



## SERVING THE COMMUNITY FOR 20 YEARS

The Gathering Place  
The Arnold & Sydel Miller Family Campus  
23300 Commerce Park  
Beachwood, Ohio 44122  
216-595-9546  
www.touchedbycancer.org

January • February • March • 2019

Open for drop-ins & scheduled programs:

Monday – Friday: 9:00a-5:00p

Saturday: 9:00a-1:00p

Only open evenings for scheduled programs.

### Receive TGP weather closings via text:

Text **TGP close** to the number 313131

(There must be a space between  
TGP and close)

Message & data rates apply



### What is Reiki?

Reiki is a Japanese technique for stress reduction and relaxation that is thousands of years old. Reiki is based on the belief that everything living is made up of energy. This includes human beings, animals and plants. The philosophy is that when someone is physically sick or emotionally or spiritually disconnected, there is an energy imbalance. The reiki therapist learns hand positions to help balance the person's energy and help them feel better. Sessions are usually done in silence to gain deep relaxation.

Reiki is a simple, natural and safe method that can help bring a sense of wellbeing. At The Gathering Place, we encourage the person with cancer, anyone that supports them, or a person who has experienced the death of a loved one from cancer, to try this healing art. Many times the sense of wellbeing that you get when receiving reiki can last for several days. Like all programs and services at The Gathering Place, reiki is provided at no charge. The practitioners volunteer their time and are all certified at the Master level.

Jill, one of our regular reiki participants, stated, "It is the best experience in my life!" More specifically, she said how helpful it has been for her ongoing neuropathy after chemotherapy.

Call 216-595-9546 to make an appointment. To learn more, check out the story on the homepage of our website and get a list of books about reiki available in our libraries.



### Programs for Self-Care

#### \*New Year "Newtrition"

In January, we will send emails and share on social media videos and tips on nourishing your body with a 'whole food plant focused' lifestyle.

Register at [apisdorf@touchedbycancer.org](mailto:apisdorf@touchedbycancer.org) or call 216.595.9546 to receive emails.

#### \*Reiki for Self-Care

Reiki is an ancient Japanese practice that promotes calmness and relaxation. Learn and practice hand positions for self-reiki.

TGP East: Thursday, January 17, 6-8:30pm

#### \*Feel the Love

In February, we will email and share on social media a video or meditation to help you practice self-care and compassion.

Register at [apisdorf@touchedbycancer.org](mailto:apisdorf@touchedbycancer.org) or call 216.595.9546 to receive emails.

#### \*March Movement Madness

Way more than basketball! In March, we will email and share on social media videos and tips for creating a more active lifestyle.

Register at [apisdorf@touchedbycancer.org](mailto:apisdorf@touchedbycancer.org) or call 216.595.9546 to receive emails.

#### \*Self-Care is Health Care:

##### Mindful Eating, Moving and Meditation

Explore how self-care is an essential part of your health care.

TGP East: Monday, March 4, 12:00-2:00pm

TGP West: Thursday, February 28, 6:00-8:00pm

\* Advance registration required

The Gathering Place is a caring community that supports, educates and empowers individuals and families currently coping with the impact of cancer in their lives through programs and services provided **FREE of charge.**

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.

**TGP East:** Mondays, January 14, 28, February 11, 25, March 11, 25, 1:30-3:00pm

**TGP West:** Wednesdays, January 2, February 6, March 6, 1:30-3:00pm

**\*Chinese Bamboo Brush Painting**

Tranquility, balance and beauty can be discovered using basic brush strokes while exploring this ancient art form. Come to experience, learn or enhance your skill.

**TGP East:** Tuesday, January 8, 2:00-3:30pm

**\*Creative Cards of Celebration**

Start the new year by creating original cards of celebration for family and friends.

**TGP East:** Thursdays, January 17, 24, 1:00-2:30pm

**\*Vision Board**

Create a collage project to help you focus on a positive new year.

**TGP East:** Tuesday, February 12, 2:00-3:30pm

**TGP West:** Thursday, January 17, 2:00-3:30pm

**\*Drumming Circle**

Adults only. No experience necessary. Drums provided.

**TGP East:** Wednesday, February 20, 6:30-7:30pm

**\*Clay Heart Vases**

Create a dimensional clay vase to hold good wishes for self or as a gift.

Attendance at all 3 sessions required.

**TGP East:** Thursdays, March 7, 14, 28, 1:00-2:30pm

**TGP West:** Thursdays, February 7, 14, 21, 6:00-7:30pm

**\*Felting for Fun**

Work with wool and needles to create soft fiber art. No experience needed.

All supplies provided.

