Welcome!

New to The Gathering Place?
Call 216-455-1507 to speak with a Participant Navigator about our programs and services.

Programs for:
Children • Teens • Young Adults (YA)
Families • Adults

The Gathering Place’s mission is to provide a caring community that supports, educates and empowers individuals and families currently coping with the impact of cancer through programs and services provided free of charge.
As we enter a new quarter, I’m filled with gratitude for the support that fuels our mission to support, educate and empower individuals and families impacted by a cancer diagnosis. Our upcoming Race for the Place plays a crucial role in raising the funds necessary to keep our programs and services free of charge. By participating in this event, you’re not just running or walking; you’re helping to keep our services accessible and free of charge for thousands of individuals who are impacted by cancer every year. Please join us on Sunday, June 2nd to celebrate National Cancer Survivors Day and together, let’s make a difference. Without you there is no us!

In addition, I’m happy to announce the reopening of our Beachwood Healing Garden at the end of May. This serene and welcoming space provides a sanctuary for reflection, connection, and healing. I invite each of you to visit and experience the restorative power of nature firsthand. Whether you’re seeking solace, support, or simply a moment of peace, our garden is open to all.

Furthermore, I want to express our deep appreciation for our partners and collaborators who share our commitment to supporting those affected by cancer - local hospitals, community, and other civic organizations. Together, we’ve accomplished so much, and I’m excited about the possibilities that lie ahead. Keep an eye on your inbox for updates and invitations to participate in upcoming joint programs and initiatives. It’s through our collective efforts that we can continue to make meaningful connections throughout Northeast Ohio and beyond.

We look forward to seeing each of you throughout this quarter as we continue to provide hope, healing, and support to all those who walk through our doors. Also please don’t forget we are counting on you to join us for a fun filled morning on June 2!

warm regards,
MICHELE SEYRANIAN
CEO

OUR OFFICES

OFFICE HOURS

We are available Monday through Friday 9:00am-5:00pm and by phone at 216-595-9546.

Our Beachwood office Monday-Friday, 9:00am-5:00pm, and the 2nd Saturday of the month, 9:00am-1:00pm.

Our Westlake location Monday-Friday, 9:00am-5:00pm, and the 3rd Saturday of the month, 9:00am-1:00pm.

Summer Fridays: 9:00am to 2:00pm beginning Friday, June 7th.

For a complete list of programs and to register, visit touchedbycancer.org/calendar.

THE GATHERING PLACE EAST
The Arnold & Sydell Miller Family Campus
23300 Commerce Park, Beachwood, OH 44122

THE GATHERING PLACE WEST
The Sandy Borrelli Center
25425 Center Ridge Road, Westlake, OH 44145

WELLNESS CENTER
Richman Family Wellness Center
23295 Commerce Park, Beachwood, OH 44122

Please refer to the icons in this key throughout the Program Guide.

VIRTUAL
BEACHWOOD
WESTLAKE
WELLNESS CENTER
OFF SITE

If you see more than one icon grouped together, it means the program is in person at one of our locations, and is also offered virtually. Note all programs are EDT time. If you have additional questions, please contact our Participant Navigator at 216-455-1507.
Ongoing Adult Support Groups

All support groups require registration and screening with the facilitator before attending the first session. Register by visiting our website at touchedbycancer.org/calendar or call our Participant Navigators at 216-455-1507.

All Cancers

**Group for Adults with Cancer**
Brittani Davis, 216-455-1528
Mondays, 6:30-8:00pm

**Group for Adults with Cancer**
Sarah Axner Gilmore, 216-455-1516
Thursdays, 6:30-8:00pm

**Group for Caregivers**
Susan Marinac, 216-455-1512
Mondays, 6:30-8:00pm
April 1, 15 & 29, May 13, June 3 & 17
April 8 & 22, May 6 & 20, June 10 & 24

**Group for Caregivers**
Karelys Santiago Ortiz, 216-455-1508
Thursdays, 6:30-8:00pm

**Group for Older Adults**
Brittani Davis, 216-455-1528
April 19, May 17, June 21, 11:00am-12:30pm

**Group for Young Adults**
Whitney Hadley, 216-455-1522
April 25, May 23, June 27, 6:30-8:00pm

**LGBTQ+ Virtual Drop-In Group**
Brittani Davis, 216-455-1528
April 16, May 21, June 18, 6:00-7:00pm

**Life After Cancer Treatment Group**
Whitney Hadley, 216-455-1522
April 15, May 20, June 17, 6:30-8:00pm
April 11, May 9, June 13, 6:30-8:00pm

