



Cancer: A Continuum of Care

You can find these in our eastside or westside library

When you are first diagnosed with cancer, your primary focus is on understanding your disease, understanding your treatment options and making a plan. The tasks of scheduling many appointments, making endless phone calls, and having hard conversations are usually performed during the day. But, in the middle of the night, your mind is bound to wander to the harder questions of “How much will I suffer?”, “What if I am alone?”, or “What if I die?” While these thoughts are normal, they can take you to a dark place. At The Gathering Place, we want to help normalize those hard thoughts and help you explore the questions in ways that make sense for you. While cancer can be a wake-up call to get our affairs in order and to convey wishes to those you love, it can also be a re-examination of how you live your life each day.

There are groups, classes, handouts, books, websites, and apps that address how to face the days, weeks and months ahead of you. Starting from the time of diagnosis, and throughout your journey, there may be times when you feel overwhelmed. Perhaps getting some basic information from our library is all you can manage. You may decide to join a support group or meet one-to-one with one of our staff.

As treatment begins, you may get into a more manageable rhythm. When you can anticipate your good days and bad days, it might be a time to take an art class or start a gentle movement class to give you a break from the medical world. Perhaps you could pamper yourself with a reiki treatment or take a cooking class.

When you finish active treatment, there is another emotional adjustment to make. Will you go back to your same routine before

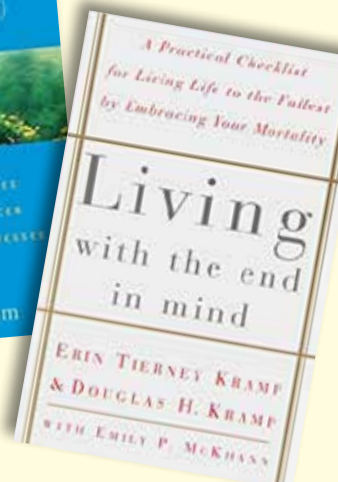
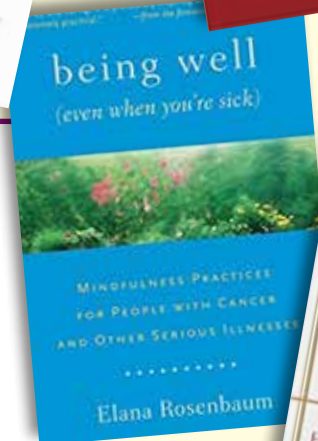
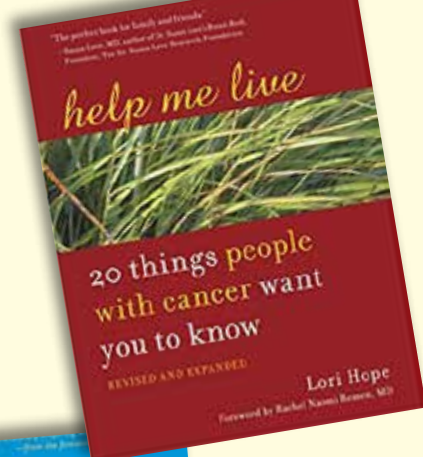
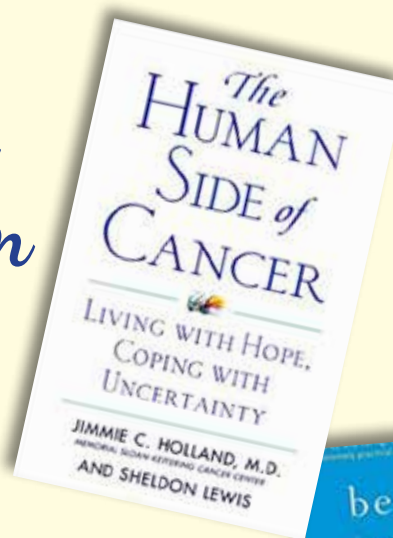
cancer, or do you want to make some changes? You may find that you have different priorities or goals. You may feel just as vulnerable and emotional as you did when you were first diagnosed. This too is normal. You may get the answers you need meeting with other survivors in our *“Life After Cancer Treatment”* support group.