**TGP East:** Wednesday, March 13, 1:30-3:00pm

**TGP West:** Tuesday, March 19, 1:30-3:00pm

**CANCER SPECIFIC PROGRAMS**

**Breast Cancer**

**\*Group for those with Metastatic Breast Cancer**

**TGP East:** Tuesdays, January 15, February 19, March 19, 6:30-8:00pm

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

**TGP West:** Tuesdays, February 5, March 5, 6:30-8:00pm

**\*Metastatic Breast Cancer Conference**

This conference is designed to educate metastatic patients, breast cancer survivors, caregivers, and the general public on the ABCs of metastatic breast cancer.

Registration begins 1/7/19 at [komenneohio.org/metastatic](http://komenneohio.org/metastatic) or call 216-292-2873

**DoubleTree Hotel:** Saturday, March 9, 9:00am-4:30pm

6200 Quarry Lane, Independence

**\*Pancreatic Cancer Updates**

Updates on latest treatments for pancreatic cancer. Presenter: Davendra Sohail, MD

**TGP West:** Tuesday, February 26, 6:30-8:00pm

**CANCER SPECIFIC PROGRAMS continued...**

**Prostate Cancer**

**Prostate Cancer Information Session**

Men (only) diagnosed within the last 6 months.

**TGP East:** Thursdays, January 10, February 14, March 14, 5:30-6:15pm

**TGP West:** Tuesdays, January 15, February 19, March 19, 5:30-6:15pm

**Prostate Partners** - Family members are welcome.

**Updates in Prostate Cancer**

**TGP East:** Thursday, January 10, 6:30-8:00pm

Presenter: Jason Thomas Jankowski, MD

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

Presenter: Aram Loeb, MD

**\*Valentine's Day Cooking Class**

Presenter: Stephanie Logosh, MS, RDN, LD

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

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

**Pathology: Beyond the Microscope**

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

Presenter: Greg MacLennan, MD

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

**CANCER SURVIVORSHIP**

**\*Life after Cancer Treatment Support Group**

**TGP East:** Thursdays, January 10, February 14, March 14, 6:30-8:00pm

**TGP West:** Thursdays, January 17, February 21, March 21, 6:30-8:00pm

**CHILDREN, TEEN & FAMILY PROGRAMS**

**\*Family Lego Night**

All families with children welcome.

**TGP West:** Wednesday, January 2, 6:30-7:30pm

**\*KidShop/TeenShop**

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

Program Themes: **January**-Boosting Brain Power and Fighting Cancer through Food; **February**-Coping through Kindness; **March**-Managing Cabin Fever

**TGP East:** Mondays, January 14, 28, February 11, 25, March 11, 25, 6:30-7:30pm

**TGP West:** Wednesdays, January 16, February 6, 20, March 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, January 7, 21, February 4, 18, March 4, 18, 6:30-7:30pm

**TGP West:** Wednesdays, January 9, 23, February 13, 27, March 13, 27, 6:30-7:30pm

**\*What to Say to Kids about Cancer**

Learn what children understand about cancer at different ages and how to talk to and support them when cancer touches the family.

**TGP East:** Mondays, January 7, 21, February 4, 18, March 4, 18, 6:30-7:30pm

**TGP West:** Wednesdays, January 9, 23, February 13, 27, March 13, 27, 6:30-7:30pm

**\*What to Say to Kids about Cancer**

Learn what children understand about cancer at different ages and how to talk to and support them when cancer touches the family.

**TGP East:** Thursdays, March 14, 6:30-8:00pm

**TGP West:** Tuesdays, February 12, 6:30-8:00pm

**CHILDREN, TEEN & FAMILY PROGRAMS continued...**

**\*When A Child or Teen Has Cancer**

Support for a child or teen with cancer; their siblings and parents.

Contact Casey Durkin, 216.455.1523 or [durkin@touchedbycancer.org](mailto:durkin@touchedbycancer.org)

**\*Lego Fun for All Ages**

**TGP East:** Saturday, January 12, 10:30am-12:00pm

**\*Healthy Valentines: Make Scrumptious & Healthy Snacks**

**TGP East:** Saturday, February 9, 10:30am-12:00pm

**\*Managing Winter Blues through Movement**

**TGP East:** Saturday, March 2, 10:30am-12:00pm

**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: 216 455-1517**

**TGP Richman Family Wellness Center:** 23295 Commerce Park, Beachwood, OH 44122

**\*Caregivers Need Exercise Too!**

Join your loved ones in our ongoing exercise program focusing on the pillars of fitness: strength, balance, endurance and flexibility.

**TGP Richman Family Wellness Center:** Wednesdays 12:45 pm-1:30pm or

Thursdays, 6:30-7:30pm during the month of February.

**TGP West:** Mondays, 7:00-8:00pm during the month of February

**TGP West:** Mondays, 7:00-8:00pm during the month of February

**\*Exercise Classes**

**TGP Richman Family Wellness Center:** Tuesdays & Thursdays, 12:30-1:15pm,

6:30-7:30pm; Wednesdays & Fridays, 12:45-1:30pm

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

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

**\*Balance 101**

**TGP Richman Family Wellness Center:** Tuesdays and Thursdays,

February 5-February 28, 1:30-2:15pm

**\*Exercise Class for Men with Prostate Cancer**

This class will focus on the 4 essential pillars of fitness: strength, balance, endurance and flexibility.

