

December 2011 - Check out our one-time programs highlighted in red! Descriptions for most programs can be found on the calendar insert.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 If We Bake it, They Will Come All Day Cookie Baking! Drop in between 1:00-7:00pm! <i>Doylestown Hospital</i> Breast Cancer Networking Group ~ 10:00-11:00am Zumba! ~ 11:00-12:00pm Journal For Well-Being 12:30-2:00pm	2	3
5 10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group <i>St. Mary Medical Center</i> Become a Member 10:00-11:00am Healing Ourselves From Within 11:00-12:00pm Ask the Nurse: Managing Chemo & Radiation~1:00-2:00 <i>Abington Hospital</i> Chair Yoga ~ 10:00-11:00am Frankly Speaking about Ad- vanced Breast Cancer with Betty Cummings ~ 11:30-12:30pm Gynecological Cancer Support Group ~ 12:30-1:30pm	6 Living with Cancer Support Group 2:00-4:00pm Reiki 6:00-8:00pm Brain Cancer Networking 6:30-8:00pm Workshop: Abundant Self Care for the Holidays 6:30-8:00pm	7 Tai-Chi ~ 1:00-2:00pm Circle of Friends ~ 2:00-3:00pm Become a Member ~ 5 - 6pm Yoga ~ 6:30-7:30pm Young Survival Coalition 6:30-8:00pm Living with Loss w/ Grief Coun- selor Barbara Carr 6:30-8:00pm <i>Doylestown Hospital</i> "The Benefits of Yoga for Cancer Patients" led by Michelle Stortz 10:00-11:30am Chair Yoga 11:30-12:30	8 Guided Meditation w/ Kathy Stock ~ 10:30-11:30am Become a Member 5:00-6:00pm Volunteer Training 6:00-7:30pm Family & Friends Networking Group 6:30-8:00pm <i>Doylestown Hospital</i> Beaded Jewelry Workshop 10:00-12:00pm "Finding Your Inner Strength" with Loretta DeGenova 12:00-2:00pm	9	10 Noogie Holiday Party! 10:00-12:00pm
12 10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group <i>St. Mary Medical Center</i> Become a Member 4:00-5:00pm My Spouse has Cancer Support Group ~ 6:30-7:30pm Man to Man Prostate Cancer Support Group ~ 7:00-8:00pm <i>Abington Hospital</i> Chair Yoga ~ 10:00-11:00am Become a Member 11:30-12:30pm Lecture: Eat to Live...Well with Margaret Moses 12:30-1:30pm	13 Holistic Health: Are All Fats Created Equal? 10:30am-12:00pm Living with Cancer Support Group 2:00-4:00pm Ovarian Cancer Networking 6:30-8:00pm	14 Gilda's Club Holiday Party 5:30-7:30pm Bring an appetizer to share! <i>Doylestown Hospital</i> Become a Member 10:00-11:00am Chair Yoga ~ 11:30-12:30pm Nutrition Series: Are All Fats Created Equal? 12:45-1:45pm	15 Belly Dance for Beginners w/ Lisa Raezer ~ 3:15-4:15pm Become a Member 5:00-6:00pm Reiki ~ 6:00-8:00pm Family & Friends Networking Group 6:30-8:00pm Lecture: Eat to Live...Well - with Margaret Moses 6:30-8:00pm <i>Doylestown Hospital</i> Reiki 1 Certification (part 1): Learn Healing Skills for Yourself and Others ~ 10:00-12:00pm "Finding Your Inner Strength" with Loretta DeGenova 12:00-2:00pm	16	17 Sunday, December 18th Quilting 11:00am-3:00pm
19 10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group <i>St. Mary Medical Center</i> Become a Member 10:00-11:00am Getting Crafty: Make a Holiday Themed Craft! 11:00-12:00pm Yoga ~ 12:30-1:00pm Journaling ~ 1:00-2:00pm <i>Abington Hospital</i> Chair Yoga ~ 10:00-11:00am Become a Member~ 11:30- 12:30pm Gynecological Cancer Support Group ~ 12:30-1:30pm	20 Jay's Afternoon Movie: Saturday Night Live: The Best of Gilda Radner 11:00-1:00pm Knitting w/ Helen 1:00-2:30pm Living with Cancer Support Group ~ 2:00-4:00pm Blood Cancer Networking 6:30-8:00pm Breast Cancer Networking 6:30-8:00pm	21 Tai-Chi ~ 1:00-2:00pm Members' & Volunteers' Coffee Klatch/Circle of Friends 2:00-3:00pm Become a Member 5:00-6:00pm Women Sharing Wisdom 6:00-7:30pm Yoga ~ 6:30-7:30pm Living with Loss ~ 6:30-8:00pm <i>Doylestown Hospital</i> Become a Member 10:00-11:00am Chair Yoga ~ 11:30-12:30 Reiki ~ 12:30-2:00pm	22 Become a Member 5:00-6:00pm Family & Friends Networking Group 6:30-8:00pm <i>Doylestown Hospital</i> Reiki 1 Certification (part 2) 10:00-12:00pm	23 Club- house Closes at 12	24 Clubhouse Closed for the Holidays We will reopen our Big Red Door on January 3rd
26 Clubhouse Closed <i>St. Mary Medical Center</i> Breast Cancer Support Group 6:00-7:30pm <i>Abington Hospital</i> Closed for Holidays	27	28	29 <i>Doylestown Hospital</i> Special Holiday Event We will only be open for today's movie program "Warm Up with a Movie": Chocolat starring Johnny Depp 11:30-2:00pm	30	31