By learning to listen to what your heart and body are telling you, you can choose a path that is right for you. If you aren't sure where to start, let us walk you through the many options.

When you find yourself struggling with hard questions, you can have a consultation that helps you address the issues that arise when you contemplate end-of-life care questions like “What kind of treatment do you want – curative or comfort?”, and “What is important to you in your medical care - maximum or minimum intervention?” You may have already begun this process of “What if?” when the hospital asked if you have a Living Will/Advanced Directive/Healthcare Power of Attorney, the plans for what you want if you are not able to speak for yourself. We believe that when you have faced your fears it does get easier.

We also believe that once you figure out what is important to you and you document it, you can go back to living your fullest life. When tasks hang over us undone, they can sap our energy, and occupy our mind. When we have finished the task and filed it away, it frees us to be more present to ourselves and those we love.

If you or your loved one would like to learn more about making end-of-life care planning decisions, contact us at The Gathering Place **216.595.9546**, or visit: <https://theconversationproject.org>



Upcoming Programs:

All programs require advance registration. See page 3, **LECTURES, WORKSHOPS & SPECIAL PROGRAMS** for details on the following programs...

*Building Resilience

Learn how to bend without breaking.

*Moving Forward – 8-week program

For men and women currently in treatment or have finished treatment within the last year. Program includes twice-weekly fitness training, healthy cooking classes and a weekly support group. Permission from your physician required.

*Financial Assistance Resources for those on the Cancer Journey

Learn about financial assistance resources.

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, July 9 & 23, August 13 & 27, September 10 & 24, 1:30-3:00pm

Instructor: Cathie Davidson

TGP West: Wednesdays, July 18, August 1, September 5, 1:30-3:00pm

Instructor: Susan Knight

***Photography for Healing on the Cancer Journey**

Photography workshop: no experience necessary. Please bring a smart phone or SLR camera with the memory card cleared. Bring a brown bag lunch; dessert and drinks provided. Facilitator: Connie Reider of Inscape

TGP East: Thursday, July 12, 9:30am-4:00pm

TGP West: Friday, July 13, 9:30am-4:00pm

***Luminaries**

Create a clay vessel that illuminates your path to wellness.

TGP East: Thursdays, July 19, 26 & August 2, 1:30-3:00pm

TGP West: Tuesdays, July 24, August 7 & 21, 4:00-6:00pm

***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, July 25, 2:00-3:30pm

TGP West: Tuesday, September 25, 2:00-3:30pm

***Joy of Drumming**

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

TGP East: Wednesday, August 29, 6:30-7:30pm

TGP West: Wednesday, August 29, 6:30-7:30pm

***Garden Art**

Wander our outdoor space; collect elements of nature to press into clay to create lasting gifts of nature.

TGP West: Thursdays, September 6, 13 & 20, 6:00-7:30pm

CANCER SPECIFIC PROGRAMS

Blood Cancers Family members welcome

***Debunking Common Nutrition Myths**

Presenter: Becca Noernberg, LND, RD

TGP East: Monday, July 16, 6:30-8:00pm

***Understanding Your Blood Counts:**

Presenter: Stevi Gutin, RN

TGP East: Monday, September 17, 6:30-8:00pm

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, August 7 & September 4, 6:30-8:00pm

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

TGP East: Wednesdays, July 11, August 8 & September 12, 11:00am-12:30pm

CANCER SPECIFIC PROGRAMS continued...

***Oral, Head and Neck Cancer Symposium**

Learn about the latest treatment updates, survivorship issues focusing on emotional health and managing radiation side effects. Continental breakfast, including a smoothie demonstration provided. Lunch prepared by Chef Michael Lyons. In collaboration with University Hospitals and The Cleveland Clinic. Presenters: Elizabeth G Lovelace, M.A. CCC-SLP, Chad Zender, MD, FACS, Joel Marcus, PsyD

TGP East: Saturday, September 15, 9:00am-1:00pm

***Pancreatic Cancer Updates**

Updates on latest treatments for pancreatic cancer. Presenter: Joanna Brell, MD

TGP West: Tuesday, September 25, 6:30-8:00pm

Prostate Cancer

Prostate Cancer Information Session

Men (only) diagnosed within the last 6 months.

