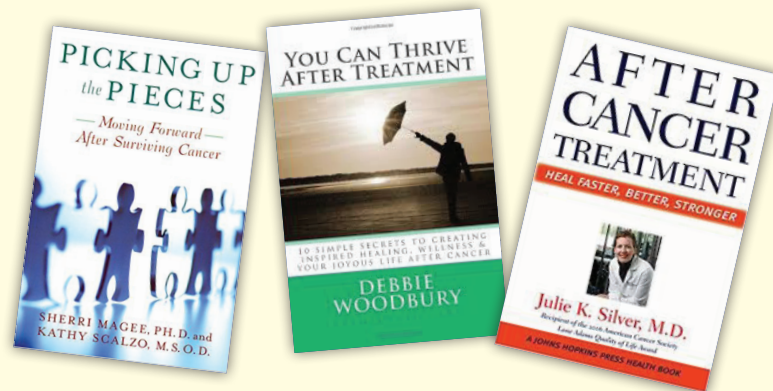




# Am I a Survivor?



You can find these in our east or west library

Whether you have cancer, or someone you love has cancer, you may be wondering, who is considered a cancer survivor, and, when am I considered a survivor?

The question of 'when' is easier to answer. Before The Gathering Place opened 18 years ago, it was common to say that a survivor was someone who had lived 5 years past their initial diagnosis. This number turned out to be misleading, and did not reflect the needs of the wider cancer community. It led those whose loved one did not live that long to feel that they had somehow failed, and it deprived everyone on the cancer journey the chance to celebrate each and every milestone along the way: surviving surgery, surviving radiation, surviving chemotherapy, the first through fourth year anniversaries and myriad scans in between. Now, **The National Coalition of Cancer Survivorship (NCCS)** says you are a survivor from the moment you are diagnosed. Anyone who is living with cancer is a survivor and deserves to be honored for that.

At The Gathering Place, most people find us in the early phase of their diagnosis and treatment. They are dealing with making decisions, learning the new language, forming their circle of support. But, there are other people who coped well enough during the physically demanding phases of their cancer journey until they finished treatment...and only then do they struggle. If the questions you are asking your oncologist are about your ongoing fatigue, or the fog of chemobrain, or that you and your partner have not resumed intimacy, then you are ready to look at life *after* cancer.

The question of 'who' is a survivor is more difficult. The professional literature has lots of studies showing that end of treatment can be scary and upsetting. Perhaps you feel abandoned by the medical team that had been watching you so closely. Perhaps you feel abandoned by the neighbors who were bringing you meals every week and the friends who were driving your kids to sports practices. They have moved on to help others in more acute need and probably aren't even aware that while you may look so much better, you are struggling emotionally. You may reject the term survivor because you don't feel ready to say that you have moved on from the cancer experience. You may not feel like celebrating your 'graduation'.

Surgery, radiation, chemotherapy, and hormonal therapy can have long-lasting affects. Mood, energy and physical mobility can all be impaired for months or years. These negative outcomes in no way diminish that you have survived an ordeal. Let your medical team know what issues you are facing – they may have suggestions you haven't thought of. Did you know that reflexology has been shown to be help with peripheral neuropathy, the pain in your hands and feet that can come from some types of chemotherapy? Did you know that tai chi has been shown to help with balance and yoga can help with range of motion? And, as always, talking, whether in a group of like-minded folks or one-to-one, can be helpful in normalizing the roller coaster of emotions.

If you aren't sure what to call yourself, that's OK. If you aren't sure where to begin, let The Gathering Place help.

## Upcoming Programs

### \*Moving Forward

An 8 week program for men and women who are currently in treatment or have finished treatment within the last year. The program includes twice weekly fitness training, healthy cooking classes and a weekly support group. Permission from your physician is required.

**TGP East:** Orientation: Thursday, March 29, 6:00-7:00pm

Program: Mondays, 6:00-8:15pm and

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

**TGP West:** Orientation: Wednesday, March 28, 7:00-8:00pm

Program: Mondays, 6:00-8:15pm and

Wednesdays, 6:00-8:15pm, April 4- May 23

### \*Life after Cancer Treatment Support Group

**TGP East:** Thursdays, January 11, February 8, and March 8, 6:30-8:00pm

**TGP West:** Thursdays, January 18, February 15, and March 15, 6:30-8:00pm

### \*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.

**Exercise classes are offered East and West.**  
**Check the calendar for details on when classes meet.**

**\* Advance registration required**

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, January 8, 22; February 12, 26; March 12, 26, 1:30-3:00pm

**\*Weaving a Mindfully New Perspective on Life**

Create small works of art using yarn and wood frames to move ahead in your cancer journey.

