

## Adult Support Groups

**Coffee and Chat** Tuesday, October 10th, 2:00-3:30pm and Tuesday, October 24th, 2:00-3:30pm

**The Leukemia and Lymphoma Society Support Group** Thursday, October 19th, 1:00-2:30pm

**Cancer Grief Support Group** Thursday, October 19th, 2:30-4:00pm and Thursday, October 26th, 2:30-4:00pm

## Art and Expression Workshops

**Photography Club** Tuesday, October 3rd, 2:00-3:30pm

**Repurposed Wine Bottle Mummy Craft** Tuesday, October 3rd, 6:00-8:00pm

**Halloween Cat Craft** Thursday, October 5th, 3:00-5:00pm

**Halloween Card Making Craft** Tuesday, October 10th, 6:00-8:00pm

**Crochet Club** Thursday, October 12th, 6:00-8:00pm and Tuesday, October 24th, 6:00-8:00pm

**Decorate a Gift Bag Craft** Thursday, October 12th, 2:00-4:00pm

**Art Therapy** Tuesday, October 17th, 4:00-6:00pm and Tuesday, October 31st, 4:00-6:00pm

**Halloween Mason Jar Craft** Tuesday, October 17th, 6:00-8:00pm

**Pumpkin Craft** Thursday, October 26th, 4:00-5:30pm

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

**Affirmation Hour** Thursday, October 5th, 1:00-2:00pm

**Sit, Stretch, and Meditate** Thursday, October 12th, 1:00-2:00pm, Thursday, October 19th, 1:00-2:00pm, and Thursday, October 26th, 1:00-2:00pm

**Easy Cardio & Strength** Tuesday, October 3rd, 1:00-1:50pm and Tuesday, October 17th, 1:00-1:50pm

**Reiki** Tuesday, October 17th, 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

**Dinner for Members** Tuesday, October 3rd, 5:30-6:00pm

**Learn to Play Mah Jongg** Thursday, October 5th, 3:00-5:00pm and **NEW TIME** Thursday, October 19th, 2:30-4:30pm

**Thursday Supper and BINGO** Thursday, October 5th, 6:00-8:00pm

**Game Night** Thursday, October 12th, 6:00-8:00pm

**Book Club** Thursday, October 26th, 3:00-4:00pm

**Appetizers and Chat** Thursday, October 26th, 6:00-8:00pm

**Halloween Potluck** Tuesday, October 31st, 6:00-8:00pm

## Children, Teen, & Family Programs

**Fall Fest: Kids & Teens Program** Thursday, October 19th, 5:00-6:00pm

**Fall Fest: Family and Member Dinner** Thursday, October 19th, 6:00-8:00pm

## Our Clubhouse Speaker Series

**Coffee Talk with Kristy from Excelsa** Thursday, October 12th, 4:00-6:00pm

## Spotlight Workshops

**CLIMB (Children's Lives Include Moments of Bravery): Held at Mt. Pleasant Public Library**

CLIMB is a free four week program for children between the ages of 6-17 who have a parent, grandparent, or significant adult with cancer. During each 2 hour session, children/teens engage in therapeutic art and play. A concurrent parent group will be offered during each CLIMB session and will help parents learn ways to help their children cope when cancer is in the family. Dinner is provided for both groups. This group is open to the community, but families must start CLIMB during the first week.

Beginning Wednesday, October 11th 6:00-8:00pm

Pre-Registration Required.

Please register by contacting:

Abby Ziegler, [aziegler@ourclubhouse.org](mailto:aziegler@ourclubhouse.org), 412-338-1919

**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](mailto: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, October 17th, 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](mailto:csumner@ourclubhouse.org) or 724.221.6182

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

# OCTOBER 2017

For more details or to register for an activity, visit [www.ourclubhouse.org/events](http://www.ourclubhouse.org/events) or call 724-221-6182

| Sunday | Monday                 | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday                  |
|--------|------------------------|--|---|---|---|---------------------------|
| 1      | 2<br>10:00-10:50 Yoga  | 3<br>1:00-1:50 Easy Cardio & Strength<br>4:00-5:30 Photography Club<br>5:30-8:00 Living Life Post Treatment Group<br>5:30-6:00 Dinner for Members<br>6:00-8:00 Repurposed Wine Bottle Mummy Craft          | 4<br>CLUBHOUSE CLOSED   | 5<br>1:00-2:00 Affirmation Hour<br>3:00-5:00 Halloween Cat Craft<br>3:00-5:00 Learn to Play Mah Jongg<br>6:00-8:00 Thursday Supper and BINGO  | 6<br>10:00-10:50 Yoga   | 7<br>CLUBHOUSE CLOSED     |
| 8      | 9<br>10:00-10:50 Yoga  | 10<br>2:00-3:30 Coffee and Chat<br>5:30-8:00 Living Life Post Treatment Group<br>6:00-8:00 Halloween Card Making Craft   | 11<br>6:00-8:00 CLIMB Mt Pleasant<br>CLUBHOUSE CLOSED   | 12<br>1:00-2:00 Sit, Stretch, & Meditate<br>2:00-4:00 Decorate a Gift Bag Craft<br>4:00-6:00 Coffee Talk with Kristy from Excelsa<br>6:00-8:00 Game Night<br>6:00-8:00 Crochet Club   | 13<br>10:00-10:50 Yoga  | 14<br>CLUBHOUSE CLOSED    |
| 15     | 16<br>10:00-10:50 Yoga | 17<br>1:00-1:50 Easy Cardio & Strength<br>2:00-3:30 Volunteer Orientation<br>2:30-5:00 Reiki<br>4:00-6:00 Art Therapy<br>5:30-8:00 Living Life Post Treatment Group<br>6:00-8:00 Halloween Mason Jar Craft | 18<br>6:00-8:00 CLIMB Mt Pleasant<br>CLUBHOUSE CLOSED   | 19<br>1:00-2:00 Sit, Stretch, & Meditate<br>1:00-2:30 The Leukemia & Lymphoma Society Support Group<br>2:30-4:00 Cancer Grief Support Group<br>2:30-4:30 <b>NEW TIME</b> Learn to Play Mah Jongg<br>5:00-6:00 Fall Fest Kids/Teens Program<br>6:00-8:00 Fall Fest: Family and Member Dinner | 20<br>10:00-10:50 Yoga  | 21<br>CLUBHOUSE CLOSED    |
| 22     | 23<br>10:00-10:50 Yoga | 24<br>2:00-3:30 Coffee and Chat<br>5:30-8:00 Living Life Post Treatment Group<br>6:00-8:00 Crochet Club  | 25<br>6:00-8:00 CLIMB Mt Pleasant<br>CLUBHOUSE CLOSED   | 26<br>1:00-2:00 Sit, Stretch, & Meditate<br>2:30-4:00 Cancer Grief Support Group<br>3:00-4:00 Book Club<br>4:00-5:30 Pumpkin Craft<br>6:00-8:00 Appetizers and Chat   | 27<br>10:00-10:50 Yoga  | 28<br>BOO BASH Pittsburgh |
| 29     | 30<br>10:00-10:50 Yoga | 31<br>4:00-6:00 Art Therapy<br>5:30-8:00 Living Life Post Treatment Group<br>6:00-8:00 Halloween Potluck   | <p><b>Our Clubhouse Westmoreland Hours of Operation</b></p> <p>Tuesday*: 12:30pm-8:00pm<br/>Thursday*: 12:30pm-8:00pm</p> <p>*Hours may vary depending on programming, please consult calendar.<br/>In the event of bad weather, please call ahead, check our website, or check KDKA, WTAE, or WPXI for closing status.</p> |   |  |                           |