**Cancer Specific**

**Breast Cancer Support Group - Evening**
April 11, May 9, June 13, 6:30-7:30pm

**Group for Young Adults with Breast Cancer**
Susan Marinac, 216-455-1512
April 2, May 7, June 4, 6:30-8:00pm

**Lung Cancer Support Group**
Susan Marinac, 216-455-1512
April 23, May 28, June 25, 2:00-3:30pm

**Metastatic Breast Cancer Group**
Sarah Axner Gilmore, 216-455-1516
April 16, May 21, June 18, 6:00-7:30pm

**Myeloma Group**
Contact facilitator for more details about program topics.
Mary Fisher Bornstein, 216-455-1506
May 6, 7:30-9:00pm

**Oral, Head and Neck Cancer Group**
Brittani Davis, 216-455-1528
April 17, May 15, 3:30-4:30pm

**Ovarian Cancer Support Group**
Susan Marinac, 216-455-1512
April 17, May 15, 2:00-3:30pm

**Pancreatic Cancer Group**
Sydney Beeman, 216-455-1520
April 24, May 22, June 26, 3:30-4:30pm

**Prostate Partners**
Contact facilitator for more details about program schedule and topics.
Mary Fisher Bornstein, 216-455-1506
April 11, May 9, June 13
Brittani Davis, 216-455-1528
May 14
Information session 5:15-6:15pm
Group 6:30-8:00pm

**Prostate Partner’s Partners**
Mary Fisher Bornstein, 216-455-1506
April 11, May 9, June 13, 5:15-6:15pm

**Grief & Loss**

**Adult Grief Support**
Karelys Ortiz Santiago, 216-455-1508
April 9, May 14, June 11, 2:00-3:30pm

**Adult Grief Support**
Karelys Ortiz Santiago, 216-455-1508
April 23, May 28, June 25, 6:30-8:00pm

**Adult Grief Support**
Sarah Axner Gilmore, 216-455-1516
April 9 & 23, May 14 & 28, June 11 & 25
6:30-8:00pm

**Grief: When, Will It End?**
Sarah Axner Gilmore, 216-455-1516
April 17, May 15, June 26, 11:00am-12:30pm

All support groups require registration and screening with the facilitator before attending the first session.
LUNCH AND LEARN

HOSPICE & PALLIATIVE CARE
Explore options and choices surrounding hospice and palliative care, the differences between the two and how each program works. Bring a bag lunch.
NATHAN GRADISHER
PROVIDER RELATIONS MANAGER
THURS, APRIL 4, 12:00-1:00PM

HOW TO MANAGE ANXIETY
Define anxiety and learn helpful coping tools. Bring a bag lunch.
SUSAN MARINAC
MSSA, LISW-S
THURS, MAY 2, 12:00-1:00PM

USING ART TO PROMOTE RELAXATION
Experience the power of art in this program that will reduce anxiety and promote relaxation and wellness. Bring a bag lunch.
SUSAN MARINAC, MSSA, LISW-S
THURS, JUNE 6, 12:00-1:00PM

RADIATION THERAPY: EVERYTHING YOU NEED TO KNOW
Join this presentation to learn about radiation therapy, what it is and how it works, and preparation and management during and after treatment.
DR. SHAUNA R. CAMPBELL, DO
Radiation Oncology, Cleveland Clinic
WED, APRIL 10, 6:00-7:00PM

COFFEE AND CONVERSATION
Informal monthly discussions.
KAREN HATFIELD
MMT, MT-BC, CHPCA

LET’S TALK ABOUT GRIEF
FRI, APRIL 12, 10:00-11:00AM

CHAT WITH A MUSIC THERAPIST: MUSIC FOR EXPRESSION AND WELL-BEING
FRI, MAY 1, 10:00-11:00AM

COFFEE IN THE GARDEN
FRI, JUNE 14, 10:00-11:00AM

POST-MASTECTOMY CLOTHING, SUPPLIES & PRODUCTS BY ELEGANT ESSENTIALS
Come to see the wide variety of post-mastectomy bras, bathing suits, prosthesis, and lymphedema supplies that Elegant Essentials sells in Medina and Mentor. Meet their staff, learn about being fitted and how they can submit the claims to your insurance provider.
SHELLIE GRAF
TUES, APRIL 16, 2:00-3:00PM
THURS, APRIL 25, 2:00-3:00PM

INDIVIDUAL SERVICES
To schedule wig salon, reiki, and reflexology appointments please call 216-595-9546
For information and resources related to medical research, legal consultations, and medical bill questions please contact Eileen Coan.

