

Newsletter/Calendar

April, May, June
2018



Mindful May

You can find these in
our east or west library

Mindfulness is something that we at The Gathering Place try to practice every day in many ways. Mindfulness is a concept that, once you learn it, can be applied to almost everything you do. Whether we are washing dishes in a cooking class, spreading out our mat for yoga, or thinking of how to respond to a fellow support group member, mindfulness is a way to focus our attention and our intentions. Mindfulness is a gift you give yourself to reduce your stress.

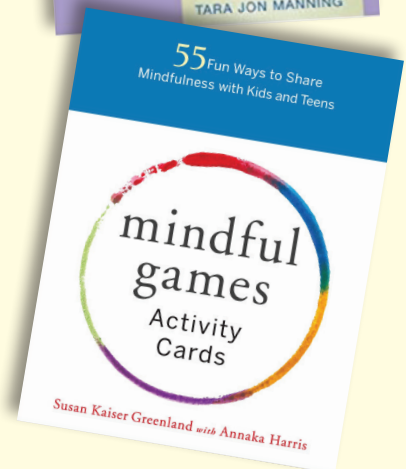
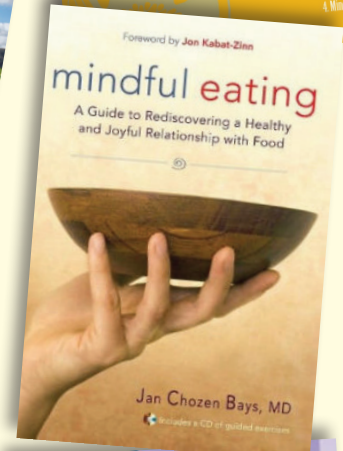
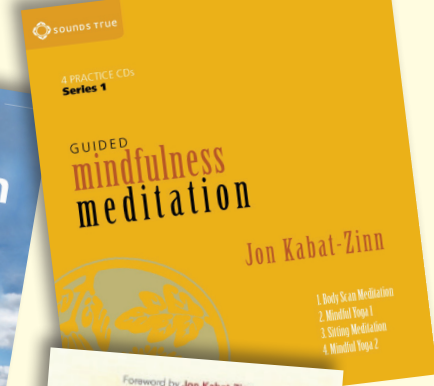
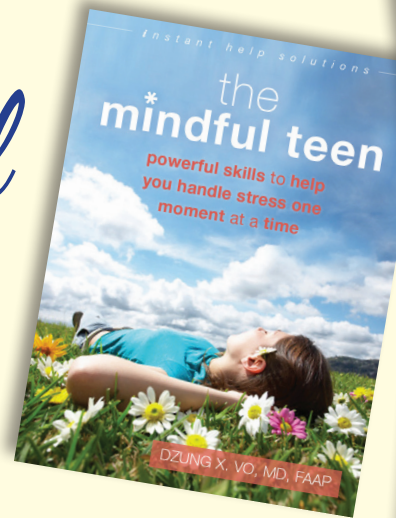
The goal of mindfulness is to slow down physically, mentally and emotionally. Physically, you might want to choose a quiet comfortable place in your home, where you are warm and won't be interrupted. Turn off your phone or even leave it in another room! Use pillows and footstools, anything that helps you to relax completely. You can start by closing your eyes and taking an extra deep breath in through your nose, pausing, then blow the breath slowly out through your mouth. Even one deep breath is a reminder to your body that slower is better. You can then work your way up from your toes to the top of your head, focusing on each part of the body and reminding it to relax. You may be surprised to find areas that you are tensing or tightening without realizing it.

Mentally, you can slow down by clearing your mind. An image can be helpful, such as a classroom dry erase board that is crowded with writing –all your lists, names, numbers, things to do. Then, imagine using a dry eraser to clear away all the writing, strip by strip, reaching up high and pushing the eraser down. When the board is clear, tell yourself that you will keep it clear for the

duration of your break. You will still have thoughts that float in and noises that you become aware of – in each case, notice them without reacting to them. If you wander off in thought, bring yourself back as soon as you notice you are distracted.

Emotionally, you might want to take a break from the stress of your everyday life by going to your “happy place” in your mind. It may be the beach, or the woods, or an imaginary place. Somewhere you feel safe and can relax and begin to open your heart. You can imagine that people are there with you, even people who are no longer alive, but choose people who love you unconditionally. Or, invite a pet or other animal to be there in your imagination. Immerse yourself as much as you can, using all your senses. Imagine vivid colors, soothing sounds, tempting scents.

There is no right or wrong way to be mindful. Quiet alone time works for some, but others might find their peace being in nature, listening to music, or hanging out with friends. You might decide to use every red light when you are driving to notice something beautiful, or every commercial during your favorite TV show to close your eyes and breathe deeply. There is no need to judge yourself or others for what works. It is also helpful to keep your expectations low and reasonable. It may take many sessions before you notice results, and not every session may be productive. Better yet, **join us during Mindful May by registering to receive a daily email or check our Facebook page for daily ideas to stimulate your imagination, healing, and comfort.** And don't forget to visit our libraries, east and west, for mindfulness materials you can borrow.



The Gathering Place programs and services are for those currently dealing with cancer in their daily lives. This includes those in treatment, those who are coping with the physical and/or emotional side effects from treatment, those who are actively supporting someone with cancer, or someone who is grieving the recent loss of a loved one from cancer.

ART AND MUSIC For those over 18

Yarn Works

Experienced and beginner knitters and those who crochet are welcome.

Supplies and instruction provided. Instructor: Cathie Davidson

TGP East: Mondays, April 9 & 23, May 14, June 11 & 25, 1:30-3:00pm

***Clay to Poetry and Music**

Create and glaze clay works that reflect your insight and feelings about your cancer journey using chosen pieces of poetry and music.

