

Adult Support Groups

Breast Cancer Group First Tuesday, 6:30 – 8:00pm
Living with Cancer Group Fourth Thursday, 6:30-8:00pm
Living Life with Metastatic Breast Cancer Second Tuesday, 6:00-8:00pm
Multiple Myeloma Group No Clubhouse Meeting
Pancreatic Cancer Group Second Thursday, 6:30 – 8:00pm
Prostate Cancer Group First Tuesday, 6:30 – 8:00pm
Self-Discovery: Art therapy with Christine Third Thursday, 6:00 – 7:30pm
Wellness Circle Third Thursday, 6:00 – 7:30 pm
Group facilitator will be leading monthly topics to touch on overall wellness. October topic is Body Image.

Health & Movement Workshops

Alexander Technique No October Class
Fitness Fun No October Class
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 Second & Third Friday 10:00-11:00am
Meditative Yoga First & Third Wednesday 12:30 – 1:30pm
Nia (Gentle Movement) Lecture Wednesday, October 4
Nia (Gentle Movement) Wednesday, October 18 6:30-7:30pm
Reiki with Heather (30 minute appts) Tuesday, October 3 & Tuesday, October 17, 6:00-8:00pm
Reiki with Cindi (45 minute appts) No October session

Art & Expression Workshops

Beading Workshop Wednesday, October 18 & Tuesday, October 24, 5:00-7:00
Handmade Art with Hannah Friday, October 27, 1:00-2:00pm
Drawing with Grant Thursday, October 12, 3:30-5:30pm
Creative Painting Thursday, October 12, 6:00 – 8:00pm
Greeting Cards Wednesday, October 25, 5:30-7:30pm
Knitting & Crochet Circle Wednesday, October 11 & 25, 3:30 – 5:30pm
Recycle Ladies Wednesday, October 18, 1:30 – 3:30pm
Scrapbooking No October Class
Quilting Circle Tuesday, October 10, 6:00-8:00pm
Watercolor Workshop Thursday, October 5, 3:00 – 5:00pm
Creative Writing Thursday, October 5 & 19, 6:00-8:00pm
Zentangle Wednesday, October 4, 1:00 – 3:00pm
Open Art Time Monday, October 16, 2:00 – 4:00pm and Friday, October 27, 11:00 -1:00pm. Please bring your own art project and use the space.

In the Kitchen Workshops

Italian Cooking Workshop: Thursday October 5, 6:00 – 8:00pm
Nutrition Workshop: Thursday October 12, 6:00 – 8:00pm
New! Cooking with Erin: Vegan Breakfast Scramble Tuesday, October 24, 6:00 – 7:30pm

Children & Teen Activities

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

CLIMB Mt Pleasant Wednesdays, October 11-November 1, 6:00-8:00pm
Youth & Family Support (by appointment)
Pediatric Cancer Family Group No October Group
Pediatric Cancer Bereavement Group No October Group
Hearts to Canvas Thursday, October 26, 4:30-6:00pm
Fall Fest Tuesday, October 17, 5:00-7:00
Boo Bash! Saturday, October 28, 12:00-2:00pm

Social Activities

Dinner for Members Tuesday, October 3, 6:00 – 6:30pm
Fall Fest Tuesday, October 17, 5:00-7:00pm

Our Clubhouse Speaker Series

NIA Wednesday, October 4, 6:00pm Dinner, 6:30pm Lecture
How Clinical Trials Help to Individualize Your Treatment Wednesday, October 11, 6:00pm Dinner, 6:30pm Lecture
The Importance of Nutrition Thursday, October 26, 6:00pm Dinner, 6:30pm Lecture

New Workshops & Classes

Spanish Class with Bertha:
Wednesdays October 4-25th, 3:00-5:00pm
For more information on new classes and workshops, please visit: 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, or plan to attend an upcoming volunteer orientation: **Wednesday, October 18, 2:00-3:00pm or Tuesday, October 24, 6:00-7:00pm.**

Offsite Programs

Philip Pelusi Event: Monday, October 9, 5:30-8:30pm
One hour time slots available. A team of stylists will offer a cut and style, and refresh makeup. Please call or go online for more details.
CLIMB: Wednesdays, October 11-November 1, 6:00-8:00pm
CLIMB is a free four-week program for children between the ages of 6-11 who have a significant adult with cancer. Please contact Abby for more information at 412-338-1919.

