

Adult Support Groups

Coffee and Chat Tuesday, November 14th, 2:00-3:30pm and Tuesday, November 28th, 2:00-3:30pm

The Leukemia and Lymphoma Society Support Group Thursday, November 16th, 1:00-2:30pm

Cancer Grief Support Group Thursday, November 2nd, 2:30-4:00pm; Thursday, November 9th, 2:30-4:00pm; Thursday, November 16th, 2:30-4:00pm; and Thursday, November 30th, 2:30-4:00pm

Art and Expression Workshops

Cat Craft Thursday, November 2nd, 6:00-8:00pm

Photography Club Tuesday, November 7th, 4:00-5:30pm

Angel Painting Tuesday, November 7th, 6:00-8:00pm

Felt Craft Tuesday, November 14th, 4:00-6:00pm

Snowflake Crochet Tuesday, November 14th, 6:00-8:00pm and Tuesday, November 28th, 6:00-8:00pm

Reversible Give Thanks/Jingle Bells Craft Tuesday, November 21st, 6:00-8:00pm

Art Therapy Tuesday, November 28th, 4:00-5:30pm

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

Relax and Restore Yoga Thursday, November 2nd, 1:00-2:00pm, Thursday, November 9th, 1:00-2:00pm, and Thursday, November 30th, 1:00-2:00pm,

Easy Cardio & Strength Tuesday, November 7th, 1:00-1:50pm and Tuesday, November 21st, 1:00-1:50pm

Affirmation and Imagery Hour Thursday, November 16th, 1:00-2:00pm

Reiki Tuesday, November 21st, 2:30-5:00pm. Please call the Clubhouse at 724.221.6182 to register.

Yoga Every Monday and Friday, 10:00-10:50am

Social Activities

Learn to Play Mah Jongg Thursday, November 2nd, 3:00-5:00pm

Remembrance Night Thursday, November 9th, 6:00-7:30pm

NEW DAY Manicure Night Monday, November 13th, 6:00-8:00pm

Thanksgiving Celebration and BINGO Thursday, November 16th, 6:00-8:00pm

Game Afternoon Tuesday, November 21st, 4:00-6:00pm

Book Club-The Untethered Soul Thursday, November 30th, 3:00-4:00pm

Appetizers and Chat Thursday, November 30th, 6:00-8:00pm

Children, Teen, & Family Programs

After School Pizza, Craft, and Chat with Abby Ziegler

Tuesday, November 28th, 4:30-6:00pm

Our Clubhouse Speaker Series

I Have an Oil for That Lecture with Dawn Henry Tuesday, November 28th, 6:00-8:00pm

PITTSBURGH Medical Marijuana Program Information Session Monday, November 20th, 6:00-7:00pm and Thursday, November 30th, 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.

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. Tuesdays, beginning September 26th, 5:30-8:00pm.

To register or for more information please contact Colleen at 412-338-1919 or 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, November 21st, 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

NOVEMBER 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

NOVEMBER 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
	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.		1 CLUBHOUSE CLOSED	2 1:00-2:00 Relax and Restore Yoga 2:30-4:00 Cancer Grief Support Group 3:00-5:00 Learn to Play Mah Jongg 6:00-8:00 Cat Craft	3 10:00-10:50 Yoga	4 CLUBHOUSE CLOSED
5 10:00-10:50 Yoga	6	7 1:00-1:50 Easy Cardio & Strength 4:00-5:30 Photography Club 5:30-8:00 Living Life Post Treatment Group 6:00-8:00 Angel Painting	8 CLUBHOUSE CLOSED	9 1:00-2:00 Relax and Restore Yoga 2:30-4:00 Cancer Grief Support Group 6:00-7:30 Remembrance Night	10 10:00-10:50 Yoga	11 CLUBHOUSE CLOSED
12 10:00-10:50 Yoga CLUBHOUSE OPENS AT 5:30 TODAY 6:00-8:00 Manicure Night	13	14 2:00-3:30 Coffee and Chat 4:00-6:00 Felt Craft 5:30-8:00 Living Life Post Treatment Group 6:00-8:00 Snowflake Crochet	15 CLUBHOUSE CLOSED	16 1:00-2:00 Affirmation and Imagery Hour 1:00-2:30 The Leukemia & Lymphoma Society Support Group 2:30-4:00 Cancer Grief Support Group 6:00-8:00 Thanksgiving Celebration and BINGO	17 10:00-10:50 Yoga	18 CLUBHOUSE CLOSED
19 10:00-10:50 Yoga PITTSBURGH 6:00-7:00 Medical Marijuana Program Information Session	20	21 1:00-1:50 Easy Cardio & Strength 2:00-3:30 Volunteer Orientation 2:30-5:00 Reiki 4:00-6:00 Game Afternoon 6:00-8:00 Reversible Give Thanks/Jingle Bells Craft	22 CLUBHOUSE CLOSED	23 CLUBHOUSE CLOSED 	24 10:00-10:50 Yoga	25 CLUBHOUSE CLOSED
26 10:00-10:50 Yoga	27	28 2:00-3:30 Coffee and Chat 4:00-5:30 Art Therapy 4:30-6:00 After School Pizza, Craft, and Chat with Abby Ziegler 6:00-8:00 Snowflake Crochet 6:00-8:00 I Have an Oil for That Lecture with Dawn Henry	29 CLUBHOUSE CLOSED	30 1:00-2:00 Relax and Restore Yoga 2:30-4:00 Cancer Grief Support Group 3:00-4:00 Book Club: The Untethered Soul 6:00-8:00 Appetizers and Chat PITTSBURGH 6:00-7:00 Medical Marijuana Program Information Session	