

July 2011—The Warminster clubhouse will be closed for Programming on Mondays from 1-5:00pm. Programs will be held at St. Mary & Abington Hospital.

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>Walking/Running Group is taking a break and will be coming back to the Clubhouse in August!</p>				1	2
<p>4 Warminster Clubhouse Closed SM Closed for the Holiday AH Closed for the Holiday</p>	<p>5 Warminster Clubhouse Closed</p>	<p>6 Warminster Clubhouse Closed DH 10-11am Become a Member 11-12pm Family & Friends Support Group 12-1:30pm Knitting with Helen</p>	<p>7 10:30-11:30am Guided Meditation w/ Kathy Stock 12:30-1:15pm Pilates w Jackie Au 1:30-3:30pm Wellness Alumni Group 5:00-6:00pm The First Step: Become a Member 6:30-8:00pm Brain Cancer Networking DH 10-11am Become a Member 12-1pm Laughter Group 12-2pm Beaded Jewelry Workshop</p>	8	9
<p>11 10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group SM 4-5pm Become a Member 5-7pm Potluck Dinner 7-8pm Man to Man Prostate Cancer Support Group 7-8pm My Spouse has Cancer Support Group AH 10am-11am Yoga with Anna-Sara Fire 11:30am-12:30pm Become a Member 12:30pm-1:30pm Volunteer Training</p>	<p>12 9:30am Circle of Friends: Talk over Coffee and Bagels 1:30-2:30pm Connect Workshop: Fear of Recurrence and Late Effects: Living with Uncertainty 1:30-3:30pm Living with Cancer Support Group 6:30-8:00pm Ovarian Cancer Networking</p>	<p>13 1:00-2:00pm Tai-Chi 5:00-6:00pm The First Step: Become a Member 6:30-7:30pm Yoga 6:30-8:00pm Life After the Death of a Parent Networking Group 6:30-8:00pm Blood Cancer Networking DH 10-11am Become a Member 10-12pm "Imaging" Workshop 12-2pm Manifesting Wellness</p>	<p>14 5:00-6:00pm Become a Member 6:30-8:00pm Family & Friends Networking: Dinner & Discussion 6:30-8:00pm Wellness Group 6:30-8:00pm Young Survival Coalition: Call Stacey Sole at 267-614-2765 for info DH 10-11am Become a Member 12-2pm "Getting Crafty" Workshop</p>	15	16
<p>18 10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group SM 1-2pm Become a member 2-3pm Journaling 3:30-4:30pm Living with Cancer Support Group AH 10am-11am Yoga with Anna-Sara Fire 11:30am-12:30pm Become a Member 12:30pm-1:30pm Living with Cancer Support Group</p>	<p>19 9:30am Circle of Friends: Talk over Coffee and Bagels 11:00-1:00pm Jay's Afternoon Movie: The Dilemma (featuring Vince Vaughn) 2:00-4:00pm Living with Cancer Support Group 6:30-8:00pm Life After the Death of a Spouse Networking Group</p>	<p>20 1:00-2:00pm Tai-Chi 2:00-3:00pm Flower Craft w/ Lena (Bring a small clay pot!) 5:00-6:00pm Become a Member 6:00-7:30pm Women Sharing Wisdom 6:30-7:30pm Yoga 6:30-8:00pm A Mother's Journey DH 10-11am Become a Member 10:30-11:30am Chat w/ the Chaplain: The Spiritual Side of Cancer 10:30-11:30am Yoga 12-2pm Reiki</p>	<p>21 12:30-1:15pm Pilates w/ Jackie Au 1:30-3:30pm Wellness Alumni Group 5:00-6:00pm The First Step: Become a Member 3:15-4:15 Belly Dance for Beginners with Lisa Raezer 6:00-8:00pm Reiki Share 6:30-8:00pm Hylunia/Hymed skin care DH 10-11 Become a Member 11-12pm Book Club: "Broken For You" by Stephanie Kallos 12-1pm Beaded Jewelry Workshop</p>	22	<p>23 Men's Breakfast  8:00-10:00am Our speaker is Dwight Dulsky from the Bucks-Mont Astronomical Association New Member Meeting 10:00-11:00am Afternoon Luncheon and Cooking Demonstration Sponsored by SODEXO 11:30-1:00pm</p>
<p>25 10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group SM 1-2pm Lung Cancer Support Group 2-3pm Yoga 3:30-4:30pm Ask the Nurse: Managing Chemo and Radiation AH 10-11am Yoga with Anna-Sara Fire 11:30-12:30pm Become a Member 12:30-1:30pm Guided Meditation with Nicole</p>	<p>26 9:30am Circle of Friends: Talk over Coffee and Bagels 1:30-2:30pm Connect Workshop: Coping with the Stress of Caregiving When Your Loved One Has Multiple Myeloma 2:00-4:00pm Living with Cancer Support Group 6:00-8:00pm Reiki Share</p>	<p>27 1:00-2:00pm Tai-Chi 2:00-3:00pm Members' & Volunteers' Coffee Klatch 5:00-6:00pm The First Step: Become a Member 6:30-7:30pm Yoga 6:30-8:00pm Breast Cancer Networking DH 10-11am Become a Member 12-1:30pm "Green Smoothies": A tasty presentation by Christine Ballantine, Certified Holistic Health Coach</p>	<p>28 5:00-6:00pm Become a Member 5:00-8:00pm Special Movie & Discussion for the Caregiver in All of Us entitled: Caring for Dying: The Art of Being Present 6:00-7:30pm Volunteer Training 6:30-8:00pm Power of Possibilities DH 10-11am Become a Member 11-12:30pm "Drawing in Color" 1-2pm Living with Cancer Support Group</p>	29	<p>30 31 Sunday, July 31st Quilting 11:00-3:00pm</p>