TGP East: Thursdays, July 12, August 9 & September 13, 5:30-6:15pm

TGP West: Tuesdays, July 17, August 21 & September 18, 5:30-6:15pm

Prostate Partners' Partners

Participate and network with other women who help and support men diagnosed with prostate cancer. For women only.

TGP East: Thursday, September 13, 5:30-6:15pm

TGP West: Tuesday, September 18, 5:30-6:15pm

Prostate Partners - Family members are welcome.

There's an Exercise for That! Pelvic Floor Rehabilitation

TGP East: Thursday, July 12, 6:30-8:00pm | Presenter: Janine Laughlin, PT

TGP West: Tuesday, July 17, 6:30-8:00pm | Presenter: Betsy O'Dougherty, PT

Trade-Offs: Treatment Choices and Side Effects

TGP East: Thursday, August 9, 6:30-8:00pm

Presenter: Susan Flick, CNP, OCN

TGP West: Tuesday, August 21, 6:30-8:00pm

Presenters: William A. Larchian, MD & James Ulchaker, MD

The Gray Cloud: Stress, Fatigue and Sleep Issues

TGP East: Thursday, September 13, 6:30-8:00pm

Presenter: Mary Fisher Bornstein, LISW-S

TGP West: Tuesday, September 18, 6:30-8:00pm

Presenter: Erin Rafter, PhD, CCLS

CANCER SURVIVORSHIP

***Life after Cancer Treatment Support Group**

TGP East: Thursdays, July 12, August 9 & September 13, 6:30-8:00pm

TGP West: Thursdays, July 19, August 16 & September 20, 6:30-8:00pm

***A Dialogue Between Caregivers & Those Who Have Completed Treatment**

Share what life is really like after cancer treatment.

TGP East: Thursday, August 23, 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:

July Summer Survival Kit

September . . . Transitions: Weather, School, Life . . .

TGP East: Mondays, July 9 & 23, August 13 & 24, 6:30-7:30pm

TGP West: Wednesdays, July 18, September 5 & 19, 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, July 2 & 16, August 6 & 20, September 17, 6:30-7:30pm

TGP West: Wednesdays, July 11 & 25, August 8 & 22, September 12 & 26, 6:30-7:30pm

***Family Movie Night**

TGP East: Monday, July 30, 6:30-8:00pm

TGP West: Wednesday, August 1, 6:30-8:00pm

***Family Pizza Night**

TGP East: Monday, August 13, 6:00-7:30pm

TGP West: Wednesday, August 15, 6:00-7:30pm

When A Child or Teen Has Cancer

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

Contact Casey Durkin, 216.455.1523 or at durkin@touchedbycancer.org

***Fantasy Baseball Camp for children diagnosed with cancer &/or their siblings**

Sunday, August 19, 9:00am-3:00pm

Willoughby Eagles, 37299 Euclid Avenue, Willoughby

Register at: www.touchedbycancer.org/fantasybaseballcamp

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

***Balance 101**

TGP Richman Family Wellness Center:

Tuesdays and Thursdays, August 7- August 30, 1:30-2:15pm

***Bone Health**

TGP Richman Family Wellness Center:

Tuesdays and Thursdays, September 4 - September 27, 1:30-2:15pm

EXERCISE *continued...*

*Dragon Boat Practices

Practices: Wednesdays, July 11- August 8, 6:00-8:00pm. Merwin's Wharf, 1772 Merwin Ave

Festival: Saturday, August 11, 8:00am-3:00pm

The Black River at Riverfront Park, 421 Black River Lane, Lorain, Ohio

GRIEF AND LOSS

*Grief Support Groups

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

TGP East: Tuesdays, July 10 & 24, September 11 & 25, 6:30-8:00pm. No meetings in August

TGP West: Tuesdays, July 3 & 17, August 7 & 21, September 4 & 18, 2:00-3:30pm

LECTURES, WORKSHOPS & SPECIAL PROGRAMS

*Detoxify Your Home and Garden

Replace toxic cleaning & landscaping products with safe, low cost alternatives made from household ingredients. Presenter: Elizabeth Hiser, CPSWQ

TGP West: Tuesday, July 10, 6:30-7:30pm

*Building Resilience: A Chat in the Garden

Learn how to bend without breaking.