**TGP East:** Thursday, January 18, 1:00-2:30pm

**TGP West:** Thursdays, February 8, 15, 22; March 1, 6:00-7:30pm

**\*Vision Board**

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

**TGP West:** Thursday, January 18, 1:00-2:30pm

**\*Weaving a Watercolor Wonder**

Weave together two paintings you create while practicing mindful breathing.

**TGP East:** Thursday, January 25, 1:00-2:30pm

**\*Joy of Drumming**

No experience necessary. Drums provided. Family members welcome.

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

**TGP West:** Wednesday, January 31, 6:30-7:30pm

**\*Spools of Affirmation**

Make a gift for self or others using words of inspiration and encouragement. Spools and materials provided.

**TGP East:** Tuesday, February 13, 2:00-3:30pm

**\*Rock Painting for Valentine's Day**

Create colorful rocks and then hide them for others to find.

**TGP West:** Wednesday, February 14, 1:00-2:30pm

**\*Felting**

Learn the easy craft of needle felting. Bring a wool item to embellish, or use our supplies.

**TGP East:** Wednesday, February 21, 4:00-6:00pm

**TGP West:** Tuesday, February 6, 4:00-6:00pm

**\*Chinese Bamboo Brush Painting**

Tranquility, balance and beauty can be discovered using basic brush strokes while exploring this ancient art form. Instructor: Naomi Loges

**TGP East:** Wednesday, March 7, 1:00-2:30pm

**CANCER SPECIFIC PROGRAMS** continued...

**Breast Cancer**

**Breast Cancer Connection**

Individuals diagnosed with breast cancer are paired with trained volunteers who are survivors for telephone support on the cancer journey.  
**Call 440-442-4433**

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

**TGP West:** Tuesdays, January 2; February 6; March 6, 6:30-8:00pm

**\*Metastatic Breast Cancer Conference**

Topics include: Treatment protocols, clinical trials, patient advocacy, estate and financial planning, the Metastatic Breast Cancer Project and a Complementary & Integrative Therapies fair. In partnership with Susan G. Komen Northeast Ohio. **Call 216-292-2873 to register.**

**DoubleTree Hotel:** Saturday, March 10, 9:00am-3:30pm

6200 Quarry Lane, Independence

**Group for Those with Gynecological Cancers**

**TGP East:** Wednesdays, January 17; February 21; March 21, 6:00-7:30pm

**Prostate Cancer**

**Prostate Cancer Information Session**

Men (only) diagnosed within the last 6 months.

**TGP East:** Thursdays, January 11; February 8; March 8, 5:30-6:15pm

**TGP West:** Tuesdays, January 16; February 20; March 20, 5:30-6:15pm

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

**The Klein Report: Advances in Prostate Cancer**

Presenter: Eric Klein, MD

**TGP East:** Thursday, January 11, 6:30-8:00pm

**TGP West:** Tuesday, January 16, 6:30-8:00pm

**50 Shades of Intimacy: Sex and Intimacy After Cancer**

**TGP East:** Thursday, February 8, 6:30-8:00pm - Presenter: Stephen Levine, MD

**TGP West:** Tuesday, February 20, 6:30-8:00pm

**Testing: From PSA to Bone Scans and Beyond**

**TGP East:** Thursday, March 8, 6:30-8:00pm - Presenter: Lee Ponsky, MD

**TGP West:** Tuesday, March 20, 6:30-8:00pm - Presenter: Kathryn Dunlap, PA-C

**CANCER SURVIVORSHIP**

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

**TGP East:** Thursdays, January 11, February 8, March 8, 6:30-8:00pm

**TGP West:** Thursdays, January 18, February 15, March 15, 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:**

**January.** . . . . Fighting Cancer & Boosting Brain Power thru Food

**February.** . . . . Ways We Connect

**March.** . . . . March Madness

**TGP East:** Mondays, January 8, 22; February 12, 26; March 12, 26, 6:30-7:30pm

**TGP West:** Wednesdays, January 3, 17; February 7, 21; March 7, 21, 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 15; February 5, 19; March 5, 19, 6:30-7:30pm

**TGP West:** Wednesdays, January 10, 24; February 14, 28; March 14, 28, 6:30-7:30pm

**\*Family Lego Night**

Open to all families on the cancer or grief journey

**TGP East:** Monday, January 29, 6:30-7:30pm

**TGP West:** Wednesday, January 31, 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

**\*Focus on your Core!**

Learn exercises that focus on the essential core muscles.

