

Adult Support Groups

Breast Cancer Group First Tuesday, 6:30 – 8:00pm
Living with Cancer Group No February Group
Living Life with Metastatic Breast Cancer Third Tuesday, 6:00-8:00pm
MPN Group No February Group
Multiple Myeloma Group Second Tuesday, 6:30-8:00pm
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, February 22, 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 Wednesday, 1:45 – 2:15pm
Kundalini Yoga Fourth Wednesday, 6:30 – 7:30pm
Meditative Yoga First & Third Wednesday, 12:30 – 1:30pm
Nia (Gentle Movement) First & Third Wednesday, 6:30-7:30pm
Oncology Massage Wednesday, February 14, 11:00am – 1:00pm
Reiki with Cindi (45 minute appts) First & Third Wednesday, February 7, 10:30-12:00pm, February 21, 10:30-12:00pm
Reiki with Heather (30 minute appts) Second & Fourth Tuesday, February 13, 6:00-8:00pm, February 27, 6:00-8:00pm
Reiki with Rachael (30 minute appts) Wednesday, February 7, 6:30-7:30pm
Zumba Second Saturday, 11:45-12:45pm

Art & Expression Workshops

Beading Workshop February 6 & February 27, 5:00–7:00pm
Drawing with Grant Thursday, February 8, 3:30-5:30pm
Creative Painting Thursday, February 8, 6:00 – 8:00pm
Greeting Cards Wednesday, February 21, 5:00-7:00pm
Knitting & Crochet Circle Wednesday, February 14 & February 28, 3:30 – 5:30pm
Recycle Ladies Wednesday, February 21, 1:30 – 3:30pm
Scrapbooking Tuesday, February 13, 1:30 – 4:30pm
Quilting Circle Tuesday, February 13, 6:00-8:00pm
Watercolor Workshop Thursday, February 1, 3:00 – 5:00pm
Creative Writing Thursday, February 1, 6:00-8:00pm
Zentangle Wednesday, February 7, 1:00 – 3:00pm
Open Art Studio Monday, February 12, 2:00–4:00pm & Friday, February 23, 11:00-1:00pm. Please bring your own art project and use the space.

In the Kitchen Workshops

Italian Cooking Workshop Thursday, February 1, 6:00 – 8:00pm
Nutrition Workshop: All About Oats Thursday, February 22, 6:00 – 8:00pm
Kids Cooking Series: We Love Cooking! Tuesday, February 20, 6:00 – 7:30pm
Cooking with Erin Tuesday, February 27, 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 No February Group
Pediatric Cancer Bereavement Group Saturday, February 10, 1:00 – 3:00pm
Family Painting Saturday, February 10, 1:00 – 3:00pm
Kids Cooking Series: We Love Cooking! Tuesday, February 20, 6:00 – 7:30pm
Hearts to Canvas Thursday, February 22, 4:30–6:00pm
*Members attending Our Clubhouse's Valentine's Dinner may bring children for a separate pizza party upstairs!

Social Activities

Dinner for Members Tuesday, February 6, 6:00 – 6:30pm
Dinner & Bingo with the University of Pittsburgh Wednesday, February 21, 6:00-8:00pm
Valentine's Dinner for Two Thursday, February 15, 5:30 – 8:00pm
Members attending Our Clubhouse's Valentine's Dinner may bring children for a separate pizza party upstairs!
Dinner & Movie: Selma Wednesday, February 28, 6:00-8:00pm

Our Clubhouse Speaker Series

Leukemia & Lymphoma Society Dinner & Lecture Wednesday, February 7, 6:00-8:00pm

New Workshops & Classes

Kids Cooking Series, Tuesday February 20th, 6:00-7:30pm
Remake Your Cleaning Products , February 8th, 2:00-4:00pm
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: **Thursday, February 8, 2:00-3:00pm & Tuesday, February 27, 6:00-7:00pm.**

