

JANUARY

PROGRAM CALENDAR

GREEN TEXT Indicates West Location Support Group

BLUE TEXT Indicates East Location Support Group

PLEASE NOTE: All support groups are currently virtual. We have maintained the groups that were meeting on the EAST & WEST side prior to COVID.

PLEASE REFER TO THE FOLLOWING ICONS WITHIN THE PROGRAM PAGES FOR PROGRAM LOCATION.

 (Key on page 2)

ADVANCE REGISTRATION REQUIRED.

216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR



Scan the QR code with your smartphone camera to register for our upcoming programs and events.

MON	TUES	WED	THUR	FRI	SAT
<p>11:00AM Zumba 3</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Welcoming Orientation</p> <p>6:30PM Bridges</p> <p>7:00PM Exercise</p>	<p>12:30PM Exercise 4</p> <p>5:30PM Guided Meditation</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Young Women with Breast Cancer</p>	<p>10:00AM Yoga 5</p> <p>12:30PM Balance for Improved Function</p>	<p>12:30PM Exercise 6</p> <p>6:30PM Exercise</p> <p>6:30PM Sister Circle</p>	<p>9:30AM Guided Meditation 7</p> <p>11:00AM Whole Food Lifestyle Check-In</p> <p>12:30PM Restorative Motion</p>	<p>10:00AM Qigong & Tai Chi 8</p> <p>10:00AM CONNECTIONS: Family Group</p> <p>10:30AM Welcoming Orientation</p>
<p>11:00AM Zumba 10</p> <p>12:30PM Resolution: Restoration</p> <p>1:00PM Physical Therapy Screening</p> <p>3:30PM Oral, Head, & Neck Cancer Group</p> <p>5:30PM Myeloma Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Welcoming Orientation</p> <p>6:30PM KidShop/TeenShop</p> <p>7:00PM Exercise</p>	<p>12:30PM Exercise 11</p> <p>2:00PM Grief Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Grief Group</p>	<p>10:00AM Yoga 12</p> <p>12:30PM Balance for Improved Function</p> <p>6:30PM How to Share the Care</p>	<p>12:30PM Exercise 13</p> <p>5:15PM Prostate Cancer Information Session</p> <p>6:30PM Exercise</p> <p>6:30PM Prostate Partners Group</p> <p>6:30PM Life After Cancer Treatment Group</p>	<p>12:30PM Restorative Motion 14</p> <p>1:00PM What's Inside the Box?</p>	<p>10:00AM Qigong & Tai Chi 15</p> <p>10:30AM Welcoming Orientation</p>
<p>11:00AM Zumba 17</p> <p>12:30PM Resolution: Restoration</p> <p>2:00PM Breast Cancer Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Welcoming Orientation</p> <p>6:30PM Bridges</p> <p>7:00PM Exercise</p>	<p>12:30PM Exercise 18</p> <p>5:15PM Prostate Cancer Information Session</p> <p>5:30PM Guided Meditation</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Metastatic Breast Cancer Group</p> <p>6:30PM Prostate Partners Group</p>	<p>10:00AM Yoga 19</p> <p>11:00AM Grief, When Will it End?</p> <p>12:30PM Balance for Improved Function</p> <p>3:00PM Menu Planning and Meal Prep 101</p> <p>2:00PM Ovarian Cancer Support Group</p> <p>6:30PM Understanding Lymphedema</p> <p>6:30PM Bridges</p>	<p>12:30PM Exercise 20</p> <p>6:30PM Exercise</p>	<p>11:00AM Older Adults Group 21</p> <p>12:30PM Restorative Motion</p> <p>1:00PM What's Inside the Box?</p> <p>2:00PM Foundations of Aquatic Exercise</p>	<p>10:00AM Qigong & Tai Chi 22</p> <p>10:30AM Welcoming Orientation</p> <p>11:00AM Menu Planning and Meal Prep 101</p>
<p>11:00AM Zumba 24</p> <p>3:30PM Pancreatic Cancer Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Welcoming Orientation</p> <p>6:30PM KidShop/TeenShop</p> <p>7:00PM Exercise</p>	<p>12:30PM Exercise 25</p> <p>2:00PM Grief Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Grief Group</p>	<p>10:00AM Yoga 26</p> <p>12:30PM Balance for Improved Function</p> <p>6:30PM KidShop/TeenShop</p>	<p>12:30PM Exercise 27</p> <p>6:30PM Exercise</p> <p>6:30PM Young Adults Group</p>	<p>12:30PM Restorative Motion 28</p> <p>2:00PM Foundations of Aquatic Exercise</p>	<p>10:00AM Qigong & Tai Chi 29</p> <p>10:30AM Welcoming Orientation</p>
<p>11:00AM Zumba 31</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Welcoming Orientation</p> <p>7:00PM Exercise</p>					