**Participants are encouraged to attend all 8 sessions.**

**TGP Richman Family Wellness Center:**

Tuesdays & Thursdays, February 6 - March 1, 1:15-2:00pm

**\*Balance 101**

Learn exercises addressing balance issues related to cancer treatment.

**Participants are encouraged to attend all 8 sessions.**

**TGP Richman Family Wellness Center:**

Tuesdays & Thursdays, March 6 - 29, 1:15-2:00pm

**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

**CANCER SPECIFIC PROGRAMS**

**Blood Cancers**

Family members welcome.

**\*Updates on Blood Cancer**

Presenter: Jason Valent, MD

**TGP East:** Monday, January 15, 6:30-8:00pm

**\*Coping with Stress**

**TGP East:** Monday, March 19, 6:30-8:00pm



## GRIEF AND LOSS

### \*Grief Support Groups

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

**TGP East:** Tuesdays, January 9, 23; February 13, 27; March 13, 27, 6:30-8:00pm

**TGP West:** Tuesdays, January 2, 16; February 6, 20; March 6, 20, 2:00-3:30pm

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

For people who have experienced loss of an adult loved one due to cancer more than a year ago. Topics include: holding on versus letting go, socializing and dating, and who am I now? Participants are encouraged to attend all 3 sessions.

**TGP East:** Mondays, January 15, 22, 29, 11:00am-12:30pm

## LECTURES, WORKSHOPS & SPECIAL PROGRAMS

### \*Mindfulness Meditation

Learn about mindful breathing, being present and other techniques.

**TGP East:** Tuesday, January 16, 6:30-8:00pm

**TGP West:** Tuesday, January 23, 6:30-8:00pm

### \*Natural Remedies for Cancer Side Effects

Discussion of supportive care interventions to help ease the symptom burden both during and after cancer care treatment. Presenter: Catherine Holmes, CNP, ONC

**TGP East:** Tuesday, January 9, 6:30-8:00pm

### \*Lymphedema Awareness

Understanding signs, symptoms and management of lower extremity lymphedema.

**TGP East:** Wednesday, January 24, 6-7:30pm - Presenter: Maria Pickston, OTR/L, CLT

**TGP West:** Saturday, January 20, 10-11:30am - Presenter: Annette Lipaj, OT/L, CLT

### \*Cancer and Careers: Beyond FMLA

An interactive discussion on looking for work while dealing with cancer: when and what to disclose and reasonable accommodations.

Presenter: Kerri Mazzone, LISW-S

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

**TGP West:** Tuesday, March 27, 6:30-8:00pm

### \*Mindfulness Eating

Learn how mindful eating nourishes happiness in this hands-on cooking class.

**TGP East:** Wednesday, February 21, 6:30-8:00pm

**TGP West:** Tuesday, February 27, 6:30-8:00pm

### \*Mindfulness Movement

Focusing on the breath, we will practice some gentle movement exercises and walk the labyrinth.

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

**TGP West:** Tuesday, March 13, 6:30-8:00pm

### \*Moving Forward

An 8 week program for men and women who are currently in treatment or have finished treatment within the last year. The program includes twice weekly fitness training, healthy cooking classes and a weekly support group. Permission from your physician is required.

**TGP East:** Orientation: Thursday, March 29, 6:00-7:00pm

**Program:** Mondays, 6:00-8:15pm, Wednesdays, 6:00-8:15pm, April 2- May 23

**TGP West:** Orientation: Wednesday, March 28, 7:00-8:00pm

**Program:** Mondays, 6:00-8:15pm, Wednesdays, 6:00-8:15pm, April 4- May 23

## MEDITATION AND RELAXATION

### Guided Meditation

Relax and practice mindfulness meditation techniques in a group setting.

**TGP East:** Mondays, January 15, 29; February 5, 19; March 5, 19, 1:30-2:15pm

**TGP West:** Mondays, January 8, 22; February 12, 26; March 12, 26, 5:30-6:15pm

## 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 recipes while learning how a plant-based lifestyle helps fight cancer.

