


October 2011- Check out our programs highlighted in red! Descriptions can be found on the calendar insert. For satellites, check their separate calendars.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3</p> <p>10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group</p> <p>..... St. Mary Medical Center</p> <p>Become a Member 10:00-11:00am Healing Our Body From Within 11:00-12:00pm Ask The Nurse: Managing Chemo & Radiation1:00-2:00pm..... Abington Hospital</p> <p>Chair Yoga~10:00-11:00am Become a Member 11:30-12:30pm Gynecological Cancer Support Group ~ 12:30-1:30pm</p>	<p>4</p> <p>Living with Cancer Support Group 2:00-4:00pm</p> <p>Reiki 6:00-8:00pm</p> <p>Living with Loss Networking Group 6:30-8:00pm</p>	<p>5</p> <p>Tai-Chi ~ 1:00-2:00pm Circle of Friends ~ 2:00-3:00pm Become a Member 5:00-6:00pm Yoga ~ 6:30-7:30pm Young Survival Coalition 6:30-8:00pm</p> <p>..... Doylestown Hospital</p> <p>Yoga 10:00-11:00am Family & Friends Support Group 11:00-12:00pm Knitting with Helen 12:00-1:30pm</p>	<p>6</p> <p>Guided Meditation w/ Kathy Stock ~ 10:30-11:30am Pilates w/ Jackie Au 12:30-1:15pm Become a Member 5:00-6:00pm Brain Cancer Networking 6:30-8:00pm</p> <p>Lecture Series: The Benefits of Hypnotherapy, Acupuncture and Detoxification ~ 6:30-8:00 Doylestown Hospital</p> <p>Become a Member 10:00-11:00am Laughter Is The Best Medicine ~ 11:00-12:00pm Beaded Jewelry Workshop 12:00-2:00pm</p>	<p>7</p>	<p>1</p> <p>Saturday, October 1st</p> <p>8</p> <p>Saturday, October 8th</p>
<p>10</p> <p>10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group</p> <p>..... St. Mary Medical Center</p> <p>Become a Member 4:00-5:00pm Potluck Dinner ~ 5:30-6:30pm My Spouse Has Cancer Support Group ~ 6:30-7:30pm Man to Man: Prostate Cancer Support Group ~ 7:00-8:00pm Abington Hospital</p> <p>Chair Yoga~10:00-11:00am Become a Member 11:30-12:30pm Sugar: What is Safe and How it Affects Us~12:30-1:30pm</p>	<p>11</p> <p>Living with Cancer Support Group 2:00-4:00pm</p> <p>Ovarian Cancer Networking 6:30-8:00pm</p> <p>Movie Screening & Discussion: Facing Death While Living Life 6:30-8:00pm</p>	<p>12</p> <p>Tai-Chi ~ 1:00-2:00pm Circle of Friends ~ 2:00-3:00pm Connect Workshop: Update on Peripheral T-Cell Lymphoma 1:30-2:30pm</p> <p>Become a Member 5:00-6:00pm Yoga ~ 6:30-7:30pm Blood Cancer Networking 6:30-8:00pm</p> <p>Workshop: Single Women Across the Life Span with Cancer 6:30-8:00pm Doylestown Hospital</p> <p>Become a Member 10:00-11:00pm Family & Friends Support Group 11:00-12:00pm "I Can Cope" ~ 12:00-2:00pm</p>	<p>13</p> <p>Become a Member 5:00-6:00pm Family & Friends Networking: Dinner & Discussion 6:30-8:00pm Living with Cancer Support Group ~ 6:30-8:00pm Lecture Series: Strengthening the Immune System with a Holistic Approach ~ 6:30-8:00pm Doylestown Hospital</p> <p>Become a Member 10:00-11:00am Drawing Mandalas 10:00-12:00pm Finding Your Inner Strength 12:00-2:00pm</p>	<p>14</p>	<p>15</p> <p>The Marshall Saturday Morning Men's Breakfast 8:00-10:00am Our speaker is Dr. Eugene Richardson of the Tuskegee Airmen Sponsored by the  Tom McDermitt Fund Become a Member 10:00-11:00am</p> <p>Noogiefest: Our Annual Kids' Halloween Party 12:00-2:00pm Special Thanks to SODEXO!</p>