TGP East: Thursdays, April 12, 19 & 26, 1:30-3:00pm

TGP West: Thursdays, May 3, 10 & 17, 6:00-7:30pm

***Drumming and Labyrinth**

Join our drum circle and walk the labyrinth together.

TGP West: Thursday, April 19, 1:30-2:30pm

***Joy of Drumming**

De-stress & enhance energy. No experience necessary. Drums provided. Adults only.

TGP East: Tuesday, May 15, 6:30-7:30pm

***Gifts from the Sea**

Learn how to incorporate beach glass, historical pottery and wish stones into paintings, collages, and mosaics. Supplies provided.

TGP East: Wednesday, May 16, 6:30-8:00pm

TGP West: Tuesday, June 19, 6:30-8:00pm

***Coloring for Adults**

Learn how coloring can help manage stress. Supplies provided.

TGP East: Tuesday, May 22, 1:00-2:30pm

TGP West: Tuesday, April 24, 1:00-2:30pm

***Silk Scarf Painting**

Priority to those who haven't previously attended. Presenter: Peggy Wertheim

TGP East: Tuesday, June 12, 9:30am-12:30pm

TGP West: Thursday, May 31, 9:30am-12:30pm

***Mask Making**

Create a mask as you explore the many sides of cancer.

TGP East: Tuesday, June 19, 1:30-3:00pm

***Sandtray Workshop**

A creative and experiential program using sand.

TGP West: Thursday, June 21, 1:30-3:00pm

CANCER SPECIFIC PROGRAMS

Blood Cancers Family members welcome

***Managing Cancer Related Fatigue**

Presenter: Stevi Gutin, RN

TGP East: Monday, May 21, 6:30-8:00pm

***Brain Cancer Symposium** For those with primary brain cancer & family members

Learn about the latest advances in diagnosis, treatment, symptom management and nutrition. In collaboration with University Hospitals and The Cleveland Clinic. Continental breakfast and lunch provided.

Presenters: Glen Stevens, DO, PhD, FAAN, Lisa Rogers, DO & Sarah Rolfe, RDN, CSO, LD

TGP East: Saturday, April 14, 9:00am-1:00pm

CANCER SPECIFIC PROGRAMS continued...

Breast Cancer

Breast Cancer Connection

Telephone support for those with breast cancer. **Call 440-442-4433**

Group for Young Women (20's, 30's & 40's) with Breast Cancer

TGP West: Tuesdays, April 3, May 1, June 5, 6:30-8:00pm

***Group for Those with Metastatic Breast Cancer**

TGP East: Wednesdays, April 11, May 9, June 13, 11:00am-12:30pm

***Breast Cancer Symposium: Body, Mind and Spirit**

A supportive and interactive workshop for those with breast cancer.

TGP West: Saturday, April 28, 9:00am-12:00pm

***Breast Cancer Retreat** For those diagnosed in the last two years

Experience gentle movement, journaling, energy work and group support.

Lunch provided. Outdoor activities weather permitting.

TGP East: Saturday, June 9, 10:00am-4:00pm

Gynecological Cancers

Group for Those with Gynecological Cancers

TGP East: Wednesdays, April 18, May 16, June 20, 6:00-7:30pm

***Updates in Gynecological Cancer Research**

TGP West: Tuesday, May 8, 6:30-8:00pm | Presenter: Analisa DiFeo, PhD

Prostate Cancer

Prostate Cancer Information Session

Men (only) diagnosed within the last 6 months.

TGP East: Thursdays, April 12, May 10, June 14, 5:30-6:15pm

TGP West: Tuesdays, April 17, May 15, June 19, 5:30-6:15pm

Prostate Partners - Family members are welcome.

Do it Yourself Web Based Research

TGP East: Thursday, April 12, 6:30-8:00pm | Presenter: Gwen Paull, LISW-S, OSW-C

TGP West: Tuesday, April 17, 6:30-8:00pm | Presenter: Gwen Paull, LISW-S, OSW-C

Erectile Dysfunction and Incontinence

TGP East: Thursday, May 10, 6:30-8:00pm | Presenter: Hadley Wood, MD

TGP West: Tuesday, May 15, 6:30-8:00pm

Healthy Grilling

Presenter: Beth Bennett, PT, MA, MS, RDN, LD

TGP East: Thursday, June 14, 6:30-8:00pm

TGP West: Tuesday, June 19, 6:30-8:00pm

CANCER SURVIVORSHIP

***Life after Cancer Treatment Support Group**

TGP East: Thursdays, April 12, May 10 & June 14, 6:30-8:00pm

TGP West: Thursdays, April 19, May 17 & June 21, 6:30-8:00pm

CHILDREN, TEEN & FAMILY PROGRAMS

***KidShop/TeenShop**

Workshop for children and teens who have an adult family member with cancer.

Themes for Upcoming Programs:

April Discovering Calming Waters, Family Rain Sticks

May Growing in Spite of Cancer! Container Gardens for Home

June Planning for Summer

TGP East: Mondays, April 9 & 23, May 14, June 11 & 25, 6:30-7:30pm

TGP West: Wednesdays, April 4 & 18, May 2 & 16, June 6 & 20, 6:30-7:30pm

***Bridges Grief Group for Families**

For parents, children and teens when there has been a death of an adult loved one from cancer.

TGP East: Mondays, April 2 & 16, May 7 & 21, June 4 & 18, 6:30-7:30pm

TGP West: Wednesdays, April 11 & 25, May 9 & 23, June 13 & 27, 6:30-7:30pm

***After Goodbye** Adults and children welcome

A celebration honoring members of The Gathering Place community who have died in the last year. Bring a photo or other special memento to share.

