

Adult Support Groups

Coffee and Chat Tuesday, August 1st, 2:00-3:30pm and Tuesday, August 22nd, 2:00-3:30pm
The Leukemia and Lymphoma Society Support Group Tuesday, August 17th, 1:00-2:30pm

Art and Expression Workshops

Card Making Craft Tuesday, August 1st, 6:00-8:00pm
Crochet Club & Surprise Thursday, August 10th, 4:00-7:00pm
Hand-Painted Sunflower Welcome Sign Craft Tuesday, August 15th, 6:00-8:00pm
Zentangle and Tea Tuesday, August 29th, 3:00-5:00pm

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

Easy Cardio & Strength *Please note that there will be no Easy Cardio & Strength classes in August. This class will resume in the fall.
Reiki Tuesday, August 22nd, 2:30-5:00pm. Please call the Clubhouse at 724.221.6182 to register.
Sit, Stretch, and Meditate Every Thursday, 1:00-2:00pm
*Please note that there will be no class on Thursday, August 3rd.
Yoga Every Monday and Friday, 10:00-10:50am *Please note that there will be no class on Friday, August 11th

Social Activities

Dinner for Members Tuesday, August 15th, 5:30-6:00pm
Learn to Play Mah Jongg Thursday, August 17th, 3:00-5:00pm and Thursday, August 31st, 3:00-5:00pm
Thursday Supper and BINGO Thursday, August 17th, 6:00-8:00pm
Game Night Tuesday, August 22nd, 6:00-8:00pm
Movie & Popcorn Night Tuesday, August 29th, 6:00-8:00pm
Appetizers and Chat Thursday, August 31st, 6:00-8:00pm

Our Clubhouse Speaker Series

A Creative Guided Journey with Maureen Ceidro Thursday, August 24th, 6:00-8:00pm

Spotlight Workshops

CLIMB (Children's Lives Include Moments of Bravery): Location to be determined.

CLIMB is a free six week program for children between the ages of 6-18 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 Fall 2017
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, August 15th, 3:00-5:00pm

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

AUGUST 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

AUGUST 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
		1 2:00-3:30 Coffee and Chat 6:00-8:00 Card Making Craft	2 CLUBHOUSE CLOSED	3 CLUBHOUSE CLOSED	4 10:00-10:50 Yoga	5 CLUBHOUSE CLOSED
6 10:00-10:50 Yoga	7	8 CLUBHOUSE CLOSED	9	10 1:00-2:00 Sit, Stretch, & Meditate 4:00-7:00 Crochet & Surprise— dinner provided	11 NO YOGA CLASS TODAY	12 CLUBHOUSE CLOSED
13 10:00-10:50 Yoga	14	15 3:00-5:00 Volunteer Orientation 5:30-6:00 Dinner for Members 6:00-8:00 Hand-Painted Sunflower Welcome Sign Craft	16 CLUBHOUSE CLOSED	17 1:00-2:00 Sit, Stretch, & Meditate 1:00-2:30 The Leukemia & Lymphoma Society Support Group 3:00-5:00 Learn to Play Mah Jongg 6:00-8:00 Thursday Supper and BINGO	18 10:00-10:50 Yoga	19 CLUBHOUSE CLOSED
20 10:00-10:50 Yoga	21	22 2:00-3:30 Coffee and Chat 2:30-5:00 Reiki 6:00-8:00 Game Night	23 CLUBHOUSE CLOSED	24 1:00-2:00 Sit, Stretch, & Meditate 6:00-8:00 A Creative Guided Journey with Maureen Ceidro	25 10:00-10:50 Yoga	26 CLUBHOUSE CLOSED
27 10:00-10:50 Yoga	28	29 3:00-5:00 Zentangle and Tea 6:00-8:00 Movie & Popcorn Night	30 CLUBHOUSE CLOSED	31 1:00-2:00 Sit, Stretch, & Meditate 3:00-5:00 Learn to Play Mah Jongg 6:00-8:00 Appetizers and Chat	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.	