**TGP Richman Family Wellness Center:** Tuesdays and Thursdays,

March 5- March 28, 1:30-2:15pm

**GRIEF AND LOSS**

**\*Grief Support Groups**

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

**TGP East:** Tuesdays, January 8, 22, February 12, 26, March 12, 26, 6:30-8:00pm

**TGP West:** Tuesdays, January 8, February 12, March 12, 2:00-3:30pm

**NEW: TGP West:** Tuesdays, January 22, February 26, March 26, 6:30-8:00pm

**\*Grief: When Will It End?**

For people who have experienced loss of an adult loved one due to cancer more than a year ago.

**TGP East:** Wednesdays, January 16, February 20, March 20, 11:00am-12:30pm

**INFORMATION & RESOURCES**

**Mt. Sinai Community Partners Education & Reinberger Foundation Education**

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



## LECTURES, WORKSHOPS & SPECIAL PROGRAMS

### \*New Year "Newtrition"

In January, we will send emails and share on social media videos and tips on nourishing your body with a 'whole food plant focused' lifestyle. **Register at [apidorf@touchedbycancer.org](mailto:apidorf@touchedbycancer.org) or call 216.595.9546 to receive emails.**

### \*De-stress with Dance

Learn steps such as swing, rumba, cha cha, meringue and salsa.

Presented by: LaDanse Cleveland Ballroom Dance Studio

**TGP East:** Saturdays, January 12, February 9, March 9, 11:45am-12:45pm

### \*Reiki for Self-Care

Reiki is an ancient Japanese practice that promotes calmness and relaxation.

Learn and practice hand positions for self-reiki.

**TGP East:** Thursday, January 17, 6-8:30pm

### \*Medical Marijuana in Ohio

Learn about medical marijuana, how to enroll in Ohio's program and what to expect throughout the process. Presenter/Leslie Brandon, Communications and Community Engagement Director, Buckeye Relief.

**TGP East:** Wednesday, January 23, 6:30-8:00pm

**TGP West:** Tuesday, January 22, 6:30-8:00pm

### \*Essential Oils

Learn what they are and how to use them to help manage stress.

Presenter: Valerie Joseph CA, RYT

**TGP East:** Wednesday, February 6, 6:30-8:00pm

**TGP West:** Tuesday, January 29, 6:30-8:00pm

### \*Feel the Love

In February, we will e-mail and share on social media a video or meditation to help you practice self-care and compassion.

**Register at [apidorf@touchedbycancer.org](mailto:apidorf@touchedbycancer.org) or call 216.595.9546 to receive emails.**

### \*Make-Up Class: Expert Tips and Tricks

Meet with a professional make-up artist to discuss skincare and make-up application secrets during or after cancer treatment. Presenter: Mary Sawyer

**TGP West:** Wednesday, February 13, 2:00-3:30pm

### \*March Movement Madness

Way more than basketball! In March, we will email and share on social media videos and tips for creating a more active lifestyle. **Register at [apidorf@touchedbycancer.org](mailto:apidorf@touchedbycancer.org) or call 216.595.9546 to receive emails.**

### \*Self-Care is Health Care: Mindful Eating, Moving and Meditation

Explore how self-care is an essential part of your health care.

**TGP East:** Monday, March 4, 12:00-2:00pm

**TGP West:** Thursday, February 28, 6:00-8:00pm

### \*Kindness and Self Compassion

What do you hear when you listen to your inner dialogue? One way to be happy is to practice self-compassion and self-kindness.

**TGP East:** Wednesday, March 20, 6:30-7:30pm

### \*Moving Forward

An 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 and a weekly support group. Permission from your physician is required.

**TGP East:** Orientation: Wednesday, March 27, 6:00-7:30pm

Program: Mondays, Wednesdays, 6:00-8:15pm; Monday, April 1-Wednesday, May 22

**TGP West:** Orientation: Thursday, March 28, 5:30-7:00pm

Program: Mondays and Thursdays, 5:30-7:30pm; Monday, April 4-Thursday, May 23

## MEDITATION AND RELAXATION

### Guided Meditation

Relax and practice mindfulness meditation techniques in a group setting.

**TGP East:** Mondays, January 7, 21, February 4, 18, March 4, 18, 1:30-2:15pm

**TGP West:** Mondays, January 14, 28, February 11, 25, March 11, 25, 5:30-6:15pm

## NUTRITION

### \*Nutrition Consultations *Call to schedule an appointment*

### \*Hands-on Cooking Classes

Prepare easy and delicious plant-based lifestyle recipes. **Individuals may attend 6 cooking classes.**

### \*Healthy Weigh

A 6-week program for healthy weight loss for cancer survivors who have been encouraged by their physician to lose weight. Caregivers welcome to participate.