### \*Holiday Detox

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

**TGP West:** Saturday, January 13, 10:00am-12:00pm

### \*Couples Cooking: Heartfelt Dishes

**TGP East:** Thursday, February 15, 6:00-8:00pm

**TGP West:** Tuesday, February 13, 6:00-8:00pm

### \*Making Meals in Minutes

**TGP East:** Wednesday, March 21, 6:00-8:00pm

**TGP West:** Saturday, March 24, 10:00am-12:00pm

### \*Healthy Weigh

A six week jump start program for healthy weight loss designed for cancer survivors who have been encouraged by their physician to lose weight as part of their survivorship wellness plan. Caregivers welcome to participate.

**TGP East:** Mondays, January 8 - February 26, 6:30-7:30pm

No class January 29 or February 12

## 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, January 4, 18; February 1, 15; March 1, 15, 6:30-8:00pm

### Group for Older Adults with Cancer

**TGP West:** Fridays, January 19; February 16; March 16, 11:00am-12:30pm

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

Current participants must re-register before attending classes in January. Please call Betsy or Susan at 216 595-9546. Effective January 2018 yearly registration will be required for participants attending Tai Chi, Yoga and Zumba. Classes are 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, January 13; February 10; March 10, 11:45am-12:45pm

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

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

**TGP West:** Thursdays, 6:30-7:45pm

\***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

**TGP West:** Wednesdays, 1:00-1:45pm

## \*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<sup>®</sup>

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, January 22; February 26; March 26, 3:00-5:00pm

**TGP West:** February 26, 3:00-5:00pm

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

### \*Cavs Game!

Cleveland Cavaliers vs Orlando Magic. Provided with support from Jeremy Cares. **Call 216-455-1523, Casey Durkin, to register**

**Quicken Loans Arena:** Thursday, January 18, 6:00pm

### \*Valentine Horror Stories

Meet up for some scrumptious treats, good company and share your Valentine dating nightmares, dream dates or find a hilarious story online to share.

**Panera:** Thursday: February 22, 6:30-8:00pm • 5090 Tiedeman Road

### \*March Movement Madness

Exercise with a personal trainer to help fight fatigue and better understand how to release endorphins to get to a "happy" place.

