

Adult Support Groups

Coffee and Chat Tuesday, September 5th, 2:00-3:30pm and Tuesday, September 26th, 2:00-3:30pm

The Leukemia and Lymphoma Society Support Group

Thursday, September 21st, 1:00-2:30pm

Art and Expression Workshops

Kindness Rocks Craft Tuesday, September 5th, 6:00-8:00pm

Zentangle and Tea Thursday, September 7th, 3:00-5:00pm

Card Making Craft Thursday, September 7th, 6:00-8:00pm

Crochet Club Tuesday, September 12th, 6:00-8:00pm and Tuesday, September 26th, 6:00-8:00pm

Family Craft Night Thursday, September 21st, 6:00-8:00pm

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

Affirmation Hour Thursday, September 7th, 1:00-2:00pm

Sit, Stretch, and Meditate Thursday, September 14th, 1:00-2:00pm, Thursday, September 21st, 1:00-2:00pm, and Thursday, September 28th, 1:00-2:00pm,

Easy Cardio & Strength Tuesday, September 19th, 1:00-1:50pm

Reiki Tuesday, September 19th, 2:30-5:00pm. Please call the Clubhouse at 724.221.6192 to register.

Yoga Every Monday and Friday, 10:00-10:50am

Social Activities

Dinner for Members Tuesday, September 5th, 5:30-6:00pm

Learn to Play Mah Jongg Thursday, September 14th, 3:00-5:00pm and Thursday, September 28th, 3:00-5:00pm

Thursday Supper and BINGO Thursday, September 14th, 6:00-8:00pm

Game Night Tuesday, September 19th, 6:00-8:00pm

Movie & Popcorn Night Thursday, September 21st, 6:00-8:00pm

Appetizers and Chat Thursday, September 28th, 6:00-8:00pm

Our Clubhouse Speaker Series

Imagery Experience with Helen Keegan-Geroux, LPC

Tuesday, September 12th, 1:00-2:00pm

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 6-19 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 October 11th

Pre-Registration Required.

Please register by contacting:

Abby Ziegler, 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

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, September 12th, 5:00-7:00pm

For questions about our programming or to learn more about Our Clubhouse please contact Program Coordinator Christine Sumner at csumner@ourclubhouse.org or 724.221.6182

How to Help Our Clubhouse

Over the Edge—Pittsburgh Friday, September 8, 9:00am - 4:00pm

Our Glass is Half-Full: Wine Tasting Event in Pittsburgh

Friday, September 15, 6:30 - 9:00pm at the clubhouse.

Call Our Clubhouse for ticket prices.

SEPTEMBER 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

SEPTEMBER 2017

For more details or to register for an activity, visit www.ourclubhouse.org/events or call 724-221-6182

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Our Clubhouse Westmoreland Hours of Operation Tuesday*: 12:30pm-8:00pm Wednesday*: Clubhouse Closed Thursday*: 12:30pm-8:00pm *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.			1 10:00-10:50 Yoga	2 CLUBHOUSE CLOSED
3 10:00-10:50 Yoga	4 10:00-10:50 Yoga	5 2:00-3:30 Coffee and Chat 5:30-6:00 Dinner for Members 6:00-8:00 Kindness Rocks Craft	6 CLUBHOUSE CLOSED	7 1:00-2:00 Affirmation Hour 3:00-5:00 Zentangle and Tea 6:00-8:00 Card Making Craft	8 10:00-10:50 Yoga Over the Edge Event Pittsburgh	9 CLUBHOUSE CLOSED
10 10:00-10:50 Yoga	11 10:00-10:50 Yoga	12 1:00-2:00 Imagery Experience with Helen Keegan-Geroux, LPC 5:00-7:00 Volunteer Orientation 6:00-8:00 Crochet Club	13 CLUBHOUSE CLOSED	14 1:00-2:00 Sit, Stretch, & Meditate 3:00-5:00 Learn to Play Mah Jongg 6:00-8:00 Thursday Supper and BINGO	15 10:00-10:50 Yoga Our Glass is Half Full: Wine Tasting Event Pittsburgh	16 CLUBHOUSE CLOSED
17 10:00-10:50 Yoga	18 10:00-10:50 Yoga	19 1:00-1:50 Easy Cardio & Strength 2:30-5:00 Reiki 6:00-8:00 Game Night	20 CLUBHOUSE CLOSED	21 1:00-2:00 Sit, Stretch, & Meditate 1:00-2:30 The Leukemia & Lymphoma Society Support Group 6:00-8:00 Family Craft Night 6:00-8:00 Movie and Popcorn Night	22 10:00-10:50 Yoga	23 CLUBHOUSE CLOSED
24 10:00-10:50 Yoga	25 10:00-10:50 Yoga	26 2:00-3:30 Coffee and Chat 5:30-8:00 Living Life Post Treatment Group 6:00-8:00 Crochet Club	27 CLUBHOUSE CLOSED	28 1:00-2:00 Sit, Stretch, & Meditate 3:00-5:00 Learn to Play Mah Jongg 6:00-8:00 Appetizers and Chat	29 10:00-10:50 Yoga	30 CLUBHOUSE CLOSED