**TGP East:** Mondays, January 21, 28, February 11, 18, March 4, 11, 6:30-7:30pm

**TGP West:** Thursdays, January 17, 24, 31, February 7, 21, 28, 6:30-7:30pm

### \*Cancer Fighting Kitchen from Author, Rebecca Katz

Learn the latest information on the food and cancer connection while preparing nourishing recipes for yourself or loved one. Access to Rebecca Katz's on line, self-paced course will be available for 7 months after completion of this class.

**TGP East:** Wednesday, January 9, 6:00-8:00pm

**TGP West:** Thursday, January 10, 6:00-8:00pm

### \*Cooking with Anthocyanins

Some veggies are red, some berries are blue, plant anthocyanins are good for you!

**TGP East:** Wednesday, February 13, 6:00-8:00pm

**TGP West:** Saturday, February 9, 10:00am-12:00pm

### \*Healthy Guide to Gluten Free

**TGP East:** Wednesday, March 6, 6:00-8:00pm

**TGP West:** Saturday, March 9, 10:00am-12:00pm

### \*Spice Field Kitchen at The Gathering Place

Connect to your community by cultivating locally sustainable food, learn about farm share subscriptions, and how to kick start your home garden.

Presenter: Steven Baker, Chief Operating Officer, Spice Field Kitchen

**TGP East:** Wednesday, March 13, 6:30-8:00pm

### \*Debunking Cancer Nutrition Myths: Separating Fact from Fiction

Bring your questions & concerns about cancer. Presenter/Becca Noernberg, MS, RDN, LD

**TGP West:** Thursday, March 14, 6:30-8:00pm

## PRACTICAL CONCERNS - *Call for a one-time Consultation*

### \*End of Life Care Planning Consultations

Help with thinking & talking about wishes for end-of-life care, & how to ensure that happens.

### \*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.

## Welcoming Orientation:

Adults (over 18) coping with cancer are invited to learn about our **FREE** programs and services. No registration required but childcare can only be arranged with prior notification.

**TGP East:** Mondays, 6:30pm, Tuesdays, 1:30pm, Saturdays, 10:30am

**TGP West:** Tuesdays, 1:30pm, Thursdays, 6:30pm, Saturdays, 10:30am

## \*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

\***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

#### Sister Circle

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

**TGP East:** Thursdays, January 3, 17, February 7, 21, March 7, 21, 6:30-8:00pm

#### Group for Older Adults with Cancer

**TGP West:** Fridays, January 18, February 15, March 15, 11:00am-12:30pm

### Individual

One to one short term cancer focused support. **Call to schedule an appointment.**

## TAI CHI, YOGA, & ZUMBA GOLD For those over 18

Classes are suitable for all levels of fitness and health. Open to those with cancer and those supporting or grieving the recent death of a loved one from cancer.

\***Tai Chi** – Tai chi increases leg strength, balance and flexibility.

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

**TGP West:** Saturdays, 10:00am-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 Zumba. Move at your own pace or sit while dancing to Latin rhythms.

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

## WIGS

### \*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.

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

### \*YA Meet Up: Cavs vs Miami Heat

**Call 216-455-1523, Casey Durkin, to register**

**Quicken Loans Arena / 1 Center Court, Cleveland: Friday, January 25, 6:30pm**

### \*YA Meet Up: The Art of Chocolate

Learn mindfulness and the art of making and eating healthy chocolate creations. Time for discussion of any YA concerns to follow.

