

OCTOBER PROGRAM CALENDAR

GREEN TEXT Indicates West Location Group
BLUE TEXT Indicates East Location 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.

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>1</p> <p>9:30AM Virtual Meditation 12:30PM Restorative Motion 2:00PM Whole Food Lifestyle</p>	<p>2</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>4</p> <p>10:00AM Zumba 6:00PM Moving Forward Through Grief 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>5</p> <p>12:30PM Exercise 5:30PM Virtual Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer</p>	<p>6</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Healthy10 Challenge 6:00PM Moving Forward Through Grief</p>	<p>7</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Sister Circle 6:30PM Choose Your Own Metaphor</p>	<p>8</p> <p>12:30PM Restorative Motion 1:00PM The Power of Music</p>	<p>9</p> <p>10:00AM Children and Teens with Cancer Group 10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>11</p> <p>10:00AM Zumba 3:30PM Oral, Head, & Neck Cancer Group 6:00PM Moving Forward Through Grief 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM KidShop/Teenshop 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>12</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>13</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 1:15PM Core for More 6:00PM Survivorship 101 6:00PM Veggies at Breakfast 6:00PM Moving Forward Through Grief</p>	<p>14</p> <p>12:30PM Exercise 6:30PM Exercise 5:15PM Prostate Partners Info. Session 6:30PM Prostate Partners 6:30PM Life After Cancer Treatment Group</p>	<p>15</p> <p>11:00AM Older Adults Group 12:30PM Restorative Motion</p>	<p>16</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation 11:00AM Veggies at Breakfast</p>
<p>18</p> <p>10:00AM Zumba 2:00PM Breast Cancer Group 6:00PM Moving Forward Through Grief 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>19</p> <p>12:30PM Exercise 5:30PM Virtual Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group</p>	<p>20</p> <p>10:00AM Yoga 11:00AM Grief, When Will It End? 11:30AM AICR Lifestyle Passport 12:30PM Balance for Improved Function 2:00PM Gynecological Cancer Group 6:00PM Healthy10 Challenge 6:00PM Moving Forward Through Grief</p>	<p>21</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Palliative Medicine in Cancer Treatment</p>	<p>22</p> <p>12:30PM Restorative Motion</p>	<p>23</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>25</p> <p>10:00AM Zumba 3:30PM Pancreatic Cancer Group 6:00PM Moving Forward Through Grief 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM KidShop/Teenshop 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>26</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>27</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Moving Forward Through Grief 6:00PM Healthy10 Challenge 6:30PM Living with Immunotherapy</p>	<p>28</p> <p>12:30PM Exercise 1:00PM Signs & Symbols of Change 6:00PM Plant-based Nutrition & Chronic Disease 6:30PM Exercise 6:30PM Young Adult Group</p>	<p>29</p> <p>12:30PM Restorative Motion 12:30PM Cancer and Covid-19 Update</p>	<p>30</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>

NOVEMBER

PROGRAM CALENDAR

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MON	TUES	WED	THUR	FRI	SAT
<p>1</p> <p>10:00AM Zumba 5:30PM Myeloma Group 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>2</p> <p>12:30PM Exercise 5:30PM Virtual Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer</p>	<p>3</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:30PM Racial & Ethnic Diversity in Clinical Trials</p>	<p>4</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Sister Circle 6:30PM Laughter as Medicine</p>	<p>5</p> <p>9:30AM Virtual Meditation 11:00AM Whole Food Lifestyle 12:30PM Restorative Motion</p>	<p>6</p> <p>8:00AM Prostate Cancer Forum 10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>8</p> <p>10:00AM Zumba 3:30PM Oral, Head, & Neck Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM KidShop/Teenshop 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>9</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>10</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Plant-Forward Holiday Recipes</p>	<p>11</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Life After Cancer Treatment Group 6:30PM Coping with Grief During the Holidays</p>	<p>12</p> <p>12:00PM RoundTable Discussion: Newly Diagnosed 12:30PM Restorative Motion</p>	<p>13</p> <p>10:00AM Children and Teens with Cancer Group 10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation 11:00AM Plant-Forward Holiday Recipes</p>
<p>15</p> <p>10:00AM Zumba 12:30PM Beat Stress 2:00PM Breast Cancer Group 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>16</p> <p>12:30PM Exercise 5:30PM Virtual Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 6:30PM How to Help a Grieving Child</p>	<p>17</p> <p>10:00AM Yoga 11:00AM Grief, When Will it End? 11:30AM AICR Lifestyle Passport 12:30PM Balance for Improved Function 2:00PM Gynecological Cancer Group 6:00PM Expressing Gratitude Through Food 6:30PM Dry Needling & Cancer</p>	<p>18</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Pancreatic Cancer Updates 6:30PM After Goodbye</p>	<p>19</p> <p>11:00AM Older Adults Group 12:30PM Restorative Motion</p>	<p>20</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>22</p> <p>10:00AM Zumba 3:30PM Pancreatic Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM KidShop/Teenshop 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>23</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>24</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function</p>	<p>25</p> <p>Closed for Thanksgiving</p>	<p>26</p> <p>Closed for Thanksgiving</p>	<p>27</p> <p>Closed for Thanksgiving</p>
<p>29</p> <p>10:00AM Zumba 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>30</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</p>				

DECEMBER

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MON	TUES	WED	THUR	FRI	SAT
		1	2	3	4
		10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Facts Over Fear 6:30PM Map of Your Life	12:30PM Exercise 1:00PM Creative Cards 6:30PM Exercise 6:30PM Sister Circle	9:30AM Virtual Meditation 11:00AM Whole Food Lifestyle 12:30PM Restorative Motion	10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation
6	7	8	9	10	11
10:00AM Zumba 12:30PM Push and Pull Exercise 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise	12:30PM Exercise 5:30PM Virtual Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer 6:30PM Surviving & Thriving During the Holidays	10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Healthy Snacking 6:30PM Living with Hereditary Cancer Risks	12:30PM Exercise 5:15PM Prostate Partners Info. Session 6:30PM Prostate Partners 6:30PM Exercise 6:30PM Life After Cancer Group 6:30PM Finding Meaning in the Cancer Experience	12:30PM Restorative Motion	10:00AM Children and Teens with Cancer Group 10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation
13	14	15	16	17	18
10:00AM Zumba 3:30PM Oral, Head, & Neck Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM KidShop/Teenshop 6:30PM Welcoming Orientation 7:00PM Exercise	12:30PM Exercise 2:00PM Grief Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	10:00AM Yoga 11:00AM Grief, When Will It End? 12:30PM Balance for Improved Function 2:00PM Gynecological Cancer Group	12:30PM Exercise 6:30PM Exercise 6:30PM Young Adults Holiday Potluck	11:00AM Older Adults Group 12:30PM Restorative Motion	10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation 11:00AM Healthy Snacking
20	21	22	23	24	25
10:00AM Zumba 2:00PM Breast Cancer Group 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise	12:30PM Exercise 5:30PM Virtual Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group	10:00AM Yoga 11:30AM AICR Lifestyle Passport 12:30PM Balance for Improved Function	Closed for the Holidays	Closed for the Holidays	Closed for the Holidays
27	28	29	30	31	1
			Closed for the Holidays	Closed for the Holidays	Closed for the Holidays
Holiday Office Hours: 10:00am -3:00pm For support, please call 216-595-9546	Holiday Office Hours: 10:00am -3:00pm For support, please call 216-595-9546	Holiday Office Hours: 10:00am -3:00pm For support, please call 216-595-9546			