

Adult Support Groups

Breast Cancer Group First Tuesday, 6:30 – 8:00pm
Living with Cancer Group Fourth Thursday 6:30 – 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
Tea & Chat No September Group
Wellness Circle Third Thursday, 6:00 – 7:30 pm
Group facilitator will be leading monthly topics to touch on overall wellness. September topic is Stress Management.

Health & Movement Workshops

Alexander Technique No September appointments
Fitness Fun Saturday September 9, 10:30 – 11:30am
Gentle Yoga
Mondays, 12:00 – 1:00pm
Tuesdays, Second, Third, & Fourth, 11:00am – 12:00pm
Tuesday, First, Third, & Fourth 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) No September Classes
Reiki with Heather (30 minute appts) Third Tuesday 6:00 – 8:00pm
Reiki with Cindi (45 minute appts) No September Appointments
Zumba Saturday, September 9, 11:45 – 12:45pm

Art & Expression Workshops

Beading Workshop Tuesday, September 19, 5:30-7:00 & Wednesday, September 27, 5:30-7:00pm
Drawing with Grant Thursday, September 14, 3:30-5:30
Creative Painting Thursday, September 14, 6:00 – 8:00pm
Greeting Cards Wednesday, September 27, 5:30-7:30
Knitting & Crochet Circle Wednesday, September 13 & 27, 3:30 – 5:30pm
Recycle Ladies Wednesday, September 20, 1:30 – 3:30pm
Scrapbooking Saturday, September 9, 9:00am-1:00pm
Self-Discovery: Art Therapy with Christine Wednesday, September 20, 6:00 – 7:30pm
Quilting Circle Tuesday, September 12, 6:00-8:00pm
Watercolor Workshop Thursday, September 7, 3:00 – 5:00pm
Creative Writing Thursday, September 7 & 14, 6:00-8:00pm
Zentangle Wednesday, September 6, 1:00 – 3:00pm
Open Art Time Monday, September 11, 2:00 – 4:00pm and Friday, September 29, 11:00 -1:00pm. Please bring your own art project and use the space.
Painted Wine Glasses Tuesday, September 12, 3:30 – 5:30pm

New Workshops & Classes

For more information on new classes and workshops, please visit:
Ourclubhouse.org/newprograms

In the Kitchen Workshops

Italian Cooking Workshop: Thursday September 7, 6:00 – 8:00pm
Nutrition Workshop: Thursday September 14, 6:00 – 8:00pm
New! Cooking with Erin: Thursday September 28, 6:00 – 7:30pm
Tasty vegetarian tacos using vegan and vegetarian ingredients. The tacos will be made using textured vegetable protein (TVP), which has only 70 calories per serving and 13 grams of protein! We will also be learning the recipe for taco seasoning mix that is easy to make with basic spices.

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 September 9, 10:30 – 12:00pm
Pediatric Cancer Bereavement Group Saturday, September 9, 1:00 – 3:00pm
New! Teen Painting Saturday, September 9, 1:00 – 3:00pm
New! Hearts to Canvas Thursday, September 28, 4:30 – 6:00pm

Social Activities

Dinner for Members Tuesday, September 5, 6:00 – 6:30pm
Walburga's Wednesday Supper Wednesday, September 13, 6:00 – 6:30pm

Our Clubhouse Speaker Series

Pain Management with Dr. Tim Burg Wednesday, September 13, 6:00pm Dinner, 6:30pm Lecture
“How Do Adults Talk to Kids About Cancer” Tuesday, September 19, 6:00pm Dinner, 6:30pm Lecture
Walgreen's “Whatever Makes You Feel Beautiful” Wednesday, September 27 5:30 – 8:00pm

How to Help Our Clubhouse

Over the Edge Friday, September 8, 9:00am – 4:00pm
Our Glass is Half-Full: Wine Tasting Event Friday, September 15, 6:30 – 9:00pm the clubhouse. Call Our Clubhouse for ticket prices

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: **Wednesday, September 13, 2:00-3:00pm or Tuesday, September 26, 6:00-7:00pm**