**TGP East:** Thursday, February 28, 6:30-8:00pm

### \*YA Meet Up: Monsters vs LV Phantoms

**Quicken Loans Arena / 1 Center Court, Cleveland: Friday, March 29, 6:00pm**

# JANUARY 2019 • 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
<div style="border: 2px solid black; padding: 5px;"> <p><b>Welcoming Orientation</b> An opportunity for adults (over 18) coping with cancer to learn about our FREE programs and services. <b>TGP East:</b> Mondays, 6:30pm, Tuesdays, 1:30pm and Saturdays, 10:30am <b>TGP West:</b> Tuesdays, 1:30pm, Thursdays, 6:30pm and Saturdays, 10:30am</p> </div>	<p><b>New Years Day</b> Closed East &amp; West</p> <p><b>1</b></p>	<p>12:45p-1:30p *Exercise Class (WC) <b>2</b> 1:30p-3:00p *Yarn Works (W) 6:30p-7:30p *Family Lego Night (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>3</b> 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) <b>4</b> 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i></p>	<p>10:00a-11:15a *Yoga (E) <b>5</b> 10:00a-11:15a *Tai Chi (W)</p>
					<b>6</b>
<p>10:00a-11:00a *Zumba Gold (E) <b>7</b> 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) <b>8</b> 2:00p-3:30p *Chinese Bamboo Brush Painting (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) 2:00p-3:30p *Grief Support Group (W) 6:30p-7:45p *Yoga (W)</p>	<p>6:00p-8:00p *Cancer Fighting Kitchen (E) <b>9</b> 12:45p-1:30p *Exercise Class (WC) 6:30p-7:30p *Bridges Grief Group for Families (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>10</b> 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-8:00p *Cancer Fighting Kitchen (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>11</b> 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i></p>	<p>10:00a-11:15a *Yoga (E) <b>12</b> 10:30a-12:00p *Lego Fun for All Ages (E) for families who have a child or teen with cancer 11:45a-12:45p *De-Stress with Dance (E) 10:00a-11:15a *Tai Chi (W)</p>
					<b>13</b>
<p>10:00a-11:00a *Zumba Gold (E) <b>14</b> 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>11:00a-12:15p *Yoga (E) <b>15</b> 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 6:30p-8:00p *Group for Those w/ Metastatic Breast Cancer (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 5:30p-6:15p Prostate Cancer Information Session (W) 6:30p-8:00p Prostate Partners (W) 6:30p-7:45p *Yoga (W)</p>	<p>11:00a-12:30p *Grief: When Will it End? (E) <b>16</b> 12:45p-1:30p *Exercise Class (WC) 6:30p-7:30p *KidShop/TeenShop (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>17</b> 1:00p-2:30p *Creative Cards of Celebration (E) 6:00p-8:30p *Reiki for Self-Care (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) 2:00p-3:30p *Vision Board (W) 6:30p-7:30p *Healthy Weigh (W) 6:30p-8:00p *Life After Cancer Treatment Support Group (W)</p>	<p>11:00a-12:30p Group for Older Adults w/ Cancer (W) <b>18</b> 12:45p-1:30p *Exercise Class (WC) 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i></p>	<p>10:00a-11:15a *Yoga (E) <b>19</b> 10:00a-11:15a *Tai Chi (W)</p>
					<b>20</b>
<p>10:00a-11:00a *Zumba Gold (E) <b>21</b> 1:30p-2:15p Guided Meditation (E) 6:30p-7:30p *Bridges Grief Group for Families (E) 6:30p-7:30p *Healthy Weigh (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) <b>22</b> 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 *Grief Support Group (W) 6:30p-8:00p *Medical Marijuana in Ohio (W)</p>	<p>6:30p-8:00p *Medical Marijuana in Ohio (E) <b>23</b> 12:45p-1:30p *Exercise Class (WC) 6:30p-7:30p *Bridges Grief Group for Families (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>24</b> 1:00p-2:30p *Creative Cards of Celebration (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:30p-7:30p *Healthy Weigh (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>25</b> 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i> 6:30p-10:30p *YA Meet-Up; Cavs vs Miami Heat (O) <i>Quicken Loans Arena</i></p>	<p>10:00a-11:15a *Yoga (E) <b>26</b> 10:00a-11:15a *Tai Chi (W)</p>
					<b>27</b>
