

Adult Support Groups

The Leukemia and Lymphoma Society Support Group Thursday, January 18th, 1:00-2:30pm

Bereavement Support Group Every Thursday from 2:30-4:00pm

Art and Expression Workshops

Photography Club Tuesday, January 2nd, 4:00-5:30pm

Card Making Craft Tuesday, January 2nd, 6:00-8:00pm

Open Craft Night Thursday, January 4th, 5:00-7:00pm

Art Therapy Tuesday, January 9th, 4:00-5:30pm

Crochet Tuesday, January 9th, 6:00-8:00pm and Tuesday, January 23rd, 6:00-8:00pm

To Do List Craft Thursday, January 18th, 6:00-8:00pm

Gratitude Jars Craft Tuesday, January 30th, 6:00-8:00pm

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

Easy Cardio & Strength Tuesday, January 2nd, 1:00-1:50pm and Tuesday, January 16th, 1:00-1:50pm

Affirmation, Imagery, and Energy Hour Every Thursday 1:00-2:00pm

Reiki Tuesday, January 16th, 2:30-5:00pm. Please call the Clubhouse at 724.221.6182 to register.

Yoga Every Monday and Friday, 10:00-10:50am *Please note that there will be no class on Monday, January 1, 2018

Social Activities

Thursday Supper and BINGO Thursday, January 11th, 6:00-8:00pm

Minute to Win It Game Night Tuesday, January 16th, 6:00-8:00pm

Book Club The Untethered Soul Thursday, January 25th, 3:00-4:00pm

Appetizers and Chat Thursday, January 25th, 6:00-8:00pm

Children, Teen, & Family Programs

Kids Winter Fest with Abby Ziegler Tuesday, January 23rd, 4:30-6:00pm

Our Clubhouse Speaker Series

Health & Energy Lecture with Dr. Cullyn Consales Tuesday, January 23rd, 1:00-2:30pm

Medical Marijuana Program Information Session Tuesday, January 30th, 6:00-7:00pm. Cresco Yeltrah LLC will host an educational discussion on the Medical Cannabis Program in PA, what illnesses the state has approved, how to obtain a card, and what forms of products are allowed.

Spotlight Workshops

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. Coming in the spring of 2018

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, January 9th, 4:00-6:00pm

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

JANUARY 2018

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

JANUARY 2018

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	
<p>Please check online calendar for most recent updates.</p>	<p>1</p> <p>NO YOGA</p>	<p>2</p> <p>1:00-1:50 Easy Cardio & Strength 4:00-5:30 Photography Club 6:00-8:00 Card Making Craft</p>	<p>3</p> <p>CLUBHOUSE CLOSED</p>	<p>4</p> <p>1:00-2:00 Affirmation, Imagery, and Energy Hour 2:30-4:00 Bereavement Support Group 5:00-7:00 Open Craft Night</p>	<p>5</p> <p>10:00-10:50 Yoga</p>	<p>6</p> <p>CLUBHOUSE CLOSED</p>	
	<p>7</p> <p>10:00-10:50 Yoga</p>	<p>8</p> <p>4:00-5:30 Art Therapy 4:00-6:00 Volunteer Orientation 6:00-8:00 Crochet</p>	<p>9</p> <p>4:00-5:30 Art Therapy 4:00-6:00 Volunteer Orientation 6:00-8:00 Crochet</p>	<p>10</p> <p>CLUBHOUSE CLOSED</p>	<p>11</p> <p>1:00-2:00 Affirmation, Imagery, and Energy Hour 2:30-4:00 Bereavement Support Group 6:00-8:00 Thursday Supper and BINGO</p>	<p>12</p> <p>10:00-10:50 Yoga</p>	<p>13</p> <p>CLUBHOUSE CLOSED</p>
	<p>14</p> <p>10:00-10:50 Yoga</p>	<p>15</p> <p>10:00-10:50 Yoga</p>	<p>16</p> <p>1:00-1:50 Easy Cardio & Strength 2:30-5:00 Reiki 6:00-8:00 Minute to Win It Game Night</p>	<p>17</p> <p>CLUBHOUSE CLOSED</p>	<p>18</p> <p>1:00-2:00 Affirmation, Imagery, and Energy Hour 1:00-2:30 The Leukemia & Lymphoma Society Support Group 2:30-4:00 Bereavement Support Group 6:00-8:00 To Do List Craft</p>	<p>19</p> <p>10:00-10:50 Yoga</p>	<p>20</p> <p>CLUBHOUSE CLOSED</p>
	<p>21</p> <p>10:00-10:50 Yoga</p>	<p>22</p> <p>10:00-10:50 Yoga</p>	<p>23</p> <p>1:00-2:30 Health & Energy Lecture with Dr. Cullyn Consales 4:30-6:00 Kids Winter Fest with Abby Ziegler 6:00-8:00 Crochet</p>	<p>24</p> <p>CLUBHOUSE CLOSED</p>	<p>25</p> <p>1:00-2:00 Affirmation, Imagery, and Energy Hour 2:30-4:00 Bereavement Support Group 3:00-4:00 Book Club: The Untethered Soul (Chapters 1-4) 6:00-8:00 Appetizers and Chat</p>	<p>26</p> <p>10:00-10:50 Yoga</p>	<p>27</p> <p>CLUBHOUSE CLOSED</p>
	<p>28</p> <p>10:00-10:50 Yoga</p>	<p>29</p> <p>10:00-10:50 Yoga</p>	<p>30</p> <p>6:00-7:00 Medical Marijuana Program Information Session 6:00-8:00 Gratitude Jars Craft</p>	<p>31</p> <p>CLUBHOUSE CLOSED</p>	<p>Our Clubhouse Westmoreland Hours of Operation</p> <p>Tuesday*: 12:30pm-8:00pm Thursday*: 12:30pm-8:00pm</p> <p>*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.</p>		