TGP West: Wednesday, June 13, 6:30-7:30pm

EXERCISE

For individuals in treatment or coping with side effects of cancer treatment. Classes include resistance training using light weights, bands and balls, and strength equipment. **Written medical authorization from your physician is required. Contact Beth Bennett for a fitness assessment before attending exercise classes.**

***Exercise Classes**

TGP Richman Family Wellness Center: Tuesdays & Thursdays, 12:30-1:15pm, 6:30-7:30pm; Wednesdays & Fridays, 12:45-1:30pm, 23295 Commerce Park, Beachwood, OH 44122

TGP West: Mondays, 7:00-8:00pm; Fridays, 10:00-11:00am

Friday exercise class held at the Westlake Recreation Center, 28955 Hilliard Blvd

***Race for the Place Training**

Get ready for our 1 mile Survivor Walk or 5K walk/run with Stephen Cerne, our fitness trainer and running coach. Walkers, joggers and runners welcome. Supplemental training instructions provided for participants between weekly sessions. Participants are encouraged to attend **Race for the Place on Sunday, June 3.**

TGP Richman Family Wellness Center: Wednesdays, April 25-May 30, 11:30am-12:30pm

***Dragon Boat Orientation Meeting**

Learn about the support and fun cancer survivors and their partners have paddling on the Cuyahoga. Weekly practices begin Wednesday, June 6.

Orientation: Saturday, May 19, 12:00-2:00pm, Merwin's Wharf, 1772 Merwin Ave.

Practices: Wednesday, June 6-August 8, 6-8:00pm, Merwin's Wharf

Festival: Saturday, August 11, The Black River at Riverfront Park, Lorain, Ohio

EXERCISE *continued...*

*Balance

Learn exercises addressing balance issues related to cancer treatment.

TGP West: Saturdays, June 16, 23 & 30, 11:30am-12:30pm

GRIEF AND LOSS

*Grief Support Groups

Twice-monthly groups for adults when an adult loved one has died from cancer.

TGP East: Tuesdays, April 10 & 24, May 8 & 22, June 12 & 26, 6:30-8:00pm

TGP West: Tuesdays, April 3 & 17, May 1 & 15, June 5 & 19, 2:00-3:30pm

*After Goodbye Adults and children welcome

A celebration honoring members of The Gathering Place community who have died in the last year. Bring a photo or other special memento to share.

TGP West: Wednesday, June 13, 6:30-7:30pm

LECTURES, WORKSHOPS & SPECIAL PROGRAMS

*Moving Forward - 8 week program

For those who are currently in treatment or have finished treatment within the last year. Includes twice weekly fitness training, healthy cooking classes & a weekly support group. Written permission from your physician is required.

TGP East: Mondays, 6:00-8:15pm, Wednesdays, 6:00-8:15pm, April 2-May 23

TGP West: Mondays, 6:00-8:15pm, Wednesdays, 6:00-8:15pm, April 4-May 23
First meeting, Wednesday, April 4th

*The Conversation Project

This two-part program gently fosters meaningful and effective conversations about end of life care. Adult family members are encouraged to attend both sessions. Presenter: Melanie Sunderland, MA, MDiv

TGP East: Wednesday, April 18, 6:30-8:00pm; *How to Begin the Conversation*

TGP West: Wednesday, May 2, 6:30-8:00pm; *How to Talk with Your Doctor*

*ABCs of Cancer in the African American Community

Learn tips for navigating the healthcare system and how to cope with fear and other emotions around a cancer diagnosis.

Affinity Missionary Baptist Church: Saturday, April 21, 10:00am -2:00pm
4411 East 175th St., Cleveland, Ohio

*Expert Symptom Management and Support for Those with Cancer

For those with advanced disease and their family members. Presenter: Desi Carozza, MD

TGP West: Tuesday, April 24, 6:30-8:00pm

*Managing Bowel and Bladder Functions

Learn how you can improve pelvic floor muscles to reduce urinary incontinence, urgency and bowel issues.

TGP East: Wednesday, May 23, 6:30-8:00pm | Presenter: Cameron Barber Pikula, PT, DPT, COMT

TGP West: Thursday, April 26, 6:30-8:00pm | Presenter: Jill Marie Dubbs, PT, DPT

*Genetics and Cancer: Ask the Genetic Counselor

Information about genetic counseling for all types of cancer will be discussed followed by question and answer period.

TGP East: Wednesday, May 30, 6:30-8:00pm | Presenter: Joanna Horn, MS, CGC

*Navigating Cancer: Nutrition, Journaling and the Labyrinth

Discover how meditation and movement play an important role in our well-being.

TGP West: Saturday, June 16, 12:00pm-3:00pm

*Detoxify Your Home and Garden

Replace toxic cleaning & landscaping products with safe, low cost alternatives made from household ingredients. Presenter: Claire Posius, Euclid Creek Watershed Program Manager

TGP East: Wednesday, June 20, 6:30-7:30pm

*Ketogenic Diet

Learn about the ketogenic very low carb diet and its use in cancer care.

Presenter: Sarah Rolfe, RDN, CSO, LD

TGP West: Thursday, June 21, 6:30-8:00pm

MEDITATION AND RELAXATION

Guided Meditation

Relax and practice mindfulness meditation techniques in a group setting.

TGP East: Mondays, April 2, 16 & 30, May 7 & 21, June 4 & 18, 1:30-2:15pm

TGP West: Mondays, April 9 & 23, May 14, June 11 & 25, 5:30-6:15pm

*Mindfulness May

Join us daily to increase your mindfulness in May. Each day, we will email and share on social media, a video or exercise to help you practice mindfulness.

Call to register to receive daily emails or follow us on Facebook, Twitter or Instagram.

NUTRITION

*Nutrition Consultations

A registered dietitian is available for 1:1 consultations. **Call to schedule an appointment.**

*Hands-on Cooking Classes

Prepare easy and delicious plant-based lifestyle recipes.