TGP East: Thursdays, July 19 & August 2, 6:30-8:00pm

*What Does It Mean to Be a Cancer Survivor?

Participate in a panel discussion with healthcare professionals and cancer survivors. Interactive art, music, fitness and cooking demonstrations. Presented by MetroHealth Cancer Center in collaboration with The Gathering Place. Lunch provided. Parking ticket validated. Visit metrohealth.org/cancer or call **216.778.8557**

Thursday, August 2, 10:00am-2:00pm

MetroHealth Medical Center, 2500 MetroHealth Drive, Rammelkamp 170

*Women of Color Retreat for those Diagnosed with Cancer

Spend the day in Norma's garden using gentle movement, journaling, art and drumming as tools for coping with the impact of cancer. Lunch provided.

TGP East: Sunday, August 5, 10:00am-4:15pm

*Family History: Do You Have a Cancer Risk?

Information about genetic counseling for all types of cancer will be discussed.

TGP West: Thursday, August 16, 6:30-8:00pm | Presenter: Joanna Horn, MS, CGC

*Sleep Better; Feel Better

Learn practical tips that will help you get a healthy night's sleep.

TGP West: Tuesday, September 11, 6:30-8:00pm

*Ketogenic Diet

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

TGP East: Wednesday, September 12, 6:30-8:00pm

*Moving Forward - 8 week program

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

TGP East: Orientation: Monday, September 17, 6:00-7:30pm

Program: Mondays & Wednesdays, 6:00-8:15pm, September 24 - November 14

TGP West: Orientation: Thursday, September 20, 5:30-7:00pm

Program: Mondays & Thursdays, 5:30-7:30pm, September 27 - November 15

*Movements for Self-Care

Learn basic techniques for Tai Chi, Qigong and Tapping. Presenter: Jeannie Koran

TGP East: Tuesday, September 25, 6:30-7:30pm

TGP West: Tuesday, July 24, 6:30-7:30pm

*Financial Assistance Resources for Those on the Cancer Journey

Learn about financial assistance resources.

TGP East: Saturday, September 29, 12:30-2:00pm, 1-1 appointments with local agencies 2:00-3:30pm

MEDITATION AND RELAXATION

Guided Meditation

Relax and practice mindfulness meditation techniques in a group setting.

TGP East: Mondays, July 2, 16 & 30, August 6 & 20, September 17, 1:30-2:15pm

TGP West: Mondays, July 9 & 23, August 13 & 27, September 10 & 24, 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 plant-based lifestyle recipes. **Individuals may attend six cooking classes.**

*Thyme to Cook: Herbs & Spices to Enhance your Plant-Based Eating Plan

TGP East: Wednesday, August 8, 6:00-8:00pm

TGP West: Saturday, August 11, 10:00am-12:00pm

*Cooking for One

Learn how to make a mason jar salad for one using fresh veggies.

TGP East: Monday, August 27, 11:30am-1:00pm

*Feeding Your Gut

TGP East: Wednesday, September 5, 6:00-8:00pm

TGP West: Saturday, September 8, 10:00am-12:00pm

*Cancer Fighting Kitchen from Author, Rebecca Katz

Learn the latest on the connection between food and cancer while preparing healthy recipes. Participants will have access to her self-paced online course for 10 months after completing this class.

TGP East: Thursday, August 30, 6:00-8:00pm

TGP West: Thursday, August 23, 6:00-8:00pm

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.

*End of Life Care Planning Consultations

Help with thinking and 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.

*REIKI, MASSAGE & REFLEXOLOGY

Fully clothed 30 minute sessions. Children under 18 must have signed consent from a parent or legal guardian and an adult present during sessions. Massage and reflexology sessions limited due to volunteer therapists' availability.

