

Adult Support Groups

Breast Cancer Group First Tuesday, 6:30 – 8:00pm
Living with Cancer Group No January Group
Living Life with Metastatic Breast Cancer Third 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 Second Thursday, 6:30 – 8:00pm
Prostate Cancer Group First Tuesday, 6:30 – 8:00pm
Self-Discovery: Art Therapy with Christine Thursday, January 25, 6:00-7:30pm

Health & Movement Workshops

Alexander Technique Second Saturday, 10:00-11:00am
Chair Yoga Fridays, 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, 11:15am – 12:15pm
Guided Meditation Second and Fourth Wednesday, 1:45 – 2:15pm
Kundalini Yoga Second & Fourth Wednesday, 6:30 – 7:30pm
Meditative Yoga First & Third & Fifth Wednesday, 12:30 – 1:30pm
Nia (Gentle Movement) First, Third, & Fifth Wednesday, 6:30-7:30pm
Reiki with Cindi (45 minute appts) First & Third Wednesday, January 3, 10:30-12:00pm, January 17, 10:30-12:00pm
Reiki with Heather (30 minute appts) Tuesday, January 23, 6:00-8:00pm
Zumba Saturday, January 13, 11:45-12:45

Art & Expression Workshops

Beading Workshop Wednesday, January 10 & Tuesday, January 23, 5:00-7:00pm
Drawing with Grant Thursday, January 11, 3:30-5:30pm
Creative Painting Thursday, January 11, 6:00 – 8:00pm
Greeting Cards Wednesday, January 24, 4:30-6:30pm
Knitting & Crochet Circle Wednesday, January 10 & 24, 3:30 – 5:30pm
Mosaic Workshop Thursday, January 11 & 18, 11:00 – 1:00pm
Recycle Ladies Wednesday, January 17, 1:30 – 3:30pm
Scrapbooking Tuesday, January 9, 1:30 – 4:30pm
Quilting Circle Tuesday, January 9, 6:00 – 8:00pm
Watercolor Workshop Thursday, January 4, 3:00 – 5:00pm
Creative Writing Thursday, January 4 & 18, 6:00-8:00pm
Zentangle Wednesday, January 3, 1:00 – 3:00pm
Open Art Studio Monday, January 8, 2:00–4:00pm & Friday, January 26, 11:00-1:00pm. Please bring your own art project and use the space.

In the Kitchen Workshops

Italian Cooking Workshop Thursday, January 4, 6:00 – 8:00pm
Nutrition Workshop Thursday, January 25, 6:00 – 8:00pm
Kids Cooking Series Tuesday, January 16, 6:00 – 7:30pm
Cooking with Erin Tuesday, January 23, 6:00-7:30pm

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, January 13, 10:30am – 12:00pm
Pediatric Cancer Bereavement Group Saturday, January 13, 1:00 – 3:00pm
Family Painting Saturday, January 13, 1:00 – 3:00pm
Hearts to Canvas No January Class.

Social Activities

Dinner for Members Tuesday, January 2, 6:00 – 6:30pm
Dinner & Movie Wednesday, January 10, 6:00-7:30pm
Dinner and White Elephant Party Wednesday, January 17, 6:00 – 8:00pm. Join us for supper and bring a new or gently used gift for the white elephant gift exchange that gifts are family friendly.

Our Clubhouse Speaker Series

No January Lectures

New Workshops & Classes

Kids Cooking Series, Tuesday, January 16, 6:00-7:30pm
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: **Tuesday, January 9th, 6-7pm**
Thursday, January 25th, 2-3pm