*Healthy Hearts Breakfast

TGP East: Wednesday, April 11, 6:00-8:00pm

TGP West: Saturday, April 14, 10:00am-12:00pm

*Fresh Farm Market Foods

TGP East: Wednesday, May 9, 6:00-8:00pm

TGP West: Saturday, May 12, 10:00am-12:00pm

*TGP at Whole Foods: Eating Healthy Doesn't Have to Break the Bank

Join us for a walking tour of Whole Foods Market and learn how a plant based lifestyle can be affordable and delicious!

27249 Chagrin Blvd, Woodmere | Thursday, May 17, 6:00-7:00pm

19607 Detroit Road, Rocky River | Tuesday, May 22, 6:00-7:00pm

ONE TO ONE SERVICES - CALL FOR AN APPOINTMENT

Mt. Sinai Community Partners Education & Reinberger Foundation Education Centers

Our medical librarian is available to help you find information in our lending libraries.

*Life Planning Consultation

Help with basic legal and/or financial planning issues related to your cancer experience.

*Medical Bill Consultation

Medical bill professionals are available for 1:1 consultation on managing the medical bill maze.

*REIKI, MASSAGE & REFLEXOLOGY

Fully clothed, 30 minute healing touch therapies. Children under 18 must have signed consent from a parent or legal guardian and an adult present during the healing sessions.

***Reiki:** unlimited sessions

***Massage:** 3 sessions/year - *Only available at TGP West*

***Reflexology:** 3 sessions/year

SUPPORT GROUPS

***Group for Caregivers** For individuals who have a loved one coping with cancer.

TGP East: Tuesdays, 6:30-8:00pm

TGP West: Mondays, 6:30-8:00pm

*Group for Those with Cancer

TGP East: Tuesdays, 6:30-8:00pm

TGP West: Mondays, 6:30-8:00pm

SUPPORT GROUPS

Sister Circle

A support group for African American women with any type of cancer.

TGP East: Thursdays, April 5 & 19, May 3 & 17, June 7 & 21, 6:30-8:00pm

Group for Older Adults with Cancer

TGP West: Fridays, April 20, May 18, June 15, 11:00am-12:30pm

DANCE, TAI CHI, YOGA, ZUMBA GOLD *For those over 18*

To register please call **Betsy (TGP East)** or **Susan (TGP West)** at 216 595-9546. Suitable for all levels of fitness and health.

***Dance Class** – Learn steps such as swing, rumba, cha cha, meringue and salsa. Open to those with cancer and those supporting someone with cancer. Presented by: LaDanse Cleveland Ballroom Dance Studio

TGP East: Saturdays, April 14, May 12, June 9, 11:45-12:45pm

***Tai Chi** – Increases leg strength, balance and flexibility.

TGP East: Thursdays, 11:00am-12:15pm

TGP West: Saturdays, 10:00-11:15am

***Yoga** – Gentle relaxing movements that help increase energy, improve muscle tone and flexibility.

TGP East: Tuesdays, 11:00am - 12:15pm, Saturdays, 10:00 - 11:15am

TGP West: Tuesdays, 6:30 - 7:45pm, Thursdays, 12:00 - 1:15pm

***Zumba Gold** – Low intensity, move at your own pace or sit while dancing to Latin rhythms.

TGP East: Mondays, 10:00-11:00am

TGP West: Wednesdays, 9:00-9:45am **NEW TIME**

*WIGS AND SKINCARE

*Regina Brett Wig Salons

We offer a synthetic wig free of charge to women currently experiencing hair loss from cancer treatment. Call for an appointment.

*Look Good Feel Better®

Learn wig and skin care techniques to cope with appearance related side effects from cancer treatment. Sponsored by the American Cancer Society Personal Care Products and the National Cosmetology Association. **Call 800-227-2345 to register.**

TGP East: Mondays, April 23, June 25, 3:00-5:00pm

TGP West: Mondays, April 23, June 25, 3:00-5:00pm

*YOUNG ADULTS SURVIVING CANCER *Ages 18 to 40-You may bring 1 guest*

*YA Meet up at Monsters Game

Cleveland Monsters vs. Manitoba Moose. **Sign up directly with Casey Durkin: 216.455.1523, durkin@touchedbycancer.org**

Quicken Loans Arena: Thursday, April 12, 6:00pm-10:00pm

*YA Meet up at Table Top Board Game Cafe

Check out this unique venue, YA discussions and special snacks.

1810 West 25th Street, Cleveland: Thursday, May 24, 6:30-8:00pm

*YA Meet up at TGP Westside Garden

Relaxing & chatting with Corn Hole & Bocce Ball

TGP West: Thursday, June 28, 6:30-8:00pm

APRIL 2018 • the gathering Place | Facing Cancer • Embracing Life • HOURS: Monday - Friday: 9:00a - 5:00p & Saturday: 9:00a-1:00p • Open evenings when programs are scheduled