<p>10:00a-11:00a *Zumba Gold (E) <b>28</b> 1:30p-2:15p *Yarn Works (E) 6:30p-7:30p *KidShop/TeenShop (E) 6:30p-7:30p *Healthy Weigh (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>11:00a-12:15p *Yoga (E) <b>29</b> 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 *Essential Oils (W)</p>	<p>12:30p <b>Closed</b> TGP East &amp; West <b>30</b></p>	<p>11:00a-12:15p *Tai Chi (E) <b>31</b> 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:30p-7:30p *Healthy Weigh (W)</p>	<div style="border: 2px solid black; padding: 5px;"> <p><b>*These programs require pre-registration. Participants requiring childcare need to call several days in advance.</b></p> </div> <div style="border: 2px solid black; padding: 5px; margin-top: 5px;"> <p><b>The Gathering Place East (E): Blue</b> 23300 Commerce Park • Beachwood, OH 44122 <b>The Gathering Place Richman Family Wellness Center (WC): Orange</b> 23295 Commerce Park • Beachwood, OH 44122 <b>The Gathering Place West (W): Green</b> 25425 Center Ridge, Suite B • Westlake, OH 44145 <b>Off-Site Programs (O): Gray</b> <i>Check program description for location</i></p> </div>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY		
<div style="border: 2px solid green; padding: 5px;"> <p><b>Welcoming Orientation</b>  <i>An opportunity for adults (over 18) coping with cancer to learn about our FREE programs and services.</i>  <b>TGP East:</b>                      Mondays, 6:30pm, Tuesdays, 1:30pm and Saturdays, 10:30am  <b>TGP West:</b>                      Tuesdays, 1:30pm, Thursdays, 6:30pm and Saturdays, 10:30am</p> </div>		<div style="border: 2px solid purple; padding: 5px;"> <p><i>*These programs require pre-registration. Participants requiring childcare need to call several days in advance.</i></p> </div>		<div style="border: 2px solid green; padding: 5px;"> <p><b>The Gathering Place East (E): Blue</b>                      23300 Commerce Park • Beachwood, OH 44122  <b>The Gathering Place Richman Family Wellness Center (WC): Orange</b>                      23295 Commerce Park • Beachwood, OH 44122  <b>The Gathering Place West (W): Green</b>                      25425 Center Ridge, Suite B • Westlake, OH 44145  <b>Off-Site Programs (O): Gray</b>                      Check program description for location</p> </div>		<p>12:45p-1:30p *Exercise Class (WC) <b>1</b>                      10:00a-11:00a *Exercise Class (O)  <i>Westlake Rec Center: 28955 Hilliard Blvd</i></p>	<p>10:00a-11:15a *Yoga (E) <b>2</b>                      10:00a-11:15a *Tai Chi (W)</p>
<p>10:00a-11:00a *Zumba Gold (E) <b>4</b>                      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 *Caregivers Need Exercise Too (W)                      7:00p-8:00p *Exercise Class (W)</p>	<p>11:00a-12:15p *Yoga (E) <b>5</b>                      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)                      1:30p-2:15p *Balance 101 (WC)                      6:30p-7:30p *Exercise Class (WC)                      6:30p-7:45p *Yoga (W)                      6:30p-8:00p Group for Young Women w/ Breast Cancer (W)</p>	<p>6:30p-8:00p *Essential Oils (E) <b>6</b>                      12:45p-1:30p *Exercise Class (WC)                      12:45p-1:30p *Caregivers Need Exercise Too (WC)                      1:30p-3:00p *Yarn Works (W)                      6:30p-7:30p *KidsShop/TeenShop (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>7</b>                      6:30p-8:00p Sister Circle (E)                      12:30p-1:15p *Exercise Class (WC)                      1:30p-2:15p *Balance 101 (WC)                      6:30p-7:30p *Exercise Class (WC)                      6:30p-7:30p *Caregivers Need Exercise Too (WC)                      12:00p-1:15p *Yoga (W)                      6:00p-7:30p *Clay Heart Vases#1 (W)                      6:30p-7:30p *Healthy Weigh (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>8</b>                      10:00a-11:00a *Exercise Class (O)  <i>Westlake Rec Center: 28955 Hilliard Blvd</i></p>	<p>10:00a-11:15a *Yoga (E) <b>9</b>                      10:30a-12:00p *Healthy Valentines: Make Scrumptious &amp; Healthy Snacks (E) for families who have a child or teen with cancer                      11:45a-12:45p *De-Stress with Dance (E)                      10:00a-11:15a *Tai Chi (W)                      10:00a-12:00p *Cooking w/ Anthocyanins (W)</p>		
<p>10:00a-11:00a *Zumba Gold (E) <b>11</b>                      1:30p-3:00p *Yarn Works (E)                      6:30p-7:30p *Healthy Weigh (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 *Caregivers Need Exercise Too (W)                      7:00p-8:00p *Exercise Class (W)</p>	<p>11:00a-12:15p *Yoga (E) <b>12</b>                      2:00p-3:30p *Vision Board (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)                      1:30p-2:15p *Balance 101 (WC)                      6:30p-7:30p *Exercise Class (WC)                      2:00p-3:30p *Grief Support Group (W)                      6:30p-8:00p *What to Say to Kids About Cancer (W)                      6:30p-7:45p *Yoga (W)</p>	<p>6:00p-8:00p *Cooking with Anthocyanins (E) <b>13</b>                      12:45p-1:30p *Exercise Class (WC)                      12:45p-1:30p *Caregivers Need Exercise Too (WC)                      2:00p-3:30p *Make-up Class: Expert Tips &amp; Tricks (W)                      6:30p-7:30p *Bridges Grief Group for Families (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>14</b>                      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)                      1:30p-2:15p *Balance 101 (WC)                      6:30p-7:30p *Exercise Class (WC)                      6:30p-7:30p *Caregivers Need Exercise Too (WC)                      12:00p-1:15p *Yoga (W)                      6:00p-7:30p *Clay Heart Vases#2 (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>15</b>                      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></p>	<p>10:00a-11:15a *Yoga (E) <b>16</b>                      10:00a-11:15a *Tai Chi (W)</p>		
<p>10:00a-11:00a *Zumba Gold (E) <b>18</b>                      1:30p-2:15p Guided Meditation (E)                      6:30p-7:30p *Bridges Grief Group for Families (E)                      6:30p-7:30p *Healthy Weigh (E)                      6:30p-8:00p *Group for Caregivers (W)                      6:30p-8:00p *Group for Those w/ Cancer (W)                      7:00p-8:00p *Caregivers Need Exercise Too (W)                      7:00p-8:00p *Exercise Class (W)</p>	<p>11:00a-12:15p *Yoga (E) <b>19</b>                      6:30p-8:00p *Group for Caregivers(E)                      6:30p-8:00p *Group for Those w/ Cancer (E)                      6:30p-8:00p *Group for Those w/ Metastatic Breast Cancer (E)                      12:30p-1:15p *Exercise Class (WC)                      1:30p-2:15p *Balance 101 (WC)                      6:30p-7:30p *Exercise Class (WC)                      5:30p-6:15p Prostate Cancer Information Session (W)                      6:30p-8:00p *Prostate Partners (W)                      6:30p-7:45p *Yoga (W)</p>	<p>11:00a-12:30p *Grief: When Will it End? (E) <b>20</b>                      6:30p-7:30p *Drumming: Celebrate Winter (E)                      12:45p-1:30p *Exercise Class (WC)                      12:45p-1:30p *Caregivers Need Exercise Too (WC)                      6:30p-7:30p *KidShop/TeenShop (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>21</b>                      6:30p-8:00p Sister Circle (E)                      12:30p-1:15p *Exercise Class (WC)                      1:30p-2:15p *Balance 101 (WC)                      6:30p-7:30p *Exercise Class (WC)                      6:30p-7:30p *Caregivers Need Exercise Too (WC)                      12:00p-1:15p *Yoga (W)                      6:00p-7:30p *Clay Heart Vases#3 (W)                      6:30p-8:00p *Life After Cancer Treatment Support Group (W)                      6:30p-7:30p *Healthy Weigh (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>22</b>                      10:00a-11:00a *Exercise Class (O)  <i>Westlake Rec Center: 28955 Hilliard Blvd</i></p>	<p>10:00a-11:15a *Yoga (E) <b>23</b>                      10:00a-11:15a *Tai Chi (W)</p>		
<p>10:00a-11:00a *Zumba Gold (E) <b>25</b>                      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 *Caregivers Need Exercise Too (W)                      7:00p-8:00p *Exercise Class (W)</p>	<p>11:00a-12:15p *Yoga (E) <b>26</b>                      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)                      1:30p-2:15p *Balance 101 (WC)                      6:30p-7:30p *Exercise Class (WC)                      6:30p-7:45p *Yoga (W)                      6:30p-8:00p *Grief Support Group (W)                      6:30p-8:00p *Pancreatic Cancer Updates (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>27</b>                      12:45p-1:30p *Caregivers Need Exercise Too (WC)                      6:30p-7:30p *Bridges Grief Group for Families (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>28</b>                      6:30p-8:00p *YA Meet Up: The Art of Chocolate (E)                      12:30p-1:15p *Exercise Class (WC)                      1:30p-2:15p *Balance 101 (WC)                      6:30p-7:30p *Exercise Class (WC)                      6:30p-7:30p *Caregivers Need Exercise Too (WC)                      12:00p-1:15p *Yoga (W)                      6:00p-8:00p *Self-Care is Health Care: Mindful Eating, Moving &amp; Meditation (W)                      6:30p-7:30p *Healthy Weigh (W)</p>		<p><b>3</b></p>		
					<p><b>10</b></p>		
					<p><b>17</b></p>		
					<p><b>24</b></p>		