OCTOBER 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

OCTOBER 2017

For more details or to register for an activity, visit www.ourclubhouse.org/events or call 412-338-1919

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 12:00-1:00 Gentle Yoga with Sue	3 11:00-12:00 Gentle Yoga with Sue F. 3:00-5:00 Copper Wire Jewelry 6:00-6:30 Dinner for Members 6:00-8:00 Reiki with Heather 6:30-8:00 Breast Cancer Group 6:30-8:00 Prostate Cancer Group 6:30-7:30 Gentle Yoga with Delaina	4 12:30-1:30 Meditative Yoga with Chelsea 1:00-3:00 Zentangle 3:00-5:00 Spanish Class with Bertha 6:00-8:00 Dinner & Lecture: NIA	5 10:00-11:00 Gentle Yoga with Raelyn 3:00-5:00 Watercolor Workshop 6:00-8:00 Creative Writing 6:00-8:00 Italian Cooking Workshop	6 11:00-12:00 Gentle Yoga with Chelsea	7 CLUBHOUSE CLOSED
8	9 CLUBHOUSE CLOSED COLUMBUS DAY 5:00-8:00 Phillip Pelusi Event	10 11:00-12:00 Gentle Yoga with Sue F. 6:00-8:00 Living Life with Metastatic Breast Cancer Group 6:00-8:00 Quilting Circle 6:00-8:00 Reiki with Heather 6:30-7:30 Gentle Yoga with Layla	11 12:30-1:30 Gentle Yoga with Suma 1:45-2:15 Guided Meditation with Suma 3:00-5:00 Spanish Class with Bertha 3:30-5:30 Knitting and Crochet Circle 6:00-8:00 CLIMB Mt Pleasant 6:00-8:00 Dinner & Lecture: How Clinical Trials Help to Individualize Your Treatment	12 10:00-11:00 Gentle Yoga with Raelyn 3:30-5:30 Drawing with Grant 6:00-8:00 Nutrition Workshop: Home-made Body Scrubs 6:00-8:00 Creative Painting 6:30-8:00 Pancreatic Cancer Group	13 10:00-11:00 Chair Yoga with Patty 11:00-12:00 Gentle Yoga with Cindi	14 CLUBHOUSE CLOSED
15	16 12:00-1:00 Gentle Yoga with Sue 2:00-4:00 Open Art	17 11:00-12:00 Gentle Yoga with Sue F. 5:00-7:00 Fall Fest 6:00-8:00 Reiki with Heather 6:30-7:30 Gentle Yoga with Delaina	18 12:30-1:30 Meditative Yoga with Chelsea 1:30-3:30 Recycle Ladies 2:00-3:00 Volunteer Orientation 3:00-5:00 Spanish Class with Bertha 5:00-7:00 Beading Workshop 6:00-8:00 CLIMB Mt Pleasant 6:30-7:30 NIA with Jo Ellen	19 10:00-11:00 Gentle Yoga with Raelyn 2:00-4:00 Essential Oils Workshop 6:00-8:00 Creative Writing 6:00-7:30 Wellness Circle 6:00-7:30 Self-Discovery: Art Therapy with Christine	20 10:00-11:00 Chair Yoga with Patty 11:00-12:00 Gentle Yoga with Chelsea	21 CLUBHOUSE CLOSED
22	23 12:00-1:00 Gentle Yoga with Sue	24 11:00-12:00 Gentle Yoga with Sue F. 5:00-7:00 Beading Workshop 6:00-7:00 Volunteer Orientation 6:00-8:00 Reiki with Heather 6:30-7:30 Gentle Yoga with Layla 6:00-7:30 Cooking with Erin	25 12:30-1:30 Gentle Yoga with Suma 1:45-2:15 Guided Meditation with Suma 3:00-5:00 Spanish Class with Bertha 3:30-5:30 Knitting and Crochet Circle 5:30-7:30 Greeting Cards 6:00-8:00 CLIMB Mt Pleasant	26 10:00-11:00 Gentle Yoga with Raelyn 4:30-6:00 Hearts to Canvas 6:00-8:00 Dinner & Lecture: Importance of Nutrition 6:30-8:00 Living with Cancer Group	27 11:00-12:00 Gentle Yoga with Cindi 11:00-1:00 Open Art 1:00-2:00 Handmade Art with Hannah	28 12:00-2:00 BOO BASH!
29	30 12:00-1:00 Gentle Yoga with Sue	31 11:00-12:00 Gentle Yoga with Sue F.		<p>Please check online calendar for most recent updates.</p>	<p>Our Clubhouse Hours of Operation 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.</p> <p>In the event of bad weather, please call ahead, check our website, or check KDKA, WTAE, or WPXI for closing status.</p>	