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY/SUNDAY |
|--|--|--|---|---|--|
| 10:00a-11:00a *Zumba Gold (E) 2 1:30p-2:15p Guided Meditation (E) 6:00p-8:15p *Moving Forward (E) 6:30p-7:30p *Bridges Grief Group for Families (E) 6:30p-8:00p *Group for Caregivers (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W) | 11:00a-12:15p *Yoga (E) 3 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 2:00p-3:30p *Grief Support Group (W) 6:30p-7:45p *Yoga (W) 6:30p-8:00p Group for Young Women w/ Breast Cancer (W) | 6:00p-8:15p *Moving Forward (E) 4 12:45p-1:30p *Exercise Class (WC) 9:00a-9:45a *Zumba Gold (W) 6:00p-8:15p *Moving Forward (W) 6:30p-7:30p *KidShop/TeenShop (W) | 11:00a-12:15p *Tai Chi (E) 5 6:30p-8:00p Sister Circle (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) | 12:45p-1:30p *Exercise Class (WC) 6 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i> | 10:00a-11:15a *Yoga (E) 7 10:00a-11:15a *Tai Chi (W) |
| | | | | | 8 |
| 10:00a-11:00a *Zumba Gold (E) 9 1:30p-3:00p Yarn Works (E) 6:30p-7:30p *KidShop/TeenShop (E) 6:00p-8:15p *Moving Forward (E) 5:30p-6:15p Guided Meditation (W) 6:00p-8:15p *Moving Forward (W) 6:30p-8:00p *Group for Caregivers (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W) | 11:00a-12:15p *Yoga (E) 10 6:30p-8:00p *Grief Support Group (E) 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 6:30p-7:45p *Yoga (W) | 11:00a-12:30p *Group for Those with Metastatic Breast Cancer (E) 11 6:00p-8:00p *Healthy Hearts Breakfast (E) 6:00p-8:15p *Moving Forward (E) 12:45p-1:30p *Exercise Class (WC) 9:00a-9:45a *Zumba Gold (W) 6:00p-8:15p *Moving Forward (W) 6:30p-7:30p *Bridges Grief Group for Families (W) | 11:00a-12:15p *Tai Chi (E) 12 1:30p-3:00p *Clay to Poetry & Music ¹ (E) 5:30p-6:15p Prostate Cancer Information Session (E) 6:30p-8:00p Prostate Partners (E) 6:30p-8:00p *Life After Cancer Treatment Support Group (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:00p-10:00p *Young Adults Surviving Cancer (O) <i>Cleveland Monsters vs Manitoba Moose</i> | 12:45p-1:30p *Exercise Class (WC) 13 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i> | 9:00a-10:00p *Brain Cancer Symposium (E) 14 10:00a-11:15a *Yoga (E) 11:45a-12:45p *Dance Class (E) 10:00a-11:15a *Tai Chi (W) 10:00a-12:00p *Healthy Hearts Breakfast (W) |
| | | | | | 15 |
| 10:00a-11:00a *Zumba Gold (E) 16 1:30p-2:15p Guided Meditation (E) 6:30p-7:30p *Bridges Grief Group for Families (E) 6:00p-8:15p *Moving Forward (E) 6:00p-8:15p *Moving Forward (W) 6:30p-8:00p *Group for Caregivers (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W) | 11:00a-12:15p *Yoga (E) 17 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 2:00p-3:30p *Grief Support Group (W) 5:30p-6:15p Prostate Cancer Information Session (W) 6:30p-8:00p Prostate Partners (W) 6:30p-7:45p *Yoga (W) | 6:00p-7:30p Group for Those w/ Gynecological Cancers (E) 18 6:00p-8:15p *Moving Forward (E) 6:30p-8:00p *The Conversation Project ¹ (E) 12:45p-1:30p *Exercise Class (WC) 9:00a-9:45a *Zumba Gold (W) 6:00p-8:15p *Moving Forward (W) 6:30p-7:30p *KidShop/TeenShop (W) | 11:00a-12:15p *Tai Chi (E) 19 1:30p-3:00p *Clay to Poetry & Music ² (E) 6:30p-8:00p Sister Circle (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 1:30p-2:30p *Drumming & Labyrinth(W) 6:30p-8:00p *Life After Cancer Treatment Support Group (W) | 12:45p-1:30p *Exercise Class (WC) 20 11:00a-12:30p Group for Older Adults w/ Cancer (W) 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i> | 10:00a-11:15a *Yoga (E) 21 10:00a-11:15a *Tai Chi (W) 10:00a-2:00p *ABCs of Cancer in the African American Community (O) |
| | | | | | 22 |
| 10:00a-11:00a *Zumba Gold (E) 23 1:30p-3:00p Yarn Works (E) 3:00p-5:00p *Look Good Feel Better® (E) 6:30p-7:30p *KidShop/TeenShop (E) 6:00p-8:15p *Moving Forward (E) 3:00p-5:00p *Look Good, Feel Better® (W) 5:30p-6:15p Guided Meditation (W) 6:00p-8:15p *Moving Forward (W) 6:30p-8:00p *Group for Caregivers (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W) | 11:00a-12:15p *Yoga (E) 24 6:30p-8:00p *Grief Support Group (E) 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 1:00p-2:30p *Coloring for Adults (W) 6:30p-7:45p *Yoga (W) 6:30p-8:00p *Expert Symptom Management & Support for Those w/ Cancer (W) | 6:00p-8:15p *Moving Forward (E) 25 11:30a-12:30p *Race for the Place Training (WC) 12:45p-1:30p *Exercise Class (WC) 9:00a-9:45a *Zumba Gold (W) 6:00p-8:15p *Moving Forward (W) 6:30p-7:30p *Bridges Grief Group for Families (W) | 11:00a-12:15p *Tai Chi (E) 26 1:30p-3:00p *Clay to Poetry & Music ³ (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:30p-8:00p *Managing Bowel and Bladder Functions (W) | 12:45p-1:30p *Exercise Class (WC) 27 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i> | 10:00a-11:15a *Yoga (E) 28 9:00a-12:00p *Breast Cancer Symposium: Body, Mind & Spirit (W) 10:00a-11:15a *Tai Chi (W) |
| | | | | | 29 |
| 10:00a-11:00a *Zumba Gold (E) 30 1:30p-2:15p Guided Meditation (E) 6:00p-8:15p *Moving Forward (E) 6:00p-8:15p *Moving Forward (W) 6:30p-8:00p *Group for Caregivers (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W) | | | | | |

