

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

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>1 10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group SM 10-11 Healing Ourselves from Within 11-12 Become a Member 1-2 Ask the Nurse: Managing Chemo and Radiation 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>2 9:30am Circle of Friends: Talk over Coffee and Bagels 10:30-12:00pm Holistic Health: Green Smoothies 2:00-4:00pm Living with Cancer Support Group 6:30-8:00pm Life After the Death of a Spouse Networking Group</p>	<p>3 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 Young Survival Coalition: Call Stacey Sole at 267-614-2765 for info DH 10-11am-Become a Member 11-12pm-Family and Friends Support Group 12-2pm Reiki 12-1:30pm Knitting w/ Helen</p>	<p>4 12:30-1:15 Pilates w/ Jackie Au 5:00-6:00pm The First Step: Become a Member 6:00-8:00pm Reiki 6:30-8:00pm Brain Cancer Networking DH 10-11am Become a Member 11:30-12:30pm Ask the Financial Advisor</p>	<p>5</p>	<p>6 <b>Friday, August 19th</b> <b>Trip to The Talking Teacup</b> 11:15am Gilda's Club members will be meeting at the clubhouse to carpool together to "The Talking Teacup" in Chalfont. <b>Please give 48 hours advance notice if you would like to join!</b></p>
<p>8 10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group SM 4-5 Become a Member 5-6 Potluck Dinner 6-7 Prostate Cancer Networking 6-7 My Spouse has Cancer Networking AH 10am-11am Yoga with Anna-Sara Fire 11:30am-12:30pm Become a Member 12:30-1:30pm Volunteer Training</p>	<p>9 9:30am Circle of Friends: Talk over Coffee and Bagels 2:00-4:00pm Living with Cancer Support Group 6:30-8:00pm Ovarian Cancer Networking</p>	<p>10 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 12-2pm Manifesting Wellness</p>	<p>11 5:00-6:00pm The First Step: Become a Member 6:30-8:00pm Family &amp; Friends Networking: Dinner &amp; Discussion 6:30-8:00pm Wellness Group 6:30-8:00pm CyberKnife: What is it and is it right for you or your loved one? DH 10-11am Become a Member 11-1pm Mosaics Workshop (Part 1)</p>	<p>12</p>	<p>13 <b>The Marshall Saturday Morning</b> <b>Men's Breakfast</b>  8:00-10:00am Our speaker is Dr. Eugene Richards of the Tuskegee Airmen <b>New Member Meeting</b> 10:00-11:00am  Sponsored by the Tom McDermitt Fund</p>
<p>15 10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group SM 10-11 Become a Member 12:30-1 Yoga 1-2 Journaling 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>16 9:30am Circle of Friends: Talk over Coffee and Bagels 2:00-4:00pm Living with Cancer Support Group 6:00-8:00pm Reiki 6:00-8:00pm Outdoor BBQ!</p>	<p>17 1:00-2:00pm Tai-Chi 5:00-6:00pm The First Step: Become a Member 6:00-7:30pm Women Sharing Wisdom 6:30-7:30pm Yoga 6:30-8:00pm Flowers and Trees and Peace of Mind DH 10-11am Become a Member 10:30-12pm Yoga 12-2pm Reiki</p>	<p>18 12:30-1:15 Pilates w/ Jackie Au 3:15-4:15 Belly Dance for Beginners w/ Lisa Raezer  Please Join us this evening at  <b>Anthropologie</b> DH 10-11 Become a Member 12-2pm Beaded Jewelry Workshop</p>	<p>19</p>	<p>20 <b>Thursday, August 18th</b> <b>Anthropologie Event</b> 6:30-10:00pm (Please Arrive by 7:30) 18th &amp; Walnut Street, Philadelphia, PA Enjoy appetizers, wine and a fashion show featuring our members! Partial proceeds from any purchases benefit Gilda's Club!</p>
<p>22 10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group SM 10-11 Become a Member 11-12 Lung Cancer Networking 12:30-1 Getting Crafty:Decoupage AH 10am-11am Yoga with Anna-Sara Fire 11:30am-12:30pm Become a Member 12:30-1:30pm Guided Meditation w/ Nicole</p>	<p>23 9:30am Circle of Friends: Talk over Coffee and Bagels 11:00-1:00pm Jay's Afternoon Movie: The Young Victoria 1:30-2:30pm Connect Workshop: Update on Lymphoma 2:00-4:00pm Living with Cancer Support Group 6:30-8:00 Workshop: Nature's Wellness Wonders</p>	<p>24 1:00-2:00pm Tai-Chi 5:00-6:00pm Become a Member 6:00pm Look Good...Feel Better 6:30-7:30pm Yoga 6:30-8:00pm The Patients' Project Focus Group: How to become empowered through education and successfully advocate for yourself DH 10-11am Become a Member 12-1:30pm Medicare &amp; Healthcare Options Q&amp;A</p>	<p>25 1:30-2:30pm Connect Workshop: Current Trends in Oral and Head and Neck Cancers 5:00-6:00pm The First Step: Become a Member 6:00-7:30pm Volunteer Training DH 10-11am Become a Member 11-1pm Mosaics Workshop (Part 2) 1-2pm Living with Cancer Support Group</p>	<p>26</p>	<p>27 <b>Sunday, August 28th</b> <b>Quilting</b> 11:00am-3:00pm</p>
<p>29 10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group SM 4-5 Become a Member 5:30-6 Guided Imagery 6-7:30 Breast Cancer Networking 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>30 9:30am Circle of Friends: Talk over Coffee and Bagels 10:30am-12:00pm Holistic Health: Sugar- What is safe? How does it affect us? 2:00-4:00pm Living with Cancer Support Group</p>	<p>31 1:00-2:00pm Tai-Chi 2:00-3:00pm Members' &amp; 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 12-1pm Nutrition &amp; Sugar (Same Lecture provided at Clubhouse one day prior)</p>			<p><b>Walking/Running Dates</b>  Saturdays, August 13th, 20th, &amp; 27th, 8am  Wednesdays, August 3rd, 17th, and 31st 5:30pm</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.