EILEEN COAN
MA, MLS
Medical Librarian
coa@touchedbycancer.org
216-455-1504

INTEGRATIVE ONCOLOGY
Integrative oncology is a patient-centered, evidence-informed field of cancer care that utilizes mind and body practices, natural products, and/or lifestyle modifications from different traditions alongside conventional cancer treatment. Dr. Umeda will provide resources including how to find a practitioner as well as an update on the latest research in integrative oncology.
NACKI UMEDA, MD
Integrative Medicine Specialist, Cleveland Clinic
THURS, MAY 23, 6:30-8:00PM

NEW PATHWAYS TO IMPROVE ANXIETY AND INSOMNIA: A GUIDE TO A BETTER NIGHT’S REST
Getting a good night’s rest is essential to function well the next day, yet getting to sleep, and staying asleep, isn’t easy for many people. Anxiety and insomnia are common problems that may hamper your ability to fall asleep. We will explore anxiety and insomnia, their symptoms, how they can affect each other, and what you can do to treat, manage, and potentially stop your anxiety or insomnia from disrupting your sleep. Presented in partnership with Southwest General Health Center.
DR. DIPALI DESAI
Family Medicine/Integrative Psychiatrist
Southwest General Health Center
SAT, JUNE 15, 11:00AM-12:15PM

LEGAL CLINIC
Hear from a Certified Financial Planner about income, replacement income for cancer patients who cannot work, Social Security Income, disability income and how to plan and manage income fluctuations.
MATT GOTTSHALL, CFP
FRI, JUNE 28, 12:00-1:00PM

NUTRITION & WELLNESS

NAVIGATING UPDATES IN BRAIN TUMOR CLASSIFICATION, PATHOLOGY AND MOLECULAR DIAGNOSTICS
Join for a discussion of brain tumor classification, pathology and molecular diagnostics. Dr. Newton’s presentation will be followed by time for questions from those in attendance.
WED, APRIL 24, 6:30-8:00PM

DR. HERBERT NEWTON
Neuro-Oncology Medical Director of the Brain Tumor Center, University Hospitals Seidman Cancer Center

SUPPORTIVE ONCOLOGY & PALLIATIVE CARE: DISPELLING MYTHS AND PROVIDING CLARITY
Join us to discuss supportive oncology and palliative care throughout the cancer journey – what it is (and isn’t), national guidelines, benefits and goals of care, terminology, and more.
KRISTINA LESTER
MSN, APRN, FNP-BC, FNP-C
Palliative Care Nurse Practitioner
BECKY KIELY
ART-BC, Art Therapist
WED, MAY 1, 6:00-7:00PM

DATE NIGHT: LET’S CREATE TOGETHER
Maintaining connection can be a challenge when cancer care becomes priority. Join for an evening of collaborating with your partner to create a fun work of art and learn creative ways to cope with life’s stressors.
BRITTANI DAVIS, LPCC-S, LICDC
Location: Community Arts Center
2937 West 25th Street, Cleveland, OH 44113
FRI, MAY 10, 5:00-7:00PM

BREAST CANCER: BODY, MIND & SPIRIT
Join us for this interactive session where we attempt to answer the question: Who am I now that I have/had breast cancer? Please bring a photo of yourself before your diagnosis. We will use discussion, art and writing during this experiential program.
SUSAN MARINAC
MSSA, LISW-S
THURS, JUNE 20, 12:00-1:30PM
**Nutrition**

**Foundations of Aquatic Exercise Series**
Participants will explore different ways to exercise in an aquatic environment to build strength, endurance, and improve balance after cancer treatment. Participants are encouraged but not required to complete all classes in the series.

**King David Aquatic Center**

**Joy Nowels, Exercise Specialist, ACSM**
Certified, Ai Chi Certified, Arthritis Foundation, Certified Aquatic Program Leader

**Fridays, 1:00-2:00pm**

**April 19 & 26, May 3, 10 & 17**

**Location:** King David Aquatic Center, 27300 Cedar Rd, Cleveland, OH 44122

**Physical Therapy Screening**
Meet one-on-one to assess your physical function, fall risk, and address any other individual questions or concerns related to physical health during and after cancer treatment.