Welcoming Orientation
 An opportunity for adults (over 18) coping with cancer to learn about our FREE programs and services.
TGP East:
 Mondays, 6:30pm, Tuesdays, 1:30pm and Saturdays, 10:30am
TGP West:
 Tuesdays, 1:30pm, Thursdays, 6:30pm and Saturdays, 10:30am

***These programs require pre-registration. Participants requesting childcare need to call several days in advance.**

The Gathering Place East (E): Blue
 23300 Commerce Park • Beachwood, OH 44122
The Gathering Place Richman Family Wellness Center (WC): Orange
 23295 Commerce Park • Beachwood, OH 44122
The Gathering Place West (W): Green
 25425 Center Ridge, Suite B • Westlake, OH 44145
Off-Site Programs (O): Gray
 Check program description for location

MAY 2018 • the gathering place | Facing Cancer • Embracing Life • **HOURS:** Monday - T/Friday: 9:00a-5:00p & Saturday: 9:00a-1:00p • Open evenings when programs are scheduled

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY/SUNDAY |
|--|---|---|--|---|---|
| <p>Welcoming Orientation An opportunity for adults (over 18) coping with cancer to learn about our FREE programs and services. TGP East: Mondays, 6:30pm, Tuesdays, 1:30pm and Saturdays, 10:30am TGP West: Tuesdays, 1:30pm, Thursdays, 6:30pm and Saturdays, 10:30am</p> | 11:00a-12:15p *Yoga (E) 1 6:30p-8:00p *Group for Caregivers(E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 2:00p-3:30p *Grief Support Group (W) 6:30p-7:45p *Yoga (W) 6:30p-8:00p Group for Young Women w/ Breast Cancer (W) | 6:00p-8:15p *Moving Forward (E) 2 6:30p-8:00p *The Conversation Project*2 (E) 11:30a-12:30p *Race for the Place Training (WC) 12:45p-1:30p *Exercise Class (WC) 9:00a-9:45a *Zumba Gold (W) 6:00p-8:15p *Moving Forward (W) 6:30p-7:30p *KidsShop/TeenShop (W) | 11:00a-12:15p *Tai Chi (E) 3 6:30p-8:00p Sister Circle (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:00p-7:30p *Clay to Poetry & Music*1 (W) 6:30p-7:45p *Tai Chi (W) | 12:45p-1:30p *Exercise Class (WC) 4 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i> | 10:00a-11:15a *Yoga (E) 5 10:00a-11:15a *Tai Chi (W) |
| | | | | | |
| 10:00a-11:00a *Zumba Gold (E) 7 1:30p-2:15p Guided Meditation (E) 6:00p-8:15p *Moving Forward (E) 6:30p-7:30p *Bridges Grief Group for Families (E) 6:30p-8:00p *Group for Caregivers (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 6:00p-8:15p *Moving Forward (W) 7:00p-8:00p *Exercise Class (W) | 11:00a-12:15p *Yoga (E) 8 6:30p-8:00p *Grief Support Group (E) 6:30p-8:00p *Group for Caregivers(E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 6:30p-7:45p *Yoga (W) 6:30p-8:00p *Updates in Gynecological Cancer Research (W) | 11:00a-12:30p *Group for Those with Metastatic Breast Cancer (E) 9 6:00p-8:00p *Fresh Farm Market Foods (E) 6:00p-8:15p *Moving Forward (E) 11:30a-12:30p *Race for the Place Training (WC) 12:45p-1:30p *Exercise Class (WC) 9:00a-9:45a *Zumba Gold (W) 6:00p-8:15p *Moving Forward (W) 6:30p-7:30p *Bridges Grief Group for Families (W) | 11:00a-12:15p *Tai Chi (E) 10 5:30p-6:15p Prostate Cancer Information Session (E) 6:30p-8:00p Prostate Partners (E) 6:30p-8:00p *Life After Cancer Treatment Support Group (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:00p-7:30p *Clay to Poetry & Music*2 (W) | 12:45p-1:30p *Exercise Class (WC) 11 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i> | 10:00a-11:15a *Yoga (E) 12 11:45a-12:45p *Dance Class (E) 10:00a-11:15a *Tai Chi (W) 10:00a-12:00p *Fresh Farm Market Foods (W) |
| | | | | | 13 |
