

# OCTOBER

## PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

CHECK PAGES 3-7 FOR PROGRAM LOCATION  
AND VIRTUAL AVAILABILITY

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>9:00AM Yoga <b>1</b></p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM Diet &amp; Brain Health</p> <p>12:00PM Diet &amp; Brain Health</p> |
| <p>11:00AM Zumba <b>3</b></p> <p>6:00PM Exercise</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>10:00AM Yoga <b>4</b></p> <p>12:00PM Exercise</p> <p>1:00PM Core for More</p> <p>6:00PM Yoga4Cancer</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>6:30PM Guided Meditation</p>  | <p>12:30PM Balance for Improved Function <b>5</b></p> <p>6:00PM Diet &amp; Brain Health</p>   | <p>9:00AM Open Gym <b>6</b></p> <p>12:00PM Exercise</p> <p>12:00PM Roundtable Discussion</p> <p>6:00PM Exercise</p> <p>6:30PM Sister Circle</p> <p>6:30PM After Goodbye</p>   | <p>Offices Closed for Staff Meeting <b>7</b></p>  | <p>9:00AM Yoga <b>8</b></p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM Connections: Mask Making</p>                                       |
| <p>11:00AM Zumba <b>10</b></p> <p>3:30PM Oral, Head &amp; Neck Cancer Group</p> <p>6:00PM Exercise</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>10:00AM Yoga <b>11</b></p> <p>12:00PM Exercise</p> <p>1:00PM Core for More</p> <p>1:00PM Art Therapy: Alcohol Inks</p> <p>2:00PM Grief Group</p> <p>6:00PM Finding Meaning</p> <p>6:00PM Art Therapy: Alcohol Inks</p> <p>6:00PM Yoga4Cancer</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Grief Group</p>  | <p>12:30PM Balance for Improved Function <b>12</b></p> <p>6:30PM Demystifying Cancer Research</p>   | <p>9:00AM Open Gym <b>13</b></p> <p>12:00PM Exercise</p> <p>6:00PM Exercise</p> <p>5:15PM Prostate Partners Info Session</p> <p>6:30PM Life After Cancer Group</p> <p>5:15PM Prostate Partners' Partners</p> <p>6:30PM Prostate Partners Group</p> <p>6:30PM Coping with Childhood Cancer</p> | <p>11:00AM Whole Food Lifestyle Check-In <b>14</b></p> <p>12:30PM Restorative Motion</p> <p>2:00PM Aquatic Exercise: Principles</p> | <p>9:00AM Yoga <b>15</b></p> <p>10:00AM Qigong-Tai Chi</p>  |
| <p>11:00AM Zumba <b>17</b></p> <p>12:30PM Back to Basics: With Bands</p> <p>2:00PM Breast Cancer Group</p> <p>2:00PM Physical Therapy Screening</p> <p>6:00PM Exercise</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Welcoming Orientation</p> | <p>10:00AM Yoga <b>18</b></p> <p>12:00PM Exercise</p> <p>1:00PM Core for More</p> <p>5:15PM Prostate Partners' Partners</p> <p>5:15PM Prostate Partners Info Session</p> <p>6:00PM Yoga4Cancer</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>6:30PM Balance &amp; Vertigo After Cancer</p> <p>6:30PM Guided Meditation</p> | <p>11:00AM Grief: When Will It End? <b>19</b></p> <p>12:30PM Balance for Improved Function</p> <p>2:00PM Ovarian Cancer Group</p> <p>3:00PM How to Talk About Cancer</p> <p>6:30PM Putting Research Into Action Steps: Part 1</p> | <p>9:00AM Open Gym <b>20</b></p> <p>12:00PM Exercise</p> <p>6:00PM Exercise</p> <p>6:00PM Horticulture Therapy: Topiary</p> <p>6:30PM Gynecologic Cancers Group</p> <p>6:30PM High Risk Breast Health</p>   | <p>11:00AM Older Adults Group <b>21</b></p> <p>12:30PM Restorative Motion</p> <p>2:00PM Aquatic Exercise: Endurance</p>             | <p>9:00AM Yoga <b>22</b></p> <p>10:00AM Qigong-Tai Chi</p> <p>12:00PM Physical Therapy Screening</p>                                    |
| <p>11:00AM Zumba <b>24</b></p> <p>6:00PM Exercise</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Welcoming Orientation</p>  | <p>10:00AM Yoga <b>25</b></p> <p>12:00PM Exercise</p> <p>1:00PM Core for More</p> <p>3:30PM Pancreatic Cancer Group</p> <p>6:00PM Yoga4Cancer</p> <p>6:00PM Horticulture Therapy: Topiary</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Grief Group</p>  | <p>12:30PM Balance for Improved Function <b>26</b></p> <p>6:30PM Putting Research Into Action Steps: Part 2</p>   | <p>9:00AM Open Gym <b>27</b></p> <p>12:00PM Exercise</p> <p>6:00PM Exercise</p> <p>6:00PM Fighting Fatigue with Fitness</p> <p>6:30PM Young Adults Group</p> <p>6:30PM Breast Cancer Group</p> <p>6:30PM Colon Cancer in the Black &amp; Brown Community</p>                                  | <p>11:00AM Singing Bowls (Sound Bath) <b>28</b></p> <p>12:30PM Restorative Motion</p> <p>2:00PM Aquatic Exercise: Strength</p>      | <p>9:00AM Yoga <b>29</b></p> <p>10:00AM Qigong-Tai Chi</p>  |