<p>17</p> <p>10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group</p> <p>..... St. Mary Medical Center</p> <p>Become a Member 10:00-11:00am Lung Cancer Networking Group 11:00-12:30pm</p> <p>Yoga 12:30-1:00pm</p> <p>..... Abington Hospital</p> <p>Chair Yoga~10:00-11:00am Become a Member 11:30-12:30pm Gynecological Cancer Support Group 12:30-1:30pm</p>	<p>18</p> <p>Jay's Afternoon Movie: Up 11:00-1:00pm</p> <p>Living with Cancer Support Group 2:00-4:00pm</p> <p>Craft Workshop: Pumpkin Centerpieces 6:30-8:00pm (Bring a new unopened roll of toilet paper!)</p>	<p>19</p> <p>Tai-Chi ~ 1:00-2:00pm Circle of Friends ~ 2:00-3:00pm</p> <p>No Programming this Evening</p> <p>..... Doylestown Hospital</p> <p>Yoga 10:00-11:00am "The Nature of Spirit; The Spirit of Nature" with Dr. Lauren Nappen 11:00-12:00pm</p>	<p>20</p> <p>Pilates w/ Jackie Au 12:30-1:15pm Belly Dance for Beginners w/ Lisa Raezer ~ 3:15-4:15pm Become a Member 5:00-6:00pm Reiki ~ 6:00-8:00pm Lecture Series: How to Cope when your Loved One is Ill 6:30-8:00pm Doylestown Hospital</p> <p>Become a Member 10:00-11:00am Chat with the Chaplain: The Spiritual Side of Transitions 11:00-12:00pm Finding Your Inner Strength 12:00-2:00pm Living w/ Cancer Support Group 1:00-2:00pm</p>	<p>21</p>	<p>22</p> <p>Sunday, October 23rd</p> <p>Quilting 11:00am-3:00pm</p>
<p>24</p> <p>10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group</p> <p>..... St. Mary Medical Center</p> <p>Become a Member 10:00-11:00am Get Crafty! Creations with Decoupage ~ 11:00-12:30pm Journaling ~ 1:00-2:00pm Breast Cancer Networking with Dr. Duome Talking about Cognitive Side Effects ~ 6:00-7:30pm Abington Hospital</p> <p>Chair Yoga~10:00-11:00am Become a Member 11:30-12:30pm Guided Meditation 12:30-1:30pm</p>	<p>25</p> <p>Holistic Health: Sea Vegetables 10:30am-12:00pm</p> <p>Knitting w/ Helen 1:00-2:30pm</p> <p>Living with Cancer Support Group 2:00-4:00pm</p> <p>Stress Management and Balancing Your Life: How Acupuncture can Help 6:30-8:00pm</p>	<p>26</p> <p>Look Good...Feel Better ~ 9:30am Tai-Chi ~ 1:00-2:00pm Member & Volunteer Coffee Klatch/Circle of Friends 2:00-3:00pm Become a Member ~ 5:00-6:00pm Yoga ~ 6:30-7:30pm Breast Cancer Networking 6:30-8:00pm</p> <p>The Right Fit: A Candid Presentation on Post Mastectomy Forms, Function, and Just For Fun! 6:30-8:00pm Doylestown Hospital</p> <p>Become a Member 10:00-11:00am Holistic Health: Sea Vegetables 11:00-12:00pm "I Can Cope" ~ 12:00-2:00pm</p>	<p>27</p> <p>Become a Member 5:00-6:00pm Volunteer Training 6:00-7:30pm Power of Possibilities 6:30-8:00pm Lecture Series: Maintaining Inner Peace & a Healthy Lifestyle with Alternative Therapies ~ 6:30-8:00pm Doylestown Hospital</p> <p>Become a Member 10:00-11:00am "Lunch & Learn" - Ask The Financial Advisor 11:30-12:30pm Living w/ Cancer Support Group 1:00-2:00pm</p>	<p>28</p>	<p>29</p>
<p>31</p> <p>10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group</p> <p>..... St. Mary Medical Center</p> <p>Become a Member 10:00-11:00am Get Crafty! Create a Fall Wreath 11:00-12:30pm Halloween Treats...Just Drop In! 1:00-2:00pm</p> <p>..... Abington Hospital</p> <p>Chair Yoga~10:00-11:00am Become a Member 11:30-12:30pm Gynecological Cancer Support Group ~ 12:30-1:30pm</p>					