**Austin Petrie, PT, DPT**

**Mon, May 13, 2:30-5:00pm**

**Hike & Snack**
Pair exercise and nutrition together in a natural, outdoor setting. Learn the importance of balance as it relates to movement and eating. And, if you plan on participating in the annual Race for the Place, you can use the Hike and Snack program as an opportunity to train for the walk or 5K!

**Stephen Cerne, NSCA-CPT, ACSM/ACS-CET, Stephanie Hopkins, MS, RDN, LD**

**Wed, May 15, 6:00-7:30pm**

**Location:** Acacia Reservation on Cedar Rd, Lyndhurst, OH 44124

**Balance Screening**
Do you have a fear of falling or worried that your balance is not as good as it used to be? Meet for 15 minutes with a Physical Therapist for a balance screening.

**Shelley Albert, PT, DPT**
Board Certified Clinical Specialist in Orthopedic Physical Therapy and Certified in REVITAL Oncology Rehabilitation

**Fri, May 17, 1:00-3:00pm**

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**Chat With the Dietitian**
Adults with cancer and caregivers join this monthly nutrition discussion. We share recipes, review topics of interest, and the latest news around cancer and diet. Feel free to bring a snack to enjoy as we talk. For more information on the month's topic, please subscribe to the Snack & Chat Nutrition newsletter.

**Stephanie Hopkins, MS, RDN, LD**

**Fri, April 5, 11:00AM-12:00PM**

**Fri, May 3, 11:00AM-12:00PM**

**Fri, June 7, 11:00AM-12:00PM**

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**Cooking and Eating During Treatment**
When going through cancer treatment, whether radiation, chemotherapy, surgery, or immunotherapy, side effects can happen that impact appetite and food choices. Join this class in person or virtually to learn about strategies to maintain your nutrition status during treatment as well as recipes that may be best tolerated.

**Stephanie Hopkins, MS, RDN, LD**

**Wed, April 10, 6:00-7:30PM**

**Sat, April 13, 10:00-11:00AM**

**Sat, April 13, 12:00-1:30PM**

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**Diet and Treatment Side Effects**
Chemotherapy, radiation, immunotherapy, and surgery can all cause potential side effects that impact eating. Learn dietary tips and strategies to maintain your nutrition status during treatment.

**Mike Pandy, MS, RDN, LD**

**Wed, April 17, 6:00-7:00PM**

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**Eating Right for Exercise**
Nutrition provides the foundation for energy and movement. And both diet and physical activity go together to help support the health of cancer survivors and reduce risk of new cancer diagnoses. Whether you are beginning to increase your activity level or have an established exercise routine, join this hands-on cooking class to learn how to best fuel your body before, during, and after a workout. The best types of foods and meal timing will be discussed to maximize your exercise benefits.

**Stephanie Hopkins, MS, RDN, LD**

**Wed, May 8, 6:00-7:30PM**

**Sat, May 11, 10:00-11:00AM**

**Sat, May 11, 12:00-1:30PM**

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**Cancer Survivorship Diet: Adding Beans and Lentils**
The American Institute for Cancer Research recommends eating a diet rich in whole grains, vegetables, fruits, and beans to help reduce risk of new cancer diagnoses and support survivorship health. Join this hands-on cooking class to learn more about the health benefits of consuming beans and lentils and recipes to use beans in different ways.

**Stephanie Hopkins, MS, RDN, LD**

**Wed, June 5, 3:00-4:00PM**

**Wed, June 5, 6:00-7:30PM**

**Sat, June 8, 10:30AM-12:00PM**

**Location:** Village Project, 27378 W Oviatt Rd, Bay Village, OH 44140

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**Exercise Routine: How To**
A simple yet thorough explanation of how to design and progress an exercise routine. Learn the parameters set forth by The American Cancer Society and American College of Sports Medicine as it relates to cancer and exercise.

**Stephen Cerne, NSCA-CPT, ACSM/ACS-CET**

**Mon, April 8, 12:30-1:30PM**

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**All TGP programs and services are free of charge.**
Wellness Center Off Site

**FAMILY FUN DAY: GUARDIANS AT THE GATHERING PLACE**

For this quarter’s Family Fun Day grab your peanuts and hotdogs and gear up for opening day by cheering on our Guardians at The Gathering Place! Watch the game, eat up stadium snacks, and play backyard baseball (weather permitting).

**WHITNEY HADLEY MA, MSW, LSW, OSW-C**

**SAT, APRIL 6, 2:00-4:30PM**

**KALEIDOSCOPE**

Just as a group of butterflies is called a Kaleidoscope, this monthly grief workshop is for young families to reflect, build community, and learn skills to process grief together after the death of a loved one.

