> 9:00-1:00 Scrapbooking 10:00-11:00 Alexander Technique with Ellen 10:30-11:30 Fitness Fun with Jeff 10:30-12:00 <b>Pediatric Cancer Family Group</b> 11:45-12:45 Zumba with Amanda 1:00-1:00 Teen Painting 1:00-3:00 <b>Pediatric Cancer Bereavement Group</b>
<b>12</b> 11:30-2:00 <b>Our Clubhouse Kindness Day</b> 12:00-1:00 Gentle Yoga with Sue	<b>13</b> 12:00-1:00 Gentle Yoga with Sue	<b>14</b> 11:00-12:00 Gentle Yoga with Chelsea 6:00-8:00 <b>Living Life with Metastatic Breast Cancer Group</b> 6:00-8:00 <b>Multiple Myeloma Group</b> 6:00-7:00 <b>Volunteer Orientation</b> 6:00-8:00 Quilting Circle 6:30-7:30 Gentle Yoga with Layla	<b>15</b> 12:30-1:30 Meditative Yoga with Chelsea 1:00-3:00 Recycle Ladies 5:00-7:00 Beading Workshop: Beaded Utensils 6:00-7:30 Dinner & Lecture: Caregiver Grief During the Holidays 6:30-7:30 NIA with Jo Ellen	<b>16</b> 10:00-11:00 Gentle Yoga with Raelyn 11:00-1:00 <b>New!</b> Mosaic Workshop Part 2 5:30-7:30 Greeting Cards 5:30-7:30 <b>Kid's Cooking Workshop</b> 6:00-7:30 <b>Wellness Circle</b> 6:00-8:00 <b>MPN Group</b>	<b>17</b> 10:00-11:00 Chair Yoga with Patty 11:00-12:00 Gentle Yoga with Chelsea 1:00-2:00 Handmade Art with Hannah	<b>18</b> CLUBHOUSE CLOSED
<b>19</b> 12:00-1:00 Gentle Yoga with Sue 2:00-4:00 Open Art Studio 6:00-7:00 Medical Marijuana Program Information Session	<b>20</b> 12:00-1:00 Gentle Yoga with Sue	<b>21</b> 11:00-12:00 Gentle Yoga with Sue F. 6:30-7:30 Gentle Yoga with Delaina	<b>22</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	<b>23</b>  CLUBHOUSE CLOSED	<b>24</b> CLUBHOUSE CLOSED	<b>25</b> CLUBHOUSE CLOSED
<b>26</b> 12:00-1:00 Gentle Yoga with Sue	<b>27</b> 12:00-1:00 Gentle Yoga with Sue	<b>28</b> 11:00-12:00 Gentle Yoga with Sue F. 6:00-8:00 Reiki with Heather 6:00-7:30 Cooking with Erin 6:30-7:30 Gentle Yoga with Layla	<b>29</b> 12:30-1:30 Gentle Yoga with Chelsea 6:00-8:00 Apple Pie Cook-Off: Walburga vs. Bertha	<b>30</b> 10:00-11:00 Gentle Yoga with Raelyn 11:00-1:00 <b>New!</b> Mosaic Workshop Part 1 4:30-6:00 <b>Hearts to Canvas</b> 6:00-7:00 Medical Marijuana Program Information Session		Please check online calendar for most recent updates.