SEPTEMBER 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

SEPTEMBER 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 |
|--|---|--|---|---|--|--|
| |  | <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>Please check online calendar for most recent updates.</p> | <p>1 11:00-12:00 Gentle Yoga with Chelsea</p> | <p>2 CLUBHOUSE CLOSED</p> |
| <p>3</p>  | | <p>5 11:00-12:00 Gentle Yoga with Sue F. 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</p> | <p>6 12:30-1:30 Meditative Yoga with Chelsea 1:00-3:00 Zentangle</p> | <p>7 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</p> | <p>8 Clubhouse Closed. Over the Edge Event</p> | <p>9 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 1:00-3:00 New! Teen Painting</p> |
| <p>10 12:00-1:00 Gentle Yoga with Sue 2:00-4:00 Open Art Time</p> | <p>11 11:00-12:00 Gentle Yoga with Sue F. 3:30-5:30 Painted Wine Glasses 6:00-8:00 Quilting Circle 6:00-8:00 Multiple Myeloma Group</p> | <p>12 11:00-12:00 Gentle Yoga with Sue F. 3:30-5:30 Painted Wine Glasses 6:00-8:00 Quilting Circle 6:00-8:00 Multiple Myeloma Group</p> | <p>13 12:30-1:30 Gentle Yoga with Suma 1:45-2:15 Guided Meditation with Suma 2:00-3:00 Volunteer Orientation 3:30-5:30 Knitting and Crochet Circle 6:00-8:30 LLPCT Jefferson Hospital 6:00-6:30 Walburga's 6:00-7:30 Wednesday Supper Dinner & Lecture: Pain Management with Dr. Tim Burg</p> | <p>14 10:00-11:00 Gentle Yoga with Raelyn 3:30-5:30 Drawing with Grant 6:00-8:00 Nutrition Workshop: Marvels of Mushrooms 6:00-8:00 Creative Painting 6:30-8:00 Pancreatic Cancer Group</p> | <p>15 11:00-12:00 Gentle Yoga with Chelsea 6:30-9:00 Our Glass is Half-Full: Wine Tasting Event</p> | <p>16 CLUBHOUSE CLOSED</p> |
| <p>17 12:00-1:00 Gentle Yoga with Sue 6:00-8:30 LLPCT - JCC</p> | <p>18 11:00-12:00 Gentle Yoga with Sue F. 5:30-7:00 Beading Workshop 6:00-7:30 Dinner & Lecture: "How Do Adults Talk to Kids About Cancer" 6:00-8:30 LLPCT UPMC East 6:00-8:00 Reiki with Heather 6:30-7:30 Gentle Yoga with Delaina</p> | <p>19 11:00-12:00 Gentle Yoga with Sue F. 5:30-7:00 Beading Workshop 6:00-7:30 Dinner & Lecture: "How Do Adults Talk to Kids About Cancer" 6:00-8:30 LLPCT UPMC East 6:00-8:00 Reiki with Heather 6:30-7:30 Gentle Yoga with Delaina</p> | <p>20 11:30-2:00 LLPCT OC Pittsburgh 12:30-1:30 Meditative Yoga with Chelsea 1:30-3:30 Recycle Ladies 6:00-7:30 Self-Discovery: Art Therapy with Christine 6:00-8:30 LLPCT Cranberry Passavant Hospital 6:00-8:30 LLPCT Jefferson Hospital</p> | <p>21 10:00-11:00 Gentle Yoga with Raelyn 6:00-8:00 Creative Writing 6:00-8:00 MPN Group</p> | <p>22 11:00-12:00 Gentle Yoga with Chelsea</p> | <p>23 CLUBHOUSE CLOSED</p> |
| <p>24 12:00-1:00 Gentle Yoga with Sue 6:00-8:30 LLPCT - JCC</p> | <p>25 11:00-12:00 Gentle Yoga with Sue F. 6:00-7:00 Volunteer Orientation 6:00-8:30 LLPCT UPMC East 6:30-7:30 Gentle Yoga with Layla</p> | <p>26 11:00-12:00 Gentle Yoga with Sue F. 6:00-7:00 Volunteer Orientation 6:00-8:30 LLPCT UPMC East 6:30-7:30 Gentle Yoga with Layla</p> | <p>27 11:30-2:00 LLPCT OC Pittsburgh 12:30-1:30 Gentle Yoga with Suma 1:45-2:15 Guided Meditation with Suma 3:30-5:30 Knitting and Crochet Circle 5:30-7:00 Beading Workshop 5:30-7:30 Greeting Cards 5:30-8:00 Walgreen's "Whatever Makes You Feel Beautiful" Event 6:00-8:30 LLPCT Cranberry Passavant Hospital 6:00-8:30 LLPCT Jefferson Hospital</p> | <p>28 10:00-11:00 Gentle Yoga with Raelyn 4:30-6:00 New! Hearts to Canvas 6:00-7:30 New! Cooking with Erin 6:00-7:30 Wellness Circle 6:30-8:00 Living with Cancer Group</p> | <p>29 11:00-12:00 Gentle Yoga with Chelsea 11:00-1:00 Open Art Time</p> | <p>30 CLUBHOUSE CLOSED</p> |