**ADELLE GATES, MA, CCLS**

**SAT, 9:30-10:30AM**

**APRIL 13, MAY 11, JUNE 8**

**KALEIDOSCOPE: PARENT GROUP**

Grief group for parents/partners with school age children who have had a spouse/partner die from cancer. This group is a supportive space for parents/caregivers to process their grief.

**WHITNEY HADLEY MA, MSW, LSW, OSW-C**

**SAT, 9:30-10:30AM**

**APRIL 13, MAY 11, JUNE 8**

**THE KID SPOT**

Supportive and psychoeducational group for children ages 4-12. Participants will use A Little Spot by Diane Alber to learn how to identify, manage, and cope with big emotions relating to their loved one’s cancer. Age-appropriate activities and supportive discussions will assist participants with the development of new coping skills among peers with shared experiences.

**WHITNEY HADLEY MA, MSW, LSW, OSW-C**

**SAT, 11:00AM-12:00PM**

**APRIL 13, MAY 11, JUNE 8**

**CONNECTIONS: SUPPORT FOR FAMILIES AFFECTED BY CHILDHOOD CANCER**

Support group designed to connect and support the entire family in coping with the impact of childhood cancer.

**ADELLE GATES, MA, CCLS**

**SIBLING CELEBRATION**

**SAT, APRIL 13, 11:00AM-12:00PM**

**HELPING HANDS**

**SAT, MAY 11, 11:00AM-12:00PM**

**COPPING SKILLS**

**SAT, JUNE 8, 11:00AM-12:00PM**

**CONNECTIONS: PARENT GROUP**

Safe and supportive space for parents or caregivers to discuss the difficulties of having a child/teen dealing with cancer.

**ADELLE GATES, MA, CCLS**

**TUES, 7:00-8:00PM**

**APRIL 16, MAY 21, JUNE 18**

**TUESDAY TALKS**

Educational sessions for participants with children and teens in their lives. Topics surround the unique challenges participants face when navigating cancer and family.

**ADELLE GATES, MA, CCLS**

**TUES, 12:00-1:00PM**

**MAY 28, JUNE 25**

**NATURE COLLAGE**

Collect samples of nature and create collages. These pieces of art will be temporary and changeable.

**EILEEN COAN, MA, MLS**

**TUES, APRIL 30, 6:00-7:00PM**

**WED, JUNE 5, 6:00-7:00PM**

**ANIMAL CAMP**

A special summer experience for children ages 6 to 10 who have been impacted by a cancer diagnosis.

Scan the QR Code, visit our website touchedbycancer.org/animal-camp or contact Whitney Hadley at hadley@touchedbycancer.org or 216-455-1522 to learn more.

**HORSES: MON, JUNE 17- FRI, JUNE 21**

**PUPPIES: MON, JULY 29- FRI, AUGUST 2**

**HORSES: MON, JULY 8- FRI, JULY 12**

**for children with cancer & their siblings**

**KITTENS: MON, JULY 15- FRI, JULY 19**

**ADOLESCENTS & YOUNG ADULTS (YA)**

**ADOLESCENTS: AGES 13-17 | YA: AGES 18-45**

**Ya Lunch and Learn: Mental Health-Ask the Nurse Practitioner**

Bring your questions about mental health during and after treatment for Psych Nurse Practitioner Amelia Bafla.

**AMELIA BAFFA, MSN, APRN, PMHNP-BC**

**TUES, APRIL 2, 12:00-1:00PM**

**Young Adult Virtual Drop-in Group**

Virtual drop-in group for young adults. Bring your lunch and join us for a check in with your YA lunch buddies.

**WHITNEY HADLEY, MA, MSW, LSW, OSW-C**

**THURS, 12:00-1:00PM**

**APRIL 4, MAY 2, JUNE 6**

**Guardians at TGP**

Celebrate AYA Cancer Awareness week with your peers and their families while rooting for the home team.

**WHITNEY HADLEY, MA, MSW, LSW, OSW-C**

**SAT, APRIL 6, 2:00-4:30PM**

**Teens with Cancer Group**

Monthly group for teens (13-17) who have been diagnosed with cancer, in treatment, or recently completed treatment, to chat in a safe space with others who get it. Take control back and join our first session to discuss what YOU want from this group. Every month we will cover topics decided on by you and important to you.