**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.

**Holistic Health Presentations: Green Smoothies (August 2nd) & Sugar (August 30th)**

10:30am-12:00pm

Join Certified Holistic Health Coach, Christine Ballantine, for these two interesting presentations. On August 2nd, we will talk about the benefit of adding green smoothies to your diet. On August 30th, we'll ask: Do you have the Sugar Blues? Is sugar harmful? Christine will begin presenting the last Tuesday of every month at 10:30am with a different topic!

**CyberKnife: What is it and is it right for you or your loved one?**

August 11th, 6:30-8:00pm

Join Jefferson Radiation Oncologists Shari Rudoler, M.D., Medical Director of CyberKnife and Clinical Associate Professor, and Eric Gressen, M.D., Clinical Associate Professor to discuss this amazing treatment and whether it could benefit you or your loved one. Barbara Fischer, RN, CyberKnife Program Coordinator will also be present to answer questions!

**Flowers and Trees and Peace of Mind with Tracie Nichols, M.A.**

August 17th, 6:30-8:00pm

Have you ever been told to "be in nature"? Or have you noticed how much calmer you feel after spending time on a beach or in the mountains? Come explore a few of Tracie's favorite ways of taking nature with us every day. She'll share some quick, easy ways of using aromatherapy in our daily lives and we'll also do one or two mindfulness exercises for connecting with nature even at times when we can't be in nature.

**Workshop: Nature's Wellness Wonders**

August 23rd, 6:30-8:00pm


After an opening meditation, Karen Janoschka will guide us on how to look at our bodies (physically and emotionally), look at how the elements affect us (sun, water, wind, earth) and the ways we supplement feelings (memories, music, movement).

**The Patients' Project: How to become empowered through education and successfully advocate for yourself as a patient**

August 24th, 6:30-8:00pm

This is a focus group for a new nonprofit, The Patients' Project. Your participation will be invaluable in terms of the creation of informational seminars. These seminars, for all levels of patients, will discuss how to navigate the health care system and find authentic resources for information. We want to hear what you want to learn to help you become an informed patient.

**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