FEBRUARY


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MON	TUES	WED	THUR	FRI	SAT
	<p>1</p> <p>12:30PM Exercise 5:30PM Guided Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer</p>	<p>2</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:30PM Managing Challenging Emotions</p>	<p>3</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Sister Circle</p>	<p>4</p> <p>9:30AM Guided Meditation 11:00AM Whole Food Lifestyle Check-In 12:30PM Restorative Motion 2:00PM Foundations of Aquatic Exercise</p>	<p>5</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation 11:00AM Cooking for Digestive Troubles</p>
<p>7</p> <p>11:00AM Zumba 12:30PM Back to the Basics (with Bands) 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM Bridges 7:00PM Exercise</p>	<p>8</p> <p>12:30PM Exercise 2:00PM Grief Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group</p>	<p>9</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Cooking for Digestive Troubles 6:30PM Re-Entry Into the World</p>	<p>10</p> <p>12:30PM Exercise 5:15PM Prostate Cancer Information Session 6:30PM Exercise 6:30PM Prostate Partners Group 6:30PM Life After Cancer Treatment Group</p>	<p>11</p> <p>12:00PM Roundtable Discussion: Newly Diagnosed with Cancer 12:30PM Restorative Motion 2:00PM Foundations of Aquatic Exercise</p>	<p>12</p> <p>10:00AM Qigong & Tai Chi 10:00AM CONNECTIONS: Family Group 10:30AM Welcoming Orientation</p>
<p>14</p> <p>11:00AM Zumba 1:00PM Physical Therapy Screening 3:30PM Oral, Head, & Neck Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM KidShop/TeenShop 7:00PM Exercise</p>	<p>15</p> <p>12:30PM Exercise 5:15PM Prostate Cancer Information Session 5:30PM Guided Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 6:30PM Prostate Partners Group</p>	<p>16</p> <p>10:00AM Yoga 11:00AM Grief, When Will it End? 12:30PM Balance for Improved Function 1:00PM Art Therapy: Reframing Grief 2:00PM Ovarian Cancer Support Group 6:30PM Bridges 7:00PM Financial Toxicity & Cancer Treatment</p>	<p>17</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Holy Hell: Anger at God 6:30PM Horticulture Therapy</p>	<p>18</p> <p>11:00AM Older Adults Group 11:00AM Cancer and COVID-19 Update 12:30PM Restorative Motion</p>	<p>19</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>21</p> <p>11:00AM Zumba 2:00PM Breast Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM Bridges 7:00PM Exercise</p>	<p>22</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group</p>	<p>23</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 1:00PM Art Therapy: Reframing Grief 6:30PM Medical Marijuana Update 6:30PM KidShop/TeenShop</p>	<p>24</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Young Adults Group 6:30PM Breast Cancer Support Group (Quarterly)</p>	<p>25</p> <p>12:30PM Restorative Motion</p>	<p>26</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>28</p> <p>11:00AM Zumba 3:30PM Pancreatic Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM Lymphoma: Updates 6:30PM KidShop/TeenShop 7:00PM Exercise</p>					

MARCH

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	<p>1</p> <p>12:30PM Exercise 5:30PM Guided Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer</p>	<p>2</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:30PM Colorectal Cancer Treatment Updates</p>	<p>3</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Sister Circle 6:30PM Cancer in the LGBTQ+ Community</p>	<p>4</p> <p>9:30AM Guided Meditation 11:00AM Whole Food Lifestyle Check-In 12:30PM Restorative Motion</p>	<p>5</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>7</p> <p>11:00AM Zumba 12:30PM Intro to Suspension Trainers 5:30PM Myeloma Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM Bridges 7:00PM Exercise</p>	<p>8</p> <p>12:30PM Exercise 2:00PM Grief Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group</p>	<p>9</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 3:00PM Cancer Fighting Kitchen 6:00PM Cancer Fighting Kitchen 6:30PM Putting Research Into Action</p>	<p>10</p> <p>12:30PM Exercise 5:15PM Prostate Cancer Information Session 5:30PM Cancer in the LGBTQ+ Community 6:30PM Gynecologic Cancer Group 6:30PM Exercise 6:30PM Prostate Partners Group 6:30PM Life After Cancer Treatment Group</p>	<p>11</p> <p>12:30PM Restorative Motion</p>	<p>12</p> <p>10:00AM Qigong & Tai Chi 10:00AM CONNECTIONS: Family Group 10:00AM Cancer Fighting Kitchen 10:30AM Welcoming Orientation 11:30AM Family Lego Event 12:00PM Putting Research Into Action 12:00PM Cancer Fighting Kitchen</p>
<p>14</p> <p>11:00AM Zumba 1:00PM Physical Therapy Screening 3:30PM Oral, Head, & Neck Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM KidShop/TeenShop 7:00PM Exercise</p>	<p>15</p> <p>12:30PM Exercise 5:15PM Prostate Cancer Information Session 5:30PM Guided Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 6:30PM Prostate Partners Group</p>	<p>16</p> <p>10:00AM Yoga 11:00AM Grief, When Will it End? 12:30PM Balance for Improved Function 1:00PM Art Therapy: Spring Ahead 2:00PM Ovarian Cancer Support Group 5:30PM Spring Renewal 6:30PM Bridges</p>	<p>17</p> <p>12:30PM Exercise 6:30PM Exercise</p>	<p>18</p> <p>11:00AM Older Adults Group 12:30PM Restorative Motion</p>	<p>19</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation 12:00PM Putting Research Into Action</p>
<p>21</p> <p>11:00AM Zumba 2:00PM Breast Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM Bridges 7:00PM Exercise</p>	<p>22</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group</p>	<p>23</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:30PM KidShop/TeenShop 6:30PM Ovarian Cancer Treatment Updates & PARP Inhibitors</p>	<p>24</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Young Adults Group 6:30PM The Power of Music</p>	<p>25</p> <p>12:30PM Restorative Motion</p>	<p>26</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>28</p> <p>11:00AM Zumba 3:30PM Pancreatic Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM KidShop/TeenShop 7:00PM Exercise</p>	<p>29</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</p>	<p>30</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 1:00PM Art Therapy: Spring Ahead</p>	<p>31</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Chemo Brain</p>		