Monthly Networking Groups

Networking Groups are a way to network with others that are going through a similar experience. Family members and friends are welcome.

Weekly Wellness Groups

Wellness Groups are ongoing support for people currently in treatment and living with cancer.

Wellness Alumni Group

This is a specialized wellness group that was created for members who have been attending wellness groups over a long period of time. We recommend this group for members who are seeking a more spiritual discussion.

Living with Cancer Support Group

This group provides ongoing opportunities for people currently living with cancer and people who are post-treatment to share expertise and their insight on the cancer experience.

Connect Workshops: Provided by CancerCare

Dates & Times Vary Each Month

Connect workshops are a way for people to learn about the latest cancer-related issues by using a telephone or computer. Join us as we listen in together to oncology experts and top doctors in the field.

Circle of Friends: Talk over Coffee and Bagels

Every Tuesday Morning, 9:30am

"Circle of Friends" is perfect for people that like discussion and relaxation. Enjoy this social time with friends. We provide the coffee and bagels!

A Mother's Journey of Life, Love and Loss

Wednesday, July 20th, 6:30-8:00pm

This inspirational message, "Do not let what you cannot do interfere with what you can do" is the lever in how Peg and her daughter Jodi endured an ultra marathon -- a race to beat cancer and save Jodi's life. Peg has integrated this life experience and recognizes the potential catalyst for creating REAL Impact by helping other people.

Hylunia/Hymed skin care with Licensed Skin Care Specialist Rebecca Abel

Thursday, July 21st, 6:30-8:00pm

This natural line of products will minimize inflammation and dryness, improving your skins texture and tone. Relax and pamper yourself while learning safe skin care tips. Hylunia/Hymed product line is paraben free and includes products made especially for those who are experiencing the side effects of chemotherapy and radiation.

Men's Breakfast

Saturday, July 23rd, 8:00-10:00am

Join us for our monthly men's breakfast! This month we have Dwight Dulsky from the Bucks-Mont Astrological Association as our speaker. This local organization provides opportunities for people to learn about astronomy and see it in real life through star gazing and outdoor activities.

Special Movie & Discussion for the Caregiver in All of Us entitled: Caring for Dying: The Art of Being Present

Tuesday, July 28th, 5:00-8:00pm

This film is part of a series to help increase awareness and discussions about death among people with cancer and their families. We hope to have a discussion after the movie about your thoughts and impressions.

Key

 - Recommended but not Limited to Veterans

SM - Programs at St. Mary Medical Center

DH - Programs at Doylestown Hospital

AH - Programs at Abington Memorial Hospital-We Have Free Parking Vouchers