| 10:00a-11:00a *Zumba Gold (E) 14 1:30p-3:00p Yarn Works (E) 6:00p-8:15p *Moving Forward (E) 6:30p-7:30p *KidShop/TeenShop (E) 5:30p-6:15p Guided Meditation (W) 6:00p-8:15p *Moving Forward (W) 6:30p-8:00p *Group for Caregivers (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W) | 11:00a-12:15p *Yoga (E) 15 6:30p-7:30p *Joy of Drumming (E) 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 2:00p-3:30p *Grief Support Group (W) 5:30p-6:15p Prostate Cancer Information Session (W) 6:30p-8:00p Prostate Partners (W) 6:30p-7:45p *Yoga (W) | 6:00p-8:15p *Moving Forward (E) 16 6:00p-7:30p Group for Those with Gynecological Cancers (E) 6:30p-8:00p *Gifts from the Sea (E) 11:30a-12:30p *Race for the Place Training (WC) 12:45p-1:30p *Exercise Class (WC) 9:00a-9:45a *Zumba Gold (W) 6:00p-8:15p *Moving Forward (W) 6:30p-7:30p *KidShop/TeenShop (W) | 11:00a-12:15p *Tai Chi (E) 17 6:30p-8:00p Sister Circle (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:00p-7:30p *Clay to Poetry & Music*3 (W) 6:30p-8:00p *Life After Cancer Treatment Support Group (W) 6:00p-7:00p *TGP at Whole Foods: Eating Healthy Doesn't Have to Break the Bank (O) <i>27249 Chagrin Blvd, Woodmere</i> | 12:45p-1:30p *Exercise Class (WC) 18 11:00a-12:30p Group for Older Adults w/ Cancer (W) 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i> | 10:00a-11:15a *Yoga (E) 19 10:00a-11:15a *Tai Chi (W) 12:00p-2:00p *Dragon Boat Orientation (O) <i>Merwin's Wharf, 1772 Merwin Ave.</i> |
| | | | | | 20 |
| 10:00a-11:00a *Zumba Gold (E) 21 1:30p-2:15p Guided Meditation (E) 6:00p-8:15p *Moving Forward (E) 6:30p-7:30p *Bridges Grief Group for Families (E) 6:30p-8:00p *Blood Cancer: Managing Cancer Related Fatigue(E) 6:00p-8:15p *Moving Forward (W) 6:30p-8:00p *Group for Caregivers (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W) | 11:00a-12:15p *Yoga (E) 22 1:00p-2:30p *Coloring for Adults (E) 6:30p-8:00p *Grief Support Group (E) 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 6:30p-7:45p *Yoga (W) 6:00p-7:00p *TGP at Whole Foods: Eating Healthy Doesn't Have to Break the Bank (O) <i>19607 Detroit, Rocky River</i> | 6:00p-8:15p *Moving Forward (E) 23 6:30p-8:00p *Managing Bowel and Bladder Functions (E) 11:30a-12:30p *Race for the Place Training (WC) 12:45p-1:30p *Exercise Class (WC) 9:00a-9:45a *Zumba Gold (W) 6:00p-8:15p *Moving Forward (W) 6:30p-7:30p *Bridges Grief Group for Families (W) | 11:00a-12:15p *Tai Chi (E) 24 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:30p-8:00p *Young Adults Surviving Cancer (O) <i>Meet up at Table Top Board Game Cafe 1810 East 25th, Cleveland</i> | 12:45p-1:30p *Exercise Class (WC) 25 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i> | <p>Memorial Day Holiday TGP East and West Closed</p> |
| | | | | | 27 |
| <p>Memorial Day TGP East and West Closed</p> | 11:00a-12:15p *Yoga (E) 29 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 6:30p-7:45p *Yoga (W) | 6:30p-8:00p *Genetics & Cancer: Ask the Genetics Counselor (E) 30 11:30a-12:30p *Race for the Place Training (WC) 12:45p-1:30p *Exercise Class (WC) 9:00a-9:45a *Zumba Gold (W) | 11:00a-12:15p *Tai Chi (E) 31 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 9:30a-12:30p *Silk Scarf Painting (W) 12:00p-1:15p *Yoga (W) | <p><i>*These programs require pre-registration. Participants requesting childcare need to call several days in advance.</i></p> | <p>The Gathering Place East (E): Blue 23300 Commerce Park • Beachwood, OH 44122 The Gathering Place Richman Family Wellness Center (WC): Orange 23295 Commerce Park • Beachwood, OH 44122 The Gathering Place West (W): Green 25425 Center Ridge, Suite B • Westlake, OH 44145 Off-Site Programs (O): Gray Check program description for location</p> |