# NOVEMBER

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|---|--|---|--|--|---|
| <p>11:00AM Zumba <b>31</b></p> <p>6:00PM Exercise</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Welcoming Orientation</p>  | <p>10:00AM Yoga <b>1</b></p> <p>12:00PM Exercise</p> <p>1:00PM Core for More</p> <p>6:00PM Yoga Series</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>6:30PM Guided Meditation</p>   | <p><b>2</b></p> <p>12:30PM Balance for Improved Function</p> <p>3:00PM Healthy Holiday Appetizers</p> <p>6:00PM Healthy Holiday Appetizers</p> <p>6:30PM Changing Thought Patterns</p>                                | <p>9:00AM Open Gym <b>3</b></p> <p>12:00PM Exercise</p> <p>6:00PM Exercise</p> <p>6:30PM Sister Circle</p> <p>6:30PM Gamma Knife Radiosurgery</p>  | <p>12:30PM Restorative Motion <b>4</b></p> <p>2:00PM Aquatic Exercise: Balance</p>   | <p>9:00AM Yoga <b>5</b></p> <p>10:00AM Qigong-Tai Chi</p> <p>12:00PM Healthy Holiday Appetizers</p> |
| <p>11:00AM Zumba <b>7</b></p> <p>5:30PM Myeloma Group: Fight Fatigue</p> <p>6:00PM Exercise</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>10:00AM Yoga <b>8</b></p> <p>12:00PM Exercise</p> <p>1:00PM Core for More</p> <p>2:00PM Grief Group</p> <p>6:00PM Yoga Series</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Grief Group</p>  | <p><b>9</b></p> <p>12:30PM Balance for Improved Function</p> <p>6:30PM Cancer and Trauma-Informed Stress Coping</p>   | <p>9:00AM Open Gym <b>10</b></p> <p>12:00PM Exercise</p> <p>6:00PM Exercise</p> <p>5:15PM Prostate Partners Info Session</p> <p>6:30PM Life After Cancer Group</p> <p>6:30PM Prostate Partners Group</p> <p>6:30PM Declutter Your Mind &amp; Space</p> | <p>12:00PM Integrative Medicine <b>11</b></p> <p>12:30PM Restorative Motion</p> <p>2:00PM Aquatic Exercise: Deep Water</p> | <p>9:00AM Yoga <b>12</b></p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM Connections: Book Folding</p> |
| <p>11:00AM Zumba <b>14</b></p> <p>2:00PM Physical Therapy Screening</p> <p>3:30PM Oral, Head &amp; Neck Cancer Group</p> <p>6:00PM Exercise</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>10:00AM Yoga <b>15</b></p> <p>12:00PM Exercise</p> <p>1:00PM Core for More</p> <p>5:15PM Prostate Partners Info Session</p> <p>6:00PM Yoga Series</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>6:30PM Guided Meditation</p> | <p><b>16</b></p> <p>11:00AM Grief: When Will It End?</p> <p>12:30PM Balance for Improved Function</p> <p>2:00PM Ovarian Cancer Group</p> <p>3:00PM How to Talk About Cancer</p> <p>6:30PM Writing the Virtual Way</p> | <p>9:00AM Open Gym <b>17</b></p> <p>12:00PM Exercise</p> <p>6:00PM Exercise</p> <p>6:30PM Young Adults Group</p> <p>6:30PM Gynecologic Cancers Group</p> <p>6:30PM Coping with the Holidays</p>  | <p>Offices Closed for Staff Meeting <b>18</b></p>  | <p>9:00AM Yoga <b>19</b></p> <p>10:00AM Qigong-Tai Chi</p>  |
| <p>11:00AM Zumba <b>21</b></p> <p>2:00PM Breast Cancer Group</p> <p>6:00PM Exercise</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Welcoming Orientation</p>  | <p>10:00AM Yoga <b>22</b></p> <p>12:00PM Exercise</p> <p>1:00PM Core for More</p> <p>3:30PM Pancreatic Cancer Group</p> <p>6:00PM Yoga Series</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Grief Group</p>   | <p><b>23</b></p> <p>12:30PM Balance for Improved Function</p>   | <p>Offices Closed for Thanksgiving Holiday <b>24</b></p>   | <p>Offices Closed for Thanksgiving Holiday <b>25</b></p>   | <p>Offices Closed for Thanksgiving Holiday <b>26</b></p>  |
| <p>11:00AM Zumba <b>28</b></p> <p>6:00PM Exercise</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Welcoming Orientation</p>  | <p>10:00AM Yoga <b>29</b></p> <p>12:00PM Exercise</p> <p>1:00PM Core for More</p> <p>6:00PM Yoga Series</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p>   | <p><b>30</b></p> <p>12:30PM Balance for Improved Function</p> <p>6:30PM Drumming for Health</p> <p>6:30PM Surgical Treatment Updates: Breast Cancer Related Lymphedema</p>  |  |  |   |