**TGP East:** Thursday, March 22, 6:30-8:00pm

# JANUARY 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		
<p><b>New Years Day Closed East &amp; West</b> <b>1</b></p>	<p>11:00a-12:15p *Yoga (E) <b>2</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)                      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) <b>3</b>                      1:00p-1:45p *Zumba Gold (W)                      6:30p-7:30p *KidShop/TeenShop (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>4</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)                      6:30p-7:45p *Tai Chi (W)</p>	<p>10:00a-11:00a *Exercise Class (O) <b>5</b>  <i>Westlake Rec Center: 28955 Hilliard Blvd</i>                      12:45p-1:30p *Exercise Class (WC)</p>	<p>10:00a-11:15a *Yoga (E) <b>6</b></p>		
<p>10:00a-11:00a *Zumba Gold (E) <b>8</b>                      1:30p-3:00p Yarn Works (E)                      6:30p-7:30p *Healthy Weight<sup>1</sup> (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>9</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)                      6:30p-8:00p *Natural Remedies for Cancer Side Effects (E)                      12:30p-1:15p *Exercise Class (WC)                      6:30p-7:30p *Exercise Class (WC)                      6:30p-7:45p *Yoga (W)</p>	<p>6:00p-8:00p *Cooking Class - Holiday Detox (E) <b>10</b>                      12:45p-1:30p *Exercise Class (WC)                      1:00p-1:45p *Zumba Gold (W)                      6:30p-7:30p *Bridges Grief Group for Families (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>11</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)                      6:30p-7:45p *Tai Chi (W)</p>	<p>10:00a-11:00a *Exercise Class (O) <b>12</b>  <i>Westlake Rec Center: 28955 Hilliard Blvd</i>  <b>12:00p TGP East &amp; West Closed</b></p>	<p>10:00a-11:15a *Yoga (E) <b>13</b>                      11:45a-12:45p *Dance Class (E)                      10:00a-12:00p *Cooking Class-Holiday Detox (W)</p>		
<p>10:00a-11:00a *Zumba Gold (E) <b>15</b>                      11:00a-12:30p *Grief: When Will it End?<sup>1</sup> (E)                      1:30p-2:15p Guided Meditation (E)                      6:30p-7:30p *Bridges Grief Group for Families (E)                      6:30p-7:30p *Healthy Weight<sup>2</sup> (E)                      6:30p-8:00p *Blood Cancer - Updates on Blood Cancer (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>16</b>                      6:30p-8:00p *Group for Caregivers (E)                      6:30p-8:00p *Group for Those w/ Cancer (E)                      6:30p-8:00p *Mindfulness Meditation (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)</p>	<p>6:00p-7:30p Group for Those w/ Gynecological Cancers (E) <b>17</b>                      12:45p-1:30p *Exercise Class (WC)                      1:00p-1:45p *Zumba Gold (W)                      6:30p-7:30p *KidShop/TeenShop (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>18</b>                      1:00p-2:30p *Weaving a Mindfully New Perspective on Life (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)                      1:00p-2:30p *Vision Board (W)                      6:30p-7:45p *Tai Chi (W)                      6:30p-8:00p *Life After Cancer Treatment Support Group (W)                      6:00p-10:00p *Young Adults Surviving Cancer <i>Cleveland Cavs vs Orlando Magic (O)</i></p>	<p>12:45p-1:30p *Exercise Class (WC) <b>19</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>20</b>                      10:00a-11:30a *Lymphedema Awareness (W)</p>		
<p>10:00a-11:00a *Zumba Gold (E) <b>22</b>                      11:00a-12:30p *Grief: When Will it End?<sup>2</sup> (E)                      1:30p-3:00p Yarn Works (E)                      3:00p-5:00p *Look Good Feel Better® (E)                      6:30p-7:30p *KidShop/TeenShop (E)                      6:30p-7:30p *Healthy Weight<sup>3</sup> (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>23</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 *Mindfulness Meditation (W)</p>	<p>6:00p-7:30p *Lymphedema Awareness (E) <b>24</b>                      12:45p-1:30p *Exercise Class (WC)                      1:00p-1:45p *Zumba Gold (W)                      6:30p-7:30p *Bridges Grief Group for Families (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>25</b>                      1:00p-2:30p *Weaving a Watercolor Wonder (E)                      12:30p-1:15p *Exercise Class (WC)                      6:30p-7:30p *Exercise Class (WC)                      12:00p-1:15p *Yoga (W)                      6:30p-7:45p *Tai Chi (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>26</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>27</b></p>		
<p>10:00a-11:00a *Zumba Gold (E) <b>29</b>                      11:00a-12:30p *Grief: When Will it End?<sup>3</sup> (E)                      1:30p-2:15p Guided Meditation (E)                      6:30p-7:30p *Family Lego Night (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>30</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)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>31</b>                      1:00p-1:45p *Zumba Gold (W)                      6:30p-7:30p *Family Lego Night (W)                      6:30p-7:30p *Joy of Drumming (W)</p>	<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>			<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>