JUNE 2018 • the gathering place | Facing Cancer • Embracing Life •

HOURS: Monday - Friday: 9:00a - 5:00p & Saturday: 9:00a-1:00p
Starting June 8th, closing 2:00pm on Fridays

• Open evenings when programs are scheduled

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY/SUNDAY |
|---|--|--|--|---|--|
| <p>Welcoming Orientation <i>An opportunity for adults (over 18) coping with cancer to learn about our FREE programs and services.</i> TGP East: Mondays, 6:30pm, Tuesdays, 1:30pm and Saturdays, 10:30am TGP West: Tuesdays, 1:30pm, Thursdays, 6:30pm and Saturdays, 10:30am</p> | <p><i>*These programs require pre-registration. Participants requesting childcare need to call several days in advance.</i></p> | <p>The Gathering Place East (E): Blue 23300 Commerce Park • Beachwood, OH 44122 The Gathering Place Richman Family Wellness Center (WC): Orange 23295 Commerce Park • Beachwood, OH 44122 The Gathering Place West (W): Green 25425 Center Ridge, Suite B • Westlake, OH 44145 Off-Site Programs (O): Gray Check program description for location</p> | | <p>12:45p-1:30p *Exercise Class (WC) 1 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec. Center, 28955 Hilliard Blvd</i></p> | <p>10:00a-11:15a *Yoga (E) 2 10:00a-11:15a *Tai Chi (W)</p> |
| | | | | |  <p>Sunday, June 3 7:30am-11:00am Beachwood Place Rain or Shine</p> |
| <p>10:00a-11:00a *Zumba Gold (E) 4 1:30p-2:15p Guided Meditation (E) 6:30p-7:30p *Bridges Grief Group for Families (E) 6:30p-8:00p *Group for Caregivers (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W)</p> | <p>11:00a-12:15p *Yoga (E) 5 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 2:00p-3:30p *Grief Support Group (W) 6:30p-7:45p *Yoga (W) 6:30p-8:00p Group for Young Women w/ Breast Cancer (W)</p> | <p>12:45p-1:30p *Exercise Class (WC) 6 9:00p-9:45p *Zumba Gold (W) 6:30p-7:30p *KidShop/TeenShop (W) 6:00p-8:00p *Dragon Boat Practice (O) <i>Merwin's Wharf, 1772 Merwin Ave.</i></p> | <p>11:00a-12:15p *Tai Chi (E) 7 6:30p-8:00p Sister Circle (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W)</p> | <p>12:45p-1:30p *Exercise Class (WC) 8 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec. Center, 28955 Hilliard Blvd</i> 2:00pm TGP East & West Closed</p> | <p>10:00a-11:15a *Yoga (E) 9 10:00a-4:00p *Breast Cancer Retreat (E) 11:45a-12:45p *Dance Class (E) 10:00a-11:15a *Tai Chi (W)</p> |
| | | | | | 10 |
| <p>9:00a-4:00p *Animal Camp (E) 11 10:00a-11:00a *Zumba Gold (E) 1:30p-3:00p Yarn Works (E) 6:30p-7:30p *KidShop/TeenShop(E) 5:30p-6:15p Guided Meditation (W) 6:30p-8:00p *Group for Caregivers(W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W)</p> | <p>9:00a-4:00p *Animal Camp (E) 12 9:30a-12:30p *Silk Scarf Painting (E) 11:00a-12:15p *Yoga (E) 6:30p-8:00p *Grief Support Group (E) 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 6:30p-7:45p *Yoga (W) 6:30p-8:00p *Mindfulness Movement (W)</p> | <p>9:00a-4:00p *Animal Camp (E) 13 11:00a-12:30p *Group for Those with Metastatic Breast Cancer (E) 12:45p-1:30p *Exercise Class (WC) 9:00p-9:45p *Zumba Gold (W) 6:30p-7:30p *After Goodbye (W) 6:30p-7:30p *Bridges Grief Group for Families (W) 6:00p-8:00p *Dragon Boat Practice (O) <i>Merwin's Wharf, 1772 Merwin Ave.</i></p> | <p>9:00a-4:00p *Animal Camp (E) 14 11:00a-12:15p *Tai Chi (E) 5:30p-6:15p Prostate Cancer Information Session (E) 6:30p-8:00p Prostate Partners (E) 6:30p-8:00p *Life After Cancer Treatment Support Group (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W)</p> | <p>9:00a-4:00p *Animal Camp (E) 15 12:45p-1:30p *Exercise Class (WC) 11:00a-12:30p Group for Older Adults w/ Cancer (W) 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec. Center, 28955 Hilliard Blvd</i> 2:00pm TGP East & West Closed</p> | <p>10:00a-11:15a *Yoga (E) 16 10:00a-11:15a *Tai Chi (W) 11:30a-12:30p *Balance Class (W) 12:00p-3:00p *Navigating Cancer: Nutrition, Journaling & the Labyrinth (W)</p> |
| | | | | | 17 |
| <p>10:00a-11:00a *Zumba Gold (E) 18 1:30p-2:15p Guided Meditation (E) 6:30p-7:30p *Bridges Grief Group for Families (E) 6:30p-8:00p *Group for Caregivers (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W)</p> | <p>11:00a-12:15p *Yoga (E) 19 1:30p-3:00p *Mask Making (E) 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 2:00p-3:30p *Grief Support Group (W) 5:30p-6:15p *Prostate Cancer Information Session (W) 6:30p-8:00p *Prostate Partners (W) 6:30p-8:00p *Gifts from the Sea (W) 6:30p-7:45p *Yoga (W)</p> | <p>6:00p-7:30p Group for Those with Gynecological Cancers (E) 20 6:30p-7:30p *Detoxify Your Home & Garden (E) 12:45p-1:30p *Exercise Class (WC) 9:00p-9:45p *Zumba Gold (W) 6:30p-7:30p *KidShop/TeenShop (W) 6:00p-8:00p *Dragon Boat Practice (O) <i>Merwin's Wharf, 1772 Merwin Ave.</i></p> | <p>11:00a-12:15p *Tai Chi (E) 21 6:30p-8:00p Sister Circle (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 1:30p-3:00p *Sandtray Workshop (W) 6:30p-8:00p *Ketogenic Diet (W) 6:30p-8:00p *Life After Cancer Treatment Support Group (W)</p> | <p>10:00a-11:00a *Exercise Class (O) 22 <i>Westlake Rec. Center, 28955 Hilliard Blvd</i> 12:00pm TGP East & West Closed</p> | <p>10:00a-11:15a *Yoga (E) 23 10:00a-11:15a *Tai Chi (W) 11:30a-12:30p *Balance Class (W)</p> |
| | | | | | 24 |
| <p>10:00a-11:00a *Zumba Gold (E) 25 1:30p-3:00p Yarn Works (E) 3:00p-5:00p *Look Good Feel Better® (E) 6:30p-7:30p *KidShop/TeenShop(E) 9:00a-4:00p *Animal Camp (W) 3:00p-5:00p *Look Good Feel Better® (W) 5:30p-6:15p Guided Meditation (W) 6:30p-8:00p *Group for Caregivers (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W)</p> | <p>11:00a-12:15p *Yoga (E) 26 6:30p-8:00p *Grief Support Group (E) 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 9:00a-4:00p *Animal Camp (W) 6:30p-7:45p *Yoga (W)</p> | <p>12:45p-1:30p *Exercise Class (WC) 27 9:00a-4:00p *Animal Camp (W) 9:00p-9:45p *Zumba Gold (W) 6:30p-7:30p *Bridges Grief Group for Families (W) 6:00p-8:00p *Dragon Boat Practice (O) <i>Merwin's Wharf, 1772 Merwin Ave.</i></p> | <p>11:00a-12:15p *Tai Chi (E) 28 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 9:00a-4:00p *Animal Camp (W) 12:00p-1:15p *Yoga (W) 6:30p-8:00p *Young Adults Surviving Cancer (W) <i>Meet Up: Corn Hole & Bocce Ball</i></p> | <p>12:45p-1:30p *Exercise Class (WC) 29 9:00a-4:00p *Animal Camp (W) 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec. Center, 28955 Hilliard Blvd</i> 2:00pm TGP East & West Closed</p> | <p>10:00a-11:15a *Yoga (E) 30 10:00a-11:15a *Tai Chi (W) 11:30a-12:30p *Balance Class (W)</p> |