# DECEMBER

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|--|--|---|--|---|---|
|  |  |   | <p>9:00AM Open Gym <b>1</b></p> <p>12:00PM Exercise</p> <p>1:00PM Coping With Holiday Grief</p> <p>6:00PM Exercise</p> <p>6:30PM Sister Circle</p> <p>6:30PM Flat &amp; Happy Book Event</p> <p>6:30PM Gift of Touch</p>                       | <p>12:30PM Restorative Motion <b>2</b></p>  | <p>9:00AM Yoga <b>3</b></p> <p>10:00AM Qigong-Tai Chi</p>   |
| <p>11:00AM Zumba <b>5</b></p> <p>12:30PM Push &amp; Pull: Exercise Simplified</p> <p>2:00PM Physical Therapy Screening</p> <p>6:00PM Exercise</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>10:00AM Yoga <b>6</b></p> <p>12:00PM Exercise</p> <p>1:00PM Core for More</p> <p>6:00PM Yoga Series</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>6:30PM Guided Meditation</p>   | <p>12:30PM Balance for Improved Function <b>7</b></p> <p>6:30PM Stained Glass Art Project</p>   | <p>9:00AM Open Gym <b>8</b></p> <p>12:00PM Exercise</p> <p>5:15PM Prostate Partners Info Session</p> <p>6:00PM Exercise</p> <p>6:30PM Life After Cancer Group</p> <p>6:30PM Prostate Partners Group</p> <p>6:30PM Young Onset Colon Cancer</p> | <p>12:30PM Restorative Motion <b>9</b></p>  | <p>9:00AM Yoga <b>10</b></p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM Connections: Making Music</p> <p>2:30PM Cleveland Dance Project</p> |
| <p>11:00AM Zumba <b>12</b></p> <p>3:30PM Oral, Head &amp; Neck Cancer Group</p> <p>6:00PM Exercise</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>10:00AM Yoga <b>13</b></p> <p>12:00PM Exercise</p> <p>1:00PM Core for More</p> <p>2:00PM Grief Group</p> <p>6:00PM Yoga Series</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Grief Group</p>   | <p>12:30PM Balance for Improved Function <b>14</b></p> <p>3:00PM How to Talk About Cancer</p> <p>6:30PM Stained Glass Art Project</p> | <p>9:00AM Open Gym <b>15</b></p> <p>12:00PM Exercise</p> <p>6:00PM Exercise</p> <p>6:30PM Gynecologic Cancers Group</p>  | <p>11:00AM Older Adults Group <b>16</b></p> <p>11:00AM Singing Bowls (Sound Bath)</p> <p>12:30PM Restorative Motion</p> | <p>9:00AM Yoga <b>17</b></p> <p>10:00AM Qigong-Tai Chi</p> <p>12:00PM Physical Therapy Screening</p>                                      |
| <p>11:00AM Zumba <b>19</b></p> <p>2:00PM Breast Cancer Group</p> <p>6:00PM Exercise</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Welcoming Orientation</p>   | <p>10:00AM Yoga <b>20</b></p> <p>12:00PM Exercise</p> <p>1:00PM Core for More</p> <p>5:15PM Prostate Partners Info Session</p> <p>6:00PM Yoga Series</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>6:30PM Guided Meditation</p> | <p>11:00AM Grief: When Will It End? <b>21</b></p> <p>12:30PM Balance for Improved Function</p> <p>2:00PM Ovarian Cancer Group</p>     | <p>9:00AM Open Gym <b>22</b></p> <p>12:00PM Exercise</p> <p>6:00PM Exercise</p> <p>6:30PM Breast Cancer Group</p>  | <p>Closed for Christmas Holiday <b>23</b></p>   | <p>Closed for Christmas Holiday <b>24</b></p>   |
| <p>Closed for Christmas Holiday <b>26</b></p>  | <p>Holiday Office Hours <b>27</b></p> <p>10:00AM-3:00PM</p> <p>Call for support, 216-595-9546</p>  | <p>Holiday Office Hours <b>28</b></p> <p>10:00AM-3:00PM</p> <p>Call for support, 216-595-9546</p>                                     | <p>Holiday Office Hours <b>29</b></p> <p>10:00AM-3:00PM</p> <p>Call for support, 216-595-9546</p>  | <p>Closed for New Year's Holiday <b>30</b></p>  | <p>Closed for New Year's Holiday <b>31</b></p>  |