**MARCH 2019** • 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
<p><b>Welcoming Orientation</b> An opportunity for adults (over 18) coping with cancer to learn about our FREE programs and services. <b>TGP East:</b> Mondays, 6:30pm, Tuesdays, 1:30pm and Saturdays, 10:30am <b>TGP West:</b> Tuesdays, 1:30pm, Thursdays, 6:30pm and Saturdays, 10:30am</p>	<p><i>*These programs require pre-registration. Participants requiring childcare need to call several days in advance.</i></p>	<p><b>The Gathering Place East (E): Blue</b> 23300 Commerce Park • Beachwood, OH 44122 <b>The Gathering Place Richman Family Wellness Center (WC): Orange</b> 23295 Commerce Park • Beachwood, OH 44122 <b>The Gathering Place West (W): Green</b> 25425 Center Ridge, Suite B • Westlake, OH 44145 <b>Off-Site Programs (O): Gray</b> Check program description for location</p>	<p><b>Animal Camp • Ages 6-12</b> Registration is March 4 - 15 Call: 216.595.9546 OR Visit: <a href="http://touchedbycancer.org/animalcamp">touchedbycancer.org/animalcamp</a></p>	<p>12:45p-1:30p *Exercise Class (WC) <b>1</b> 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i></p>	<p>10:00a-11:15a *Yoga (E) <b>2</b> 10:30a-12:00p *Managing Winter Blues through Movement (E) for families who have a child or teen with cancer 10:00a-11:15a *Tai Chi (W)</p>
					<b>3</b>
<p>10:00a-11:00a *Zumba Gold (E) <b>4</b> 12:00p-2:00p *Self-Care is Health Care: Mindful Eating, Moving and Meditation (E) 1:30p-2:15p Guided Meditation (E) 6:30p-7:30p *Bridges Grief Group for Families (E) 6:30p-7:30p *Healthy Weigh (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) <b>5</b> 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) 1:30p-2:15p *Exercise for Prostate Cancer (WC) 6:30p-7:30p *Exercise Class (WC) 6:30p-7:45p *Yoga (W) 6:30p-8:00p Group for Young Women w/ Breast Cancer (W)</p>	<p>6:00p-8:00p *Healthy Guide to Gluten Free Cooking (E) <b>6</b> 12:45p-1:30p *Exercise Class (WC) 1:30p-3:00p *Yarn Works (W) 6:30p-7:30p *KidShop/TeenShop (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>7</b> 1:00p-2:30p *Clay Heart Vases#1 (E) 6:30p-8:00p Sister Circle (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Exercise for Prostate Cancer (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>8</b> 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i></p>	<p>10:00a-11:15a *Yoga (E) <b>9</b> 11:45a-12:45p *De-Stress with Dance (E) 9:00a-4:30p *Metastatic Breast Cancer Conference (O) <i>DoubleTree Hotel 6200 Quarry Lane, Independence</i> 10:00a-11:15a *Tai Chi (W) 10:00a-12:00p *Healthy Guide to Gluten Free (W)</p>
					<b>10</b>
<p>10:00a-11:00a *Zumba Gold (E) <b>11</b> 1:30p-3:00p *Yarn Works (E) 6:30p-7:30p *KidShop/TeenShop(E) 6:30p-7:30p *Healthy Weigh (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>11:00a-12:15p *Yoga (E) <b>12</b> 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) 1:30p-2:15p *Exercise for Prostate Cancer (WC) 6:30p-7:30p *Exercise Class (WC) 2:00p-3:30p *Grief Support Group (W) 6:30p-7:45p *Yoga (W)</p>	<p>1:30p-3:00p *Felting For Fun (E) <b>13</b> 6:30p-8:00p *Spice Field Kitchen at TGP (E) 12:45p-1:30p *Exercise Class (WC) 6:30p-7:30p *Bridges Grief Group for Families (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>14</b> 1:00p-2:30p *Clay Heart Vases#2 (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) 6:30p-8:00p *What to Say to Kids About Cancer (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Exercise for Prostate Cancer (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:30p-8:00p *Debunking Cancer Nutrition Myths: Separating Fact from Fiction(W)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>15</b> 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></p>	<p>10:00a-11:15a *Yoga (E) <b>16</b> 10:00a-11:15a *Tai Chi (W)</p>
					<b>17</b>
<p>10:00a-11:00a *Zumba Gold (E) <b>18</b> 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) <b>19</b> 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 6:30p-8:00p *Group for Those w/ Metastatic Breast Cancer (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Exercise for Prostate Cancer (WC) 6:30p-7:30p *Exercise Class (WC) 1:30p-3:00p *Felting for Fun (W) 5:30p-6:15p Prostate Cancer Information Session (W) 6:30p-8:00p Prostate Partners (W) 6:30p-7:45p *Yoga (W)</p>	<p>11:00a-12:30p *Grief: When Will it End? (E) <b>20</b> 6:30p-7:30p *Kindness &amp; Self-Compassion (E) 12:45p-1:30p *Exercise Class (WC) 6:30p-7:30p *KidShop/TeenShop(W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>21</b> 6:30p-8:00p Sister Circle (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Exercise for Prostate Cancer (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:30p-8:00p *Life After Cancer Treatment Support Group(W)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>22</b> 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i></p>	<p>10:00a-11:15a *Yoga (E) <b>23</b> 10:00a-11:15a *Tai Chi (W)</p>
					<b>24</b>
<p>10:00a-11:00a *Zumba Gold (E) <b>25</b> 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>11:00a-12:15p *Yoga (E) <b>26</b> 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) 1:30p-2:15p *Exercise for Prostate Cancer (WC) 6:30p-7:30p *Exercise Class (WC) 6:30p-8:00p *Grief Support Group (W) 6:30p-7:45p *Yoga (W)</p>	<p>6:00p-7:30p *Moving Forward Orientation (E) <b>27</b> 12:45p-1:30p *Exercise Class (WC) 6:30p-7:30p *Bridges Grief Group for Families (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>28</b> 1:00p-2:30p *Clay Heart Vases#3 (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Exercise for Prostate Cancer (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 5:30p-7:00p *Moving Forward Orientation (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>29</b> 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i> 6:00p-10:00p *YA Meet Up: Monsters vs LV Phantoms (O) <i>Quicken Loans Arena</i></p>	<p>10:00a-11:15a *Yoga (E) <b>30</b> 10:00a-11:15a *Tai Chi (W)</p>
					<b>31</b>