***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

SUPPORT GROUPS

Sister Circle

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

TGP East: Thursdays, July 5 & 19, August 2 & 16, September 6 & 20, 6:30-8:00pm

Group for Older Adults with Cancer

TGP West: Fridays, July 20, August 17 & September 21, 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. Open to those with cancer and those supporting someone with cancer.

***Dance Class** – Learn steps such as swing, rumba, cha cha, meringue and salsa. Presented by: LaDanse Cleveland Ballroom Dance Studio

TGP East: Saturday, September 8, 11:45am-12:45pm

***Tai Chi** – Tai chi helps reduce stress while improving balance, flexibility and strength.

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

*WIGS AND SKINCARE

*Regina Brett Wig Salons

A synthetic wig free of charge for 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, July 23, August 27 & September 24, 3:00-5:00pm

TGP West: Monday, August 27, 3:00-5:00pm

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

*YA Meet Up: Indians vs Athletics Baseball Game

Sign up directly with **Casey Durkin: 216.455.1523,**

durkin@touchedbycancer.org

Progressive Field: Friday, July 6, 6:10pm

*YA Meet Up in Norma's Healing Garden

Make your own salad and salad dressing from our garden.

TGP East: Thursday, August 23, 6:30-8:00pm

*YA Meet Up: Get Your Sexy Back!

A discussion on sex and intimacy during and after cancer.

Presenter: Stephen Levine, MD

TGP East: Thursday, September 27, 6:30-8:00pm

JULY 2018 • the gathering place | Facing Cancer • Embracing Life • **HOURS:** Monday-Thursday: 9:00a-5:00p, Friday: 9:00a-2:00p, 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) 6:30p-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 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 2:00p-3:30p *Grief Support Group (W) 3:30 CLOSED East & West	JULY 4th Holiday CLOSED EAST & WEST 4	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> 6:10p *YA Meet Up: Indians vs Athletics (O) <i>Progressive Field</i> 2:00 CLOSED East & West	10:00a-11:15a *Yoga (E) 7 10:00a-11:15a *Tai Chi (W)
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10:00a-11:00a *Zumba Gold (E) 9 1:30p-3:00p Yarn Works (E) 6:30p-7:30p *KidShop/TeenShop (E) 9:00a-4:00p *Animal Camp (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) 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) 9:00a-4:00p *Animal Camp (W) 6:30p-7:30p *Detoxify Your Home & Garden (W) 6:30p-7:45p *Yoga (W)	11:00a-12:30p *Group for Those with Metastatic Breast Cancer (E) 11 12:45p-1:30p *Exercise Class (WC) 9:00a-4:00p *Animal Camp (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>	9:30a-4:00p *Photography for Healing (E) 12 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) 9:00a-4:00p *Animal Camp (W) 12:00p-1:15p *Yoga (W)	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-4:00p *Animal Camp (W) 9:30a-4:00p *Photography for Healing (W) 2:00 CLOSED East & West	10:00a-11:15a *Yoga (E) 14 10:00a-11:15a *Tai Chi (W)
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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) 6:30p-8:00p *Blood Cancer Group: DeBunking Common Nutrition Myths (E) 9:00a-4:00p *Animal Camp (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) 9:00a-4:00p *Animal Camp (W) 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)	12:45p-1:30p *Exercise Class (WC) 18 9:00a-4:00p *Animal Camp (W) 1:30p-3:00p Yarn Works (W) 6:30p-7:30p *KidShop/TeenShop (W) 6:00p-8:00p *Dragon Boat Practice (O) <i>Merwin's Wharf, 1772 Merwin Ave</i>	11:00a-12:15p *Tai Chi (E) 19 1:30p-3:00p *Luminaries*1 (E) 6:30p-8:00p *Building Resilience *1 (E) 6:30p-8:00p Sister Circle (E) 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 *Life After Cancer Treatment Support Group (W)	12:45p-1:30p *Exercise Class (WC) 20 9:00a-4:00p *Animal Camp (W) 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> 2:00 CLOSED East & West	10:00a-11:15a *Yoga (E) 21 10:00a-11:15a *Tai Chi (W)
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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) 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) 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) 4:00p-6:00p *Luminaries*1 (W) 6:30p-7:45p *Yoga (W) 6:30p-7:30p *Movements for Self Care (W)	2:00p-3:30p *Gifts from the Sea (E) 25 12:45p-1:30p *Exercise Class (WC) 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>	11:00a-12:15p *Tai Chi (E) 26 1:30p-3:00p *Luminaries*2 (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W)	TGP CLOSED East & West 27	10:00a-11:15a *Yoga (E) 28 10:00a-11:15a *Tai Chi (W)
					29
9:00a-4:00p *Animal Camp (E) 30 10:00a-11:00a *Zumba Gold (E) 1:30p-2:15p Guided Meditation (E) 6:30p-8:00p *Family Movie 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)	9:00a-4:00p *Animal Camp (E) 31 11:00a-12:15p *Yoga (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)		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

