

Adult Support Groups

- Breast Cancer Group** First Tuesday, 6:30 – 8:00pm
 - Living with Cancer Group** No August Group
 - Multiple Myeloma Group** No August Group
 - Pancreatic Cancer Group** Second Thursday, 6:30 – 8:00pm
 - Prostate Cancer Group** First Tuesday, 6:30 – 8:00pm
 - Tea & Chat** Second and Fourth Monday, 1:00 – 2:15pm
 - Wellness Circle** Third Thursday, 6:00 – 7:30 pm
- Group facilitator will be leading monthly topics to touch on overall wellness. August topic is Fatigue.

Health & Movement Workshops

- Alexander Technique** No August Workshop
- Fitness Fun** Saturday August 10, 10:30 – 11:30am
- Gentle Yoga**
 - Mondays, 12:00 – 1:00pm
 - Tuesdays, Third, Fourth, & Fifth, 11:00am – 12:00pm
 - Tuesday, First & Third, 6:30 – 7:30pm
 - Wednesdays, 12:30 – 1:30pm
 - Thursdays, 10:00-11:00am
 - Fridays, 11:00 – 12:00pm
- Guided Meditation** Second & Fourth Wednesday 1:45 – 2:15pm
- Meditative Yoga** First & Third Wednesday 12:30 – 1:30pm
- Nia (Gentle Movement)** Fourth Tuesday, 6:30-7:30pm
- Reiki with Heather (30 minute appts)** August 22, 6:00-8:00pm
- Reiki with Cindi (45 minute appts)** August 2 & 16, 11:30-3:30pm

Art & Expression Workshops

- Beading Workshop** Tuesday, August 15 & Wednesday, August 30, 5:00-7:00pm
- DIY Headbands with Hannah** Wednesday, August 15, 1:00-3:00pm
- Drawing with Grant** Thursday, August 10, 3:30-5:30pm
- Creative Painting** Thursday, August 10, 6:00 – 8:00pm
- Greeting Cards** Thursday, August 31, 5:30-7:30pm
- Knitting & Crochet Circle** Wednesday, August 9 & 23, 3:30 – 5:30pm
- Recycle Ladies** Wednesday, August 16, 1:30 – 3:30pm
- Scrapbooking** Saturday, August 12, 9:00am-1:00pm
- Self-Discovery: Art Therapy with Christine** Wednesday, August 23, 6:00 – 7:30pm
- Watercolor Workshop** Thursday, August 3, 3:00 – 5:00pm
- Creative Writing** Thursday, August 3 & 17, 6:00-8:00pm
- Zentangle** Wednesday, August 2, 1:00 – 3:00pm

In the Kitchen Workshops

- J-E-L-L-O Artistry with Food:** Wednesday August 2, 6:00 – 8:00pm
- Italian Cooking Workshop:** Thursday August 3, 6:00 – 8:00pm
- Nutrition Workshop:** No August Workshop

Children & Teen Activities

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

- Youth & Family Support** (by appointment)
- Pediatric Cancer Family Group** Saturday August 12, 10:30 – 12:00pm
- Pediatric Cancer Bereavement Group** Saturday, August 12, 1:00 – 3:00pm
- Back to School Pizza Party** Thursday, August 31, 5:00 – 7:00pm

Social Activities

- Dinner for Members** Tuesday, August 1, 6:00 – 6:30pm
 - Walburga's Wednesday Supper** Wednesday, August 9, 6:00 – 7:30pm
 - Summer Soiree of the Senses** Thursday, August 24, 4:00-7:00pm
- Please join us for a summer open house. An adult evening planned for Our Clubhouse members and community. Moms and Dads are invited with childcare available for ages 3 and up with reservation.

New Workshops & Classes

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 Dani at dwilson@ourclubhouse.org, or plan to attend an upcoming volunteer orientation: **Tuesday, August 15, 6:00 – 7:00pm.**

AUGUST 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.

AUGUST 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 6:00-6:30 Dinner for Members 6:30-7:30 Gentle Yoga with Delaina 6:30-8:00 Breast Cancer Group 6:30-8:00 Prostate Cancer Group	2 11:30-3:30 Reiki with Cindi 12:30-1:30 Meditative Yoga with Chelsea 1:00-3:00 Zentangle 6:00-8:00 J-E-L-L-O Artistry with Food	3 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	4 11:00-12:00 Gentle Yoga with Chelsea	5 CLUBHOUSE CLOSED
6	7 12:00-1:00 Gentle Yoga with Sue	8 CLUBHOUSE CLOSED	9 12:30-1:30 Gentle Yoga with Suma 1:45-2:15 Guided Meditation with Suma 2:00-4:00 Movie Matinee: Loving 3:30-5:30 Knitting and Crochet Circle 6:00-7:30 Walburga's Wednesday Supper	10 10:00-11:00 Gentle Yoga with Raelyn 3:30-5:30 Drawing with Grant 6:00-8:00 Creative Painting 6:30-8:00 Pancreatic Cancer Group	11 11:00-12:00 Gentle Yoga with Cindi	12 9:00-1:00 Scrapbooking 10:30-11:30 Fitness Fun 11:45-12:45 Zumba 10:30-12:00 Pediatric Cancer Family Group 1:00-3:00 Pediatric Cancer Bereavement Group
13	14 12:00-1:00 Gentle Yoga with Sue 1:00-2:15 Tea & Chat with Christine	15 11:00-12:00 Gentle Yoga with Sue F. 1:00-3:00 DIY Headbands with Hannah 5:00-7:00 Beading Workshop 6:00-7:00 Volunteer Orientation 6:30-7:30 Gentle Yoga with Delaina	16 11:30-3:30 Reiki with Cindi 12:30-1:30 Meditative Yoga with Chelsea 1:30-3:30 Recycle Ladies	17 10:00-11:00 Gentle Yoga with Raelyn 6:00-8:00 Creative Writing 6:00-7:30 NEW! Wellness Circle	18 11:00-12:00 Gentle Yoga with Chelsea 11:00-1:00 Open Art Studio	19 CLUBHOUSE CLOSED
20	21 12:00-1:00 Gentle Yoga with Sue	22 11:00-12:00 Gentle Yoga with Sue F. 6:00-8:00 Reiki with Heather 6:30-7:30 Nia	23 12:30-1:30 Gentle Yoga with Suma 1:45-2:15 Guided Meditation with Suma 3:30-5:30 Knitting and Crochet Circle 6:00-7:30 Self-Discovery: Art Therapy with Christine	24 10:00-11:00 Gentle Yoga with Raelyn 4:00-7:00 Summer Soiree of the Senses	25 11:00-12:00 Gentle Yoga with Cindi	26 CLUBHOUSE CLOSED
27	28 12:00-1:00 Gentle Yoga with Sue 1:00-3:00 Open Art Studio 1:00-2:15 Tea & Chat with Christine	29 11:00-12:00 Gentle Yoga with Sue F.	30 5:00-7:00 Beading Workshop	31 10:00-11:00 Gentle Yoga with Raelyn 5:00-7:00 Back to School Pizza Party 5:30-7:30 Greeting Cards	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. In the event of bad weather, please call ahead, check our website, or check KDKA, WTAE, or WPXI for closing status.	