**ADELLE GATES, MA, CCLS**

**TUES, 7:00-8:00PM**

**APRIL 9, MAY 14, JUNE 11**

**Ya Group**

Connect and build community with Young Adults (18-45) who have been diagnosed with cancer.

**Horticulture Therapy**

Welcome spring and spend time with plants.

**KAREN KENNEDY, HTR**

**THURS, APRIL 25, 6:30-8:00PM**

**Cooking Class**

Try new recipes in this hands-on cooking class to find dishes that are tasty and support your health!

**STEPHANIE HOPKINS, MS, RDN, LD**

**THURS, MAY 23, 6:30-8:00PM**

**Labyrinth**

Learn about walking the labyrinth as a form of meditation to celebrate the summer solstice.

**EILEEN COAN, MA, MLS**

**THURS, JUNE 27, 6:30-8:00PM**
April is National Minority Health Month, a time to raise awareness about health disparities that continue to affect people from racial and ethnic minority groups. The theme for this year is “Better Health Through Better Understanding”. Action is encouraged through health education, early detection, and control of disease complications. We are pleased to help move this theme forward by offering our 2nd Annual Minority Health Community Fair in partnership with UH Glenville Wellness Center. TGP has been off to a wonderful start in the city of Cleveland this year to help educate and empower the community. Sydney continues to provide drop-in onsite support at the newly reopened Greater Cleveland Food Bank Community Resource Center, Joseph and Mary’s Home, and is creating partnership with various community clinics or centers. This means that Sydney, or other Outreach staff, will be available during scheduled hours to offer education about cancer screening and support to those impacted by cancer. Sydney provided a Self-Care as Prevention session to the ladies of RTA’s employee resource group, shared TGP resources over the airwaves with the historic Cleveland radio platform WOVU and led seniors on a guided meditation to teach self-care.

Follow us on social media to see our Outreach team in action and be sure to visit our Community Webpage https://touchedbycancer.org/tgp-in-cle to find out where the team will be spreading the TGP mission!

Peace & Blessings, Sydney Beeman
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<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
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<tr>
<td>11:00AM Zumba Gold*</td>
<td>10:00AM Yoga*</td>
<td>11:00AM Chair One Fitness*</td>
<td>9:00AM Open Gym</td>
<td>11:00AM Yoga</td>
<td>9:00AM Yoga</td>
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<tr>
<td>6:30PM Exercise: Circuit Fusion</td>
<td>12:00PM Exercise: Functional Movement</td>
<td>11:00AM Chair One Fitness*</td>
<td>12:00PM Exercise: Functional Movement</td>
<td>11:00AM Yoga</td>
<td>10:00AM QiGong-Tai Chi</td>
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<td>12:00PM Yoga</td>
<td>12:00PM YA Lunch &amp; learn</td>
<td>12:30PM Balance for Improved Function</td>
<td>12:00PM Exercise: Functional Movement</td>
<td>12:00PM Exercise: Body Balance</td>
<td>2:00PM Guardians At TGP</td>
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<td>1:00PM Core for More</td>
<td>6:30PM YA Breast Cancer Group</td>
<td>5:00PM Aquatics: Therapy Pool</td>
<td>12:00PM YA Virtual Drop-in</td>
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<td>6:00PM Yoga</td>
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<td>6:30PM Guided Meditation</td>
<td>6:30PM Guided Meditation</td>
<td>6:30PM Caregiver Group</td>
<td>6:30PM Adults with Cancer Group*</td>
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<td>6:30PM Caregiver Group</td>
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**Advance Registration Required.**

Beachwood Westlake Offsite Wellness Center

216-595-9546

TouchedByCancer.org/Calendar

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

**April Program Calendar**

**Virtual** and **In-Person and Virtual**

**Program Locations:**

**Virtual Only**

**Program Times are EDT**

**Advance Registration Required.**

**Virtual Only**

**Westlake**

**Beachwood**

**Offsite**

**Wellness Center**

**Touch**

**by**

**Cancer.org/Calendar**
May Program Calendar

Closed for Memorial Day

### MON
- **11:00AM Yoga**
- **6:30PM Zumba Gold**
- **6:30PM Myeloma Group**
- **6:30PM Adults with Cancer Group**
- **6:30PM Caregiver Group**
- **6:30PM Guided Meditation**

### TUES
- **10:00AM Yoga**
- **11:30AM Beginners Paint Party**
- **12:00PM Exercise: Circuit Fusion**
- **12:00PM Exercise: Functional Movement**
- **1:00PM Core for More**
- **2:00PM Grief Group**
- **5:15PM Prostate Partners Info Session**
- **6:30PM YA Breast Cancer Group**