FEBRUARY 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

FEBRUARY 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>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>				<p>1</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>2</p> <p>10:00-11:00 Chair Yoga with Patty 11:15-12:15 Gentle Yoga with Chelsea</p>	<p>3</p> <p>CLUBHOUSE CLOSED</p>	
	<p>4</p>	<p>5</p> <p>12:00-1:00 Gentle Yoga with Sue</p>	<p>6</p> <p>11:00-12:00 Gentle Yoga with Sue F. 5:00-7:00 Beading Workshop 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>7</p> <p>12:30-1:30 Meditative Yoga with Chelsea Zentangle 1:00-3:00 Leukemia & Lymphoma Society Dinner & Lecture 6:00-8:00 NIA with Jo Ellen 6:30-7:30 Reiki with Rachael</p>	<p>8</p> <p>10:00-11:00 Gentle Yoga with Mary 2:00-4:00 Remake Your Cleaning Products 2:00-3:00 Volunteer Orientation 3:30-5:30 Drawing with Grant 6:00-8:00 Creative Painting 6:30-8:00 Pancreatic Cancer Group</p>	<p>9</p> <p>10:00-11:00 Chair Yoga 11:15-12:15 Gentle Yoga</p>	<p>10</p> <p>10:00-11:00 Alexander Technique 10:00-12:00 Pediatric Cancer Bereavement Group 10:30-11:30 Fitness Fun 11:45-12:45 Zumba 1:00-3:00 Family Painting</p>	
	<p>11</p>	<p>12</p> <p>12:00-1:00 Gentle Yoga with Sue 2:00-4:00 Open Art</p>	<p>13</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 Reiki with Heather 6:00-8:00 Quilting Circle 6:30-7:30 Gentle Yoga with Layla</p>	<p>14</p> <p>11:00-1:00 Oncology Massage 12:30-1:30 Gentle Yoga with Suma 1:45-2:15 Guided Meditation with Suma 3:30-5:30 Knitting and Crochet Circle</p>	<p>15</p> <p>10:00-11:00 Gentle Yoga with Mary 5:30-8:00 Valentine's Dinner for Two</p>	<p>16</p> <p>10:00-11:00 Chair Yoga with Chelsea Gentle Yoga with Chelsea 11:15-12:15</p>	<p>17</p> <p>CLUBHOUSE CLOSED</p>	
	<p>18</p>	<p>19</p> <p>PRESIDENTS' DAY CLUBHOUSE CLOSED</p>		<p>20</p> <p>11:00-12:00 Gentle Yoga with Sue F. 6:30-7:30 Gentle Yoga with Delaina 6:00-7:30 Kids Cooking Series: We Love Cooking! 6:00-8:00 Living Life With Metastatic Breast Cancer Group</p>	<p>21</p> <p>12:30-1:30 Meditative Yoga with Chelsea Recycle Ladies 1:30-3:30 Greeting Cards 5:00-7:00 Dinner & Bingo with University of Pittsburgh 6:00-8:00 Pediatric Dental Club 6:30-7:30 NIA with Jo Ellen</p>	<p>22</p> <p>10:00-11:00 Gentle Yoga with Mary 4:30-6:00 KIDS WORKSHOP: Hearts to Canvas 6:00-7:30 Self-Discovery: Art Therapy with Christine 6:00-8:00 Nutrition Workshop: All About Oats</p>	<p>23</p> <p>10:00-11:00 Chair Yoga with Patty 11:00-1:00 Open Art 11:15-12:15 Gentle Yoga</p>	<p>24</p> <p>CLUBHOUSE CLOSED</p>
	<p>25</p>	<p>26</p> <p>12:00-1:00 Gentle Yoga with Sue</p>	<p>27</p> <p>11:00-12:00 Gentle Yoga with Sue F. 5:00-7:00 Beading Workshop 6:00-7:00 Volunteer Orientation 6:00-7:30 Cooking with Erin 6:00-8:00 Reiki with Heather 6:30-7:30 Gentle Yoga with Layla</p>	<p>28</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 6:30-7:30 Kundalini Yoga 6:00-8:00 Dinner and Movie: Selma</p>	<p>United Way #221008</p>			