**February 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	
<div style="border: 2px solid green; padding: 5px; margin-bottom: 10px;"> <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>		<div style="border: 2px solid purple; padding: 5px; margin-bottom: 10px;"> <p><b>*These programs require pre-registration.</b>                      Participants requiring childcare need to call several days in advance.</p> </div>		11:00a-12:15p *Tai Chi (E) <b>1</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) 6:30p-7:45p *Tai Chi (W)	12:45p-1:30p *Exercise Class (WC) <b>2</b> 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i>	10:00a-11:15a *Yoga (E) <b>3</b>
<b>4</b>						
10:00a-11:00a *Zumba Gold (E) <b>5</b> 1:30p-2:15p Guided Meditation (E) 6:30p-7:30p *Bridges Grief Group for Families (E) 6:30p-7:30p *Healthy Weigh#4 (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) <b>6</b> 6:30p-8:00p *Cancer and Careers: Beyond FMLA (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) 1:15p-2:00p *Focus on Your Core#1 (WC) 6:30p-7:30p *Exercise Class (WC) 2:00p-3:30p *Grief Support Group (W) 4:00p-6:00p *Felting (W) 6:30p-7:45p *Yoga (W) 6:30p-8:00p Group for Young Women w/ Breast Cancer (W)	6:30p-7:30p *Joy of Drumming (E) <b>7</b> 12:45p-1:30p *Exercise Class (WC) 1:00p-1:45p *Zumba Gold (W) 6:30p-7:30p *KidsShop/TeenShop (W)	11:00a-12:15p *Tai Chi (E) <b>8</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) 1:15p-2:00p *Focus on Your Core#2 (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:00p-7:30p *Weaving a Mindfully New Perspective on Life#1 (W) 6:30p-7:45p *Tai Chi (W)	12:45p-1:30p *Exercise Class (WC) <b>9</b> 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i>	10:00a-11:15a *Yoga (E) <b>10</b> 11:45a-12:45p *Dance Class (E)	
<b>11</b>						
10:00a-11:00a *Zumba Gold (E) <b>12</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)	11:00a-12:15p *Yoga (E) <b>13</b> 2:00p-3:30p *Spoils of Affirmation (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) 1:15p-2:00p *Focus on Your Core#3 (WC) 6:30p-7:30p *Exercise Class (WC) 6:00p-8:00p *Couples Cooking (W) 6:30p-7:45p *Yoga (W)	12:45p-1:30p *Exercise Class (WC) <b>14</b> 1:00p-1:45p *Zumba Gold (W) 1:00p-2:30p *Rock Painting for Valentine's Day (W) 6:30p-7:30p *Bridges Grief Group for Families (W)	11:00a-12:15p *Tai Chi (E) <b>15</b> 6:00p-8:00p *Couples Cooking (E) 6:30p-8:00p Sister Circle (E) 12:30p-1:15p *Exercise Class (WC) 1:15p-2:00p *Focus on Your Core#4 (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:00p-7:30p *Weaving a Mindfully New Perspective on Life#2 (W) 6:30p-7:45p *Tai Chi (W) 6:30p-8:00p *Life After Cancer Treatment Support Group (W)	12:45p-1:30p *Exercise Class (WC) <b>16</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>	10:00a-11:15a *Yoga (E) <b>17</b>	
<b>18</b>						
10:00a-11:00a *Zumba Gold (E) <b>19</b> 1:30p-2:15p Guided Meditation (E) 6:30p-7:30p *Bridges Grief Group for Families (E) 6:30p-7:30p *Healthy Weigh#5 (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) <b>20</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) 1:15p-2:00p *Focus on Your Core#5 (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)	4:00p-6:00p *Felting (E) <b>21</b> 6:00p-7:30p Group for Those with Gynecological Cancers (E) 6:30p-8:00p *Mindfulness Eating (E) 12:45p-1:30p *Exercise Class (WC) 1:00p-1:45p *Zumba Gold (W) 6:30p-7:30p *KidShop/TeenShop (W)	11:00a-12:15p *Tai Chi (E) <b>22</b> 12:30p-1:15p *Exercise Class (WC) 1:15p-2:00p *Focus on Your Core#6 (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:00p-7:30p *Weaving a Mindfully New Perspective on Life#3 (W) 6:30p-7:45p *Tai Chi (W) 6:30p-8:00p *Young Adults Surviving Cancer Valentine Horror Stories (O)	12:45p-1:30p *Exercise Class (WC) <b>23</b> 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i>	10:00a-11:15a *Yoga (E) <b>24</b>	
<b>25</b>						
10:00a-11:00a *Zumba Gold (E) <b>26</b> 1:30p-3:00p Yarn Works (E) 3:00p-5:00p *Look Good Feel Better® (E) 6:30p-7:30p *KidShop/TeenShop (E) 6:30p-7:30p *Healthy Weigh#6 (E) 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)	11:00a-12:15p *Yoga (E) <b>27</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) 1:15p-2:00p *Focus on Your Core#7 (WC) 6:30p-7:30p *Exercise Class (WC) 6:30p-7:45p *Yoga (W) 6:30p-8:00p *Mindfulness Eating (W)	12:45p-1:30p *Exercise Class (WC) <b>28</b> 1:00p-1:45p *Zumba Gold (W) 6:30p-7:30p *Bridges Grief Group for Families (W)				

