

May 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>2</p> <p>10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group</p> <p>.....</p> <p>SM</p> <p>1-2pm The Art of Feng Shui 2-3pm NEW Monthly Workshop: Using the Body's Energy Systems 3:30-4:30 New Member Meeting</p> <p>.....</p> <p>AH</p> <p>10-11am Yoga with Anna-Sara Fire 11-12pm New Member Meeting 12:30-1:30pm Wellness Group</p>	<p>3</p> <p>2:00-4:00pm Post-Treatment Group 2:00-4:00pm Wellness Group 6:00-8:00pm Reiki Share 6:30-8:00pm Life After the Death of a Spouse Networking Group</p>	<p>4</p> <p>1:00-2:00pm Tai Chi 1:00-3:00pm Computer Help 5:00-6:00pm New Member Meeting 6:30-8:00pm Young Survival Coalition: Call Stacey Stole at 267-614-2765 for info 6:30-8:00pm Letting Go of Control with Marianne</p> <p>.....</p> <p>DH</p> <p>10-11am New Member Meeting 11-12pm Family and Friends Support Group 12-1:30pm Knitting</p>	<p>5</p> <p>10:30-11:30am Guided Meditation w/ Kathy Stock 12:00-1:00pm Pilates with Jackie Au 1:30-3:30pm Wellness Alumni Group 4:30-5:30pm New Member Meeting 6:30-8:00pm Brain Cancer Networking</p> <p>.....</p> <p>DH</p> <p>10-11am New Member Meeting 12-1pm Laughter Group 12-2pm Beading Jewelry</p>	<p>6</p> <p>7</p> <p>Walking/Running Saturday, May 7th 8am</p> <hr/> <p>May 1st, Sunday Knitting and Needlecrafts We are making the block of the month! 11:00am-3:00pm</p>
<p>9</p> <p>10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group</p> <p>.....</p> <p>SM</p> <p>4-5pm New Member Meeting 5-7pm Potluck Social! Bring a favorite dish to share... 7-8pm Family and Friends Support Group 7-8pm Man to Man Prostate Cancer Support and Education Group</p> <p>.....</p> <p>AH</p> <p>10-11am Yoga with Anna-Sara Fire 11-12pm New Member Meeting 12:30pm-2:00pm Volunteer Training</p>	<p>10</p> <p>12:00-1:30pm For Men Only: Men's Group with Charlie Wolfe  1:30-2:30pm Connect Workshop: Living With, Through and Beyond Cancer Part II: Weight Changes After Cancer Treatment: Why is it Happening and What Can I Do About It 2:00-4:00pm Post-Treatment Group 2:00-4:00pm Wellness Group 6:30-8:00pm Ovarian Cancer Networking 6:30-8:00pm Young Survival Coalition: Call Stacey Stole at 267-614-2765 for info</p>	<p>11</p> <p>1:00-2:00pm Tai Chi 1:00-3:00pm Computer Help 1:30-2:30pm Connect Workshop: Update on Follicular Lymphoma 5:00-6:00pm New Member Meeting 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</p> <p>.....</p> <p>DH</p> <p>10-11am New Member Meeting 12-2pm "Manifesting Wellness" Monthly Workshop</p>	<p>12</p> <p>1:30-2:30pm Connect Workshop: Understanding the Importance of Clinical Trials 4:30-5:30pm New Member Meeting 6:30-8:00pm Wellness Group 6:30-8:00pm Family & Friends Networking: Dinner and Discussion</p> <p>.....</p> <p>DH</p> <p>10-11am New Member Meeting 12-2pm Getting Crafty: We'll be choosing a new project each month...</p>	<p>13</p> <p>14</p> <p>Walking/Running Saturday, May 14th 8am</p> <p>.....</p> <p>Afternoon Luncheon and Cooking Demonstration Sponsored by SODEXO 11:30-1:00pm</p>
<p>16</p> <p>10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group</p> <p>.....</p> <p>SM</p> <p>1-2pm New Member Meeting 2-3pm Journaling 3:30-4:30pm Wellness Group</p> <p>.....</p> <p>AH</p> <p>10-11am Yoga with Anna-Sara Fire 11-12pm Laughter Group 12-1pm "Souper Monday!" Join us for homemade soup and salad! 1-2pm New Member Meeting</p>	<p>17</p> <p>12:00-1:00pm ZUMBA with Becca 2:00-4:00pm Post-Treatment Group 2:00-4:00pm Wellness Group 5:30-7:00pm Lung Cancer Networking 6:30-8:00pm Ask the Financial Expert: Joel Fineman</p>	<p>18</p> <p>1:00-2:00pm Tai Chi 1:00-3:00pm Computer Help 1:30-2:30pm Connect Workshop: A Guide for Coping With Childhood Lymphoma Part II 5:00-6:00pm New Member Meeting 5:30pm Walking/Running Group 6:00-7:30pm Women Sharing Wisdom 6:30-7:30pm Yoga 6:30-8:00pm Prostate Cancer Dinner & Discussion, Catered by <u>Mediterranean Catering</u> in Wynnewood!</p> <p>.....</p> <p>DH</p> <p>10:00-11am New Member Meeting 10:30-12pm Yoga 1-2pm Wellness Group</p>	<p>19</p> <p>12:00-1:00pm Pilates with Jackie Au 1:30-3:30pm Wellness Alumni Group 4:30-5:30pm New Member Meeting 3:15-4:15pm Belly Dance for Beginners with Lisa Raezer 6:00-8:00pm Reiki Share</p> <p>.....</p> <p>DH</p> <p>10-11am New Member Meeting 11-12:30pm Portrait and Landscape Drawing 12-2pm Beading Jewelry</p>	<p>20</p> <p>21</p> <p>Men's Breakfast  8:00-10:00am Our speaker is Marie Winters, ND Topic: Natural Ways to Prevent Cancer New Member Meeting 10:00-11:00am</p> <hr/> <p>Sunday, May 22nd Knitting and Needlecrafts We are making the block of the month! 11:00am-3:00pm</p>
<p>23</p> <p>10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group</p> <p>.....</p> <p>SM</p> <p>1-2pm New Member Meeting 2-3pm Yoga 3:30-4:30pm Ask the Nurse: Managing Your Chemotherapy and Radiation</p> <p>.....</p> <p>AH</p> <p>10-11am Yoga with Anna-Sara Fire 11-12:30pm Ask Nurse Kelly Pressler: Managing Side Effects 1-2pm New Member Meeting</p>	<p>24</p> <p>11:00-1:00pm Afternoon Movie: Burlesque (Ft. Cher & Christina Aguilera) 2:00-4:00pm Post-Treatment Group 2:00-4:00pm Wellness Group 6:30-7:30pm Guided Meditation with Kathy Stock 6:30-8:00pm Lecture: "What's the nicest thing anyone ever said or did for you?" with local author Patricia C. Gallagher</p>	<p>25</p> <p>1:00-2:00pm Tai Chi 1:00-3:00pm Computer Help 2:00-3:00pm Members' & Volunteers' Coffee Klatch 5:00-6:00pm New Member Meeting 5:30pm Walking/Running Group 6:30-7:30pm Yoga 6:30-8:00pm Breast Cancer Networking 6:30-8:00pm Book Reading & Discussion with Norma E. Roth from Pink Ribbon Journey</p> <p>.....</p> <p>DH</p> <p>10-11am New Member Meeting 12-2pm Art for the Soul</p>	<p>26</p> <p>4:30-5:30pm New Member Meeting 6:00-7:30pm Volunteer Training 6:30-8:00pm Power of Possibilities 6:30-8:00pm Laughter Group</p> <p>.....</p> <p>DH</p> <p>10-11am New Member Meeting 11-12:30pm Portrait and Landscape Drawing 1:00-2:00pm Lunch and Learn: Ask the Nurse about managing chemo and radiation</p>	<p>27</p> <p>28</p>
<p>30</p> <p>Warminster Clubhouse, Abington Memorial Hospital and St. Mary Satellite closed for Memorial Day</p>	<p>31</p> <p>1:00-2:30pm Knitting with Helen 2:00-4:00pm Post-Treatment Group 2:00-4:00pm Wellness Group 5:00-7:00pm Movie Screening: The GLOW Project</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.