### WED
- **11:00AM Chair One Fitness**
- **12:30PM Balance for Improved Function**
- **5:00PM Aquatics: Therapy Pool**
- **6:00PM Supportive Oncology & Palliative Care: Dispelling Myths**
- **6:30PM Circle Weaving**

### THUR
- **9:00AM Open Gym**
- **11:00AM Yoga**
- **12:00PM Exercise: Functional Movement**
- **12:00PM Exercise: Body Balance**
- **12:00PM YA Virtual Drop-in**
- **12:00PM Lunch and Learn**
- **6:30PM Exercise: Warrior Workout**
- **6:30PM Sister Circle**
- **6:30PM Adults with Cancer Group**
- **6:30PM Caregiver Group**

### FRI
- **11:00AM Open Gym**
- **11:00AM Yoga**
- **12:00PM Exercise: Functional Movement**
- **12:00PM Exercise: Body Balance**
- **5:15PM Prostate Partner’s Partners**
- **5:15PM Prostate Partners Info Session**
- **6:30PM Prostate Partners Group**
- **6:30PM Exercise: Warrior Workout**
- **6:30PM Life After Cancer Group**
- **6:30PM Breast Cancer Group**
- **6:30PM Adults with Cancer Group**
- **6:30PM Caregiver Group**

### SAT
- **9:00AM Yoga**
- **10:00AM Qigong-Tai Chi**

### Advance Registration Required.

Additional information:
- Advance registration required.
- In-person and Virtual
- TOUCHEDBYCANCER.ORG/CALENDAR