JANUARY 2018

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

January 2018

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	
<p>Please check online calendar for most recent updates.</p>	<p>1</p> <p>CLUBHOUSE CLOSED</p>	<p>2</p> <p>11:00-12:00 Gentle Yoga with Sue F. 6:00-6:30 Dinner for Members 6:30-8:00 Breast Cancer Group 6:30-8:00 Prostate Cancer Group 6:30-7:30 Gentle Yoga with Delaina</p>	<p>3</p> <p>10:30-12:00 Reiki with Cindi 12:30-1:30 Meditative Yoga with Chelsea Zentangle Nia with Jo Ellen</p>	<p>4</p> <p>10:00-11:00 Gentle Yoga with Mary 3:00-5:00 Watercolor Workshop 6:00-8:00 Creative Writing 6:00-8:00 Italian Cooking Workshop</p>	<p>5</p> <p>10:00-11:00 Chair Yoga with Patty 11:15-12:15 Gentle Yoga with Chelsea</p>	<p>6</p> <p>CLUBHOUSE CLOSED</p>	
	<p>7</p>	<p>8</p> <p>12:00-1:00 Gentle Yoga with Sue 2:00-4:00 Open Art</p>	<p>9</p> <p>11:00-12:00 Gentle Yoga with Sue F. 1:30-4:30 Scrapbooking 6:00-8:00 Multiple Myeloma Group 6:00-8:00 Quilting Circle 6:00-7:00 Volunteer Orientation 6:30-7:30 Gentle Yoga with Layla</p>	<p>10</p> <p>12:30-1:30 Gentle Yoga with Suma 1:45-2:15 Guided Meditation with Suma 3:30-5:30 Knitting and Crochet Circle 5:00-7:00 Beading Workshop 6:00-8:00 Dinner & Movie 6:30-7:30 Kundalini Yoga with Lauren</p>	<p>11</p> <p>10:00-11:00 Gentle Yoga with Mary 11:00-1:00 Mosaic Workshop 3:30-5:30 Drawing with Grant 6:00-8:00 Creative Painting 6:30-8:00 Pancreatic Cancer Group</p>	<p>12</p> <p>10:00-11:00 Chair Yoga with Patty 11:15-12:15 Gentle Yoga with Cindi</p>	<p>13</p> <p>10:00-11:00 Alexander Technique 10:30-12:00 Pediatric Cancer Family Group 10:30-11:30 Fitness Fun 11:45-12:45 Zumba 1:00-3:00 Family Painting 1:00-3:00 Pediatric Cancer Bereavement Group</p>
	<p>14</p>	<p>15</p> <p>12:00-1:00 Gentle Yoga with Sue</p>	<p>16</p> <p>11:00-12:00 Gentle Yoga with Sue F. 6:00-8:00 Living Life with Metastatic Breast Cancer Group 6:00-7:30 Kids Cooking Series 6:30-7:30 Gentle Yoga with Delaina</p>	<p>17</p> <p>10:30-12:00 Reiki with Cindi 12:30-1:30 Meditative Yoga with Chelsea 1:30-3:30 Recycle Ladies 6:00-8:00 Dinner & White Elephant Party 6:30-7:30 Nia with Jo Ellen</p>	<p>18</p> <p>10:00-11:00 Gentle Yoga with Mary 11:00-1:00 Mosaic Workshop 6:00-8:00 Creative Writing 6:00-8:00 MPN Support Group</p>	<p>19</p> <p>10:00-11:00 Chair Yoga with Chelsea 11:15-12:15 Gentle Yoga with Chelsea</p>	<p>20</p> <p>CLUBHOUSE CLOSED</p>
	<p>21</p>	<p>22</p> <p>12:00-1:00 Gentle Yoga with Sue</p>	<p>23</p> <p>11:00-12:00 Gentle Yoga with Sue F. 5:00-7:00 Beading Workshop 6:00-7:30 Cooking with Erin 6:00-8:00 Reiki with Heather 6:30-7:30 Gentle Yoga with Layla</p>	<p>24</p> <p>12:30-1:30 Gentle Yoga with Suma 1:45-2:15 Guide Meditation with Suma 3:30-5:30 Knitting and Crochet 4:30-6:30 Greeting Cards: Give Back Class 6:30-7:30 Kundalini Yoga with Lauren</p>	<p>25</p> <p>10:00-11:00 Gentle Yoga with Mary 2:00-3:00 Volunteer Orientation 6:00-7:30 Self-Discovery: Art Therapy with Christine 6:00-8:00 Nutrition Workshop: Pad Thai</p>	<p>26</p> <p>10:00-11:00 Chair Yoga with Patty 11:00-1:00 Open Art 11:15-12:15 Gentle Yoga with Cindi</p>	<p>27</p> <p>CLUBHOUSE CLOSED</p>
	<p>28</p>	<p>29</p> <p>12:00-1:00 Gentle Yoga with Sue</p>	<p>30</p> <p>11:00-12:00 Gentle Yoga with Sue F.</p>	<p>31</p> <p>12:30-1:30 Meditative Yoga with Chelsea 6:30-7:30 Nia with Jo Ellen</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>						