Post-Treatment Group

This group provides ongoing opportunities for people with cancer 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.

Zumba & Pilates

Thanks to the generous donation of time and energy from people in our community, we have added a Pilates class as well as a Zumba class to our monthly calendar. Jackie Au, a dual certified Pilates instructor, will be leading her class every first and third Thursday (May 5 & 19) from 12-1pm. Zumba is the third Tuesday (May 17) from 12-1 and will be instructed by Rebecca (Becca) Zemach-Lawler.

Ask the Financial Expert: Joel Fineman

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

Questions about your finances? Joel is here to help you!

Prostate Cancer Dinner & Discussion

(Catered by Mediterranean Catering in Wynnewood)

Wednesday, 18th, 6:30-8:00pm

Join us for this special event where men and their loved ones have the opportunity to network, enjoy dinner and have a question and answer session with an expert in the field.

Book Reading & Discussion with Norma E. Roth from

"Pink Ribbon Journey"

Wednesday, 25th, 6:30-8:00pm

Norma E. Roth, a breast cancer survivor, began interviewing breast cancer survivors and well known physicians in 2006 to create a unique and special collection of sentimental stories celebrating women with breast cancer. Don't miss this special event.

Movie Screening: The GLOW Project

Tuesday, 31st, 5:00-7:00pm


The GLOW Project is a powerful movie that has been created to inspire, motivate and empower women. It provides support, encouragement, ideas and insights to help women overcome what appear to be seemingly insurmountable challenges and obstacles. GLOW is about walking in your truth, spreading your wings and soaring into your full potential. GLOW is about being your best self.

Letting Go of Control with Marianne Wolfe

Wednesday, 4th, 6:30-8:00pm

The 12 steps to recovery for alcoholics anonymous can also be applied to all stressors in your life including cancer. Come join us for an open discussion on ways of letting go and letting a higher power help you find a sense of emotional well being!

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