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

**Beachwood, Westlake, Virtual Only**

**All Program Times are EDT**
### Program Calendar

**Advance registration required.**

**216-595-9546**

TOUCHEDBYCANCER.ORG/CALENDAR

**Race for the Place**
**Sun, June 2nd**
**Beachwood Place Mall**

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<th>Mon</th>
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<td>11:00AM Zumba Gold*&lt;br&gt;6:30PM Exercise: Warrior Workout&lt;br&gt;6:30PM Adults with Cancer Group*&lt;br&gt;6:30PM Caregiver Group&lt;br&gt;6:30PM Guided Meditation</td>
<td>10:00AM Yoga*&lt;br&gt;11:30AM Beginners Paint Party&lt;br&gt;12:00PM Exercise: Circuit Fusion&lt;br&gt;12:00PM Exercise: Functional Movement&lt;br&gt;1:00PM Core for More&lt;br&gt;2:00PM Grief Group&lt;br&gt;6:00PM Yoga&lt;br&gt;6:00PM Horticulture Therapy&lt;br&gt;6:30PM YA Breast Cancer Group</td>
<td>11:00AM Chair One Fitness*&lt;br&gt;12:30PM Balance for Improved Function&lt;br&gt;3:00PM Cancer Survivorship Diet&lt;br&gt;6:00PM Nature Collage</td>
<td>9:00AM Open Gym&lt;br&gt;11:00AM Yoga&lt;br&gt;12:00PM Exercise: Functional Movement&lt;br&gt;12:00PM Exercise: Body Balance&lt;br&gt;12:00PM Yoga Virtual Drop-in&lt;br&gt;12:00PM Lunch and Learn&lt;br&gt;6:00PM Horticulture Therapy&lt;br&gt;6:30PM Exercise: Warrior Workout&lt;br&gt;6:30PM Sister Circle&lt;br&gt;6:30PM Adults with Cancer Group&lt;br&gt;6:30PM Caregiver Group</td>
<td>11:00AM Singing Bowls (Sound Bath)<em>&lt;br&gt;11:00AM Chat with the Dietitian</em>&lt;br&gt;12:30PM Restorative Motion</td>
<td>9:00AM Yoga&lt;br&gt;9:30AM Kaleidoscope&lt;br&gt;9:30AM Kaleidoscope: Parent Group&lt;br&gt;10:00AM Qigong-Tai Chi&lt;br&gt;10:30AM Cancer Survivorship Diet&lt;br&gt;11:00AM Connections: Coping Skills*&lt;br&gt;11:00AM The Kid Spot</td>
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<td>9:00AM Animal Camp&lt;br&gt;11:00AM Zumba Gold*&lt;br&gt;6:30PM Exercise: Warrior Workout&lt;br&gt;6:30PM Adults with Cancer Group*&lt;br&gt;6:30PM Caregiver Group&lt;br&gt;6:30PM Guided Meditation</td>
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<td>11:00AM Chair One Fitness*&lt;br&gt;12:30PM Balance for Improved Function&lt;br&gt;6:30PM Virtual Reading Room</td>
<td>9:00AM Open Gym&lt;br&gt;11:00AM Yoga&lt;br&gt;12:00PM Exercise: Functional Movement&lt;br&gt;12:00PM Exercise: Body Balance&lt;br&gt;5:15PM Prostate Partner’s Partners&lt;br&gt;5:15PM Prostate Partners Info Session&lt;br&gt;6:30PM Prostate Partners Group&lt;br&gt;6:30PM Exercise: Warrior Workout&lt;br&gt;6:30PM Life After Cancer Group&lt;br&gt;6:30PM Breast Cancer Group&lt;br&gt;6:30PM Adults with Cancer Group&lt;br&gt;6:30PM Caregiver Group</td>
<td>10:00AM Coffee &amp; Conversation&lt;br&gt;12:30PM Restorative Motion</td>
<td>9:00AM Yoga&lt;br&gt;10:00AM Qigong-Tai Chi&lt;br&gt;11:00AM Improve Anxiety &amp; Insomnia</td>
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<td>Offices Closed for Juneteenth</td>
<td>9:00AM Animal Camp&lt;br&gt;9:00AM Open Gym&lt;br&gt;11:00AM Yoga&lt;br&gt;12:00PM Exercise: Functional Movement&lt;br&gt;12:00PM Exercise: Body Balance&lt;br&gt;12:00PM Breast Cancer Program&lt;br&gt;6:30PM Exercise: Warrior Workout&lt;br&gt;6:30PM Adults with Cancer Group&lt;br&gt;6:30PM Caregiver Group</td>
<td>9:00AM Animal Camp&lt;br&gt;11:00AM Older Adults Group&lt;br&gt;12:30PM Restorative Motion</td>
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<td>10:00AM Yoga*&lt;br&gt;12:00PM Exercise: Circuit Fusion&lt;br&gt;12:00PM Exercise: Functional Movement&lt;br&gt;12:00PM Tuesday Talks&lt;br&gt;1:00PM Core for More&lt;br&gt;2:00PM Lung Cancer Group&lt;br&gt;6:00PM Yoga&lt;br&gt;6:30PM Grief Group&lt;br&gt;6:30PM Guided Meditation</td>
<td>11:00AM Chair One Fitness*&lt;br&gt;12:30PM Balance for Improved Function&lt;br&gt;3:30PM Pancreatic Cancer Group</td>
<td>9:00AM Open Gym&lt;br&gt;11:00AM Yoga&lt;br&gt;12:00PM Exercise: Functional Movement&lt;br&gt;12:00PM Exercise: Body Balance&lt;br&gt;6:30PM Exercise: Warrior Workout&lt;br&gt;6:30PM YA Group: Labyrinth&lt;br&gt;6:30PM Adults with Cancer Group&lt;br&gt;6:30PM Caregiver Group</td>
<td>12:00PM Legal Clinic&lt;br&gt;12:30PM Restorative Motion</td>
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Program Locations:
- *In-Person and Virtual*
- Beachwood
- Westlake
- Virtual Only
- Offsite
- Wellness Center

Scan the QR code with your smartphone camera to register for our upcoming programs and events.
SUNDAY, JUNE 2, 2024

BEACHWOOD PLACE MALL
RACEFORTHEPLACE.ORG

The people who race for the place are our community of champions.

They participate in race for the place & raise funds to keep TGP’s programs free of charge.

The best way to participate in race for the place is to form a team.

Whether small or large, teams help us raise more than $350,000 each year.

Visit racefortheplace.org to start your team, join a team or make a donation.

7:30AM Registration Opens
8:00AM Celebration Village Opens (fun for the entire family)
8:45AM Cancer Survivor Ceremony
9:00AM 5K and 1 Mile Walk/Run Begins
10:30AM Awards Ceremony

THANK YOU TO OUR SPONSORS

GOLD SPONSORS

BRONZE SPONSORS
WAYS TO give.

Our mission at The Gathering Place is to support, educate and empower individuals and families currently coping with the impact of cancer in their lives through programs and services. One of the things that sets The Gathering Place apart is that everything we offer is completely free of charge, thanks to the generous support of our donors. You can ensure that others are able to have this invaluable resource on their journey by making a gift today.

Find out more at touchedbycancer.org/donate.