**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



# MARCH 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
<p><b>Welcoming Orientation</b> An opportunity for adults (over 18) coping with cancer to learn about our FREE programs and services.</p> <p><b>TGP East:</b> Mondays, 6:30pm, Tuesdays, 1:30pm and Saturdays, 10:30am</p> <p><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</p> <p><b>The Gathering Place Richman Family Wellness Center (WC): Orange</b> 23295 Commerce Park • Beachwood, OH 44122</p> <p><b>The Gathering Place West (W): Green</b> 25425 Center Ridge, Suite B • Westlake, OH 44145</p> <p><b>Off-Site Programs (O): Gray</b> Check program description for location</p>	<p>11:00a-12:15p *Tai Chi (E) <b>1</b></p> <p>6:30p-8:00p Sister Circle (E)</p> <p>12:30p-1:15p *Exercise Class (WC)</p> <p>1:15p-2:00p *Focus on Your Core<sup>8</sup> (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>12:00p-1:15p *Yoga (W)</p> <p>6:00p-7:30p *Weaving a Mindfully New Perspective on Life<sup>4</sup> (W)</p> <p>6:30p-7:45p *Tai Chi (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>2</b></p> <p>10:00a-11:00a *Exercise Class (O) Westlake Rec Center: 28955 Hilliard Blvd</p>	<p>10:00a-11:15a *Yoga (E) <b>3</b></p>
<p><b>Animal Camp • Ages 6-12</b> Registration opens on 3/08/18 Call: <b>216.595.9546</b> OR Visit: <a href="http://touchedbycancer.org/animalcamp">touchedbycancer.org/animalcamp</a></p>					
<p>10:00a-11:00a *Zumba Gold (E) <b>5</b></p> <p>1:30p-2:15p Guided Meditation (E)</p> <p>6:30p-7:30p *Bridges Grief Group for Families (E)</p> <p>6:30p-8:00p *Group for Caregivers (W)</p> <p>6:30p-8:00p *Group for Those w/ Cancer (W)</p> <p>7:00p-8:00p *Exercise Class (W)</p>	<p>11:00a-12:15p *Yoga (E) <b>6</b></p> <p>6:30p-8:00p *Group for Caregivers (E)</p> <p>6:30p-8:00p *Group for Those w/ Cancer (E)</p> <p>12:30p-1:15p *Exercise Class (WC)</p> <p>1:15p-2:00p *Balance 101<sup>1</sup> (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>2:00p-3:30p *Grief Support Group (W)</p> <p>6:30p-7:45p *Yoga (W)</p> <p>6:30p-8:00p Group for Young Women w/ Breast Cancer (W)</p>	<p>1:00p-2:30p *Chinese Bamboo Brush Painting (E) <b>7</b></p> <p>12:45p-1:30p *Exercise Class (WC)</p> <p>1:00p-1:45p *Zumba Gold (W)</p> <p>6:30p-7:30p *KidShop/TeenShop (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>8</b></p> <p>5:30p-6:15p Prostate Cancer Information Session (E)</p> <p>6:30p-8:00p Prostate Partners (E)</p> <p>6:30p-8:00p *Life After Cancer Treatment Support Group (E)</p> <p>12:30p-1:15p *Exercise Class (WC)</p> <p>1:15p-2:00p *Balance 101<sup>2</sup> (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>12:00p-1:15p *Yoga (W)</p> <p>6:30p-7:45p *Tai Chi (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>9</b></p> <p>10:00a-11:00a *Exercise Class (O) Westlake Rec Center: 28955 Hilliard Blvd</p>	<p>10:00a-11:15a *Yoga (E) <b>10</b></p> <p>11:45a-12:45p *Dance Class (E)</p> <p>9:00a-3:30p *Metastatic Breast Cancer Conference (O) DoubleTree Hotel 6200 Quarry Lane, Independence</p>
<p>10:00a-11:00a *Zumba Gold (E) <b>12</b></p> <p>1:30p-3:00p Yarn Works (E)</p> <p>6:30p-7:30p *KidShop/TeenShop(E)</p> <p>5:30p-6:15p Guided Meditation (W)</p> <p>6:30p-8:00p *Group for Caregivers(W)</p> <p>6:30p-8:00p *Group for Those w/ Cancer (W)</p> <p>7:00p-8:00p *Exercise Class (W)</p>	<p>11:00a-12:15p *Yoga (E) <b>13</b></p> <p>6:30p-8:00p *Grief Support Group (E)</p> <p>6:30p-8:00p *Group for Caregivers (E)</p> <p>6:30p-8:00p *Group for Those w/ Cancer (E)</p> <p>12:30p-1:15p *Exercise Class (WC)</p> <p>1:15p-2:00p *Balance 101<sup>3</sup> (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>6:30p-7:45p *Yoga (W)</p> <p>6:30p-8:00p *Mindfulness Movement (W)</p>	<p>6:30p-8:00p *Mindfulness Movement (E) <b>14</b></p> <p>12:45p-1:30p *Exercise Class (WC)</p> <p>1:00p-1:45p *Zumba Gold (W)</p> <p>6:30p-7:30p *Bridges Grief Group for Families (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>15</b></p> <p>6:30p-8:00p Sister Circle (E)</p> <p>12:30p-1:15p *Exercise Class (WC)</p> <p>1:15p-2:00p *Balance 101<sup>4</sup> (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>12:00p-1:15p *Yoga (W)</p> <p>6:30p-7:45p *Tai Chi (W)</p> <p>6:30p-8:00p *Life After Cancer Treatment Support Group (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>16</b></p> <p>11:00a-12:30p Group for Older Adults w/ Cancer (W)</p> <p>10:00a-11:00a *Exercise Class (O) Westlake Rec Center: 28955 Hilliard Blvd</p>	<p>10:00a-11:15a *Yoga (E) <b>17</b></p>
<p>10:00a-11:00a *Zumba Gold (E) <b>19</b></p> <p>1:30p-2:15p Guided Meditation (E)</p> <p>6:30p-7:30p *Bridges Grief Group for Families (E)</p> <p>6:30p-8:00p *Blood Cancer-Coping with Stress (E)</p> <p>6:30p-8:00p *Group for Caregivers (W)</p> <p>6:30p-8:00p *Group for Those w/ Cancer (W)</p> <p>7:00p-8:00p *Exercise Class (W)</p>	<p>11:00a-12:15p *Yoga (E) <b>20</b></p> <p>6:30p-8:00p *Group for Caregivers (E)</p> <p>6:30p-8:00p *Group for Those w/ Cancer (E)</p> <p>12:30p-1:15p *Exercise Class (WC)</p> <p>1:15p-2:00p *Balance 101<sup>5</sup> (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>2:00p-3:30p *Grief Support Group (W)</p> <p>5:30p-6:15p *Prostate Cancer Information Session (W)</p> <p>6:30p-8:00p *Prostate Partners (W)</p> <p>6:30p-7:45p *Yoga (W)</p>	<p>6:00p-7:30p Group for Those with Gynecological Cancers (E) <b>21</b></p> <p>6:00p-8:00p *Making Meals in Minutes(E)</p> <p>12:45p-1:30p *Exercise Class (WC)</p> <p>1:00p-1:45p *Zumba Gold (W)</p> <p>6:30p-7:30p *KidShop/TeenShop(W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>22</b></p> <p>6:30p-8:00p *Young Adults Surviving Cancer; March Movement Madness (E)</p> <p>12:30p-1:15p *Exercise Class (WC)</p> <p>1:15p-2:00p *Balance 101<sup>6</sup> (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>12:00p-1:15p *Yoga (W)</p> <p>6:30p-7:45p *Tai Chi (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>23</b></p> <p>10:00a-11:00a *Exercise Class (O) Westlake Rec Center: 28955 Hilliard Blvd</p>	<p>10:00a-11:15a *Yoga (E) <b>24</b></p> <p>10:00a-12:00p *Making Meals in Minutes (W)</p>
<p>10:00a-11:00a *Zumba Gold (E) <b>26</b></p> <p>1:30p-3:00p Yarn Works (E)</p> <p>3:00p-5:00p *Look Good Feel Better<sup>®</sup> (E)</p> <p>6:30p-7:30p *KidShop/TeenShop(E)</p> <p>5:30p-6:15p *Guided Meditation (W)</p> <p>6:30p-8:00p *Group for Caregivers (W)</p> <p>6:30p-8:00p *Group for Those w/ Cancer (W)</p> <p>7:00p-8:00p *Exercise Class (W)</p>	<p>11:00a-12:15p *Yoga (E) <b>27</b></p> <p>6:30p-8:00p *Grief Support Group (E)</p> <p>6:30p-8:00p *Group for Caregivers (E)</p> <p>6:30p-8:00p *Group for Those w/ Cancer (E)</p> <p>12:30p-1:15p *Exercise Class (WC)</p> <p>1:15p-2:00p *Balance 101<sup>7</sup> (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>6:30p-8:00p *Cancer and Careers: Beyond FMLA (W)</p> <p>6:30p-7:45p *Yoga (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>28</b></p> <p>1:00p-1:45p *Zumba Gold (W)</p> <p>6:30p-7:30p *Bridges Grief Group for Families (W)</p> <p>7:00p-8:00p *Moving Forward Orientation (W)</p>	<p>11:00a-12:15p *Tai Chi (E) <b>29</b></p> <p>6:00p-7:00p *Moving Forward Orientation (E)</p> <p>12:30p-1:15p *Exercise Class (WC)</p> <p>1:15p-2:00p *Balance 101<sup>8</sup> (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>12:00p-1:15p *Yoga (W)</p> <p>6:30p-7:45p *Tai Chi (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) <b>30</b></p> <p>10:00a-11:00a *Exercise Class (O) Westlake Rec Center: 28955 Hilliard Blvd</p>	<p>10:00a-11:15a *Yoga (E) <b>31</b></p>