AUGUST 2018 • the gathering place | Facing Cancer • Embracing Life • HOURS: Monday-Thursday: 9:00a-5:00p, Friday: 9:00a-2:00p, 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.</p> <p>TGP East: Mondays, 6:30pm, Tuesdays, 1:30pm and Saturdays, 10:30am</p> <p>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>9:00a-4:00p *Animal Camp (E) 1</p> <p>12:45p-1:30p *Exercise Class (WC)</p> <p>1:30p-3:00p Yarn Works (W)</p> <p>6:30p-8:00p *Family Movie Night (W)</p> <p>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) 2</p> <p>11:00a-12:15p *Tai Chi (E)</p> <p>1:30p-3:00p *Luminaries*3 (E)</p> <p>6:30p-8:00p *Building Resilience*2 (E)</p> <p>6:30p-8:00p Sister Circle (E)</p> <p>12:30p-1:15p *Exercise Class (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>12:00p-1:15p *Yoga (W)</p> <p>10:00a-2:00p *What Does it Mean to be a Cancer Survivor? (O) <i>MetroHealth Medical Center</i></p>	<p>9:00a-4:00p *Animal Camp (E) 3</p> <p>12:45p-1:30p *Exercise Class (WC)</p> <p>10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i></p> <p>2:00 CLOSED East & West</p>	<p>10:00a-11:15a *Yoga (E) 4</p> <p>10:00a-11:15a *Tai Chi (W)</p>
		<p>10:00a-11:00a *Zumba Gold (E) 6</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) 7</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>1:30p-2:15p *Balance 101 (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>2:00p-3:30p *Grief Support Group (W)</p> <p>4:00p-6:00p *Luminaries*2 (W)</p> <p>6:30p-7:45p *Yoga (W)</p> <p>6:30p-8:00p Group for Young Women with Breast Cancer (W)</p>	<p>11:00a-12:30p *Group for Those with Metastatic Breast Cancer (E) 8</p> <p>6:00p-8:00p *Thyme to Cook (E)</p> <p>12:45p-1:30p *Exercise Class (WC)</p> <p>6:30p-7:30p *Bridges Grief Group for Families (W)</p> <p>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) 9</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>1:30p-2:15p *Balance 101 (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>12:00p-1:15p *Yoga (W)</p>
<p>10:00a-11:00a *Zumba Gold (E) 13</p> <p>1:30p-3:00p Yarn Works (E)</p> <p>6:00p-7:30p *Family Pizza Night (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) 14</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>1:30p-2:15p *Balance 101 (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>6:30p-7:45p *Yoga (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) 15</p> <p>6:00p-7:30p *Family Pizza Night (W)</p>	<p>11:00a-12:15p *Tai Chi (E) 16</p> <p>6:30p-8:00p Sister Circle (E)</p> <p>12:30p-1:15p *Exercise Class (WC)</p> <p>1:30p-2:15p *Balance 101 (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>12:00p-1:15p *Yoga (W)</p> <p>6:30p-8:00p *Family History: Do you Have a Cancer Risk? (W)</p> <p>6:30p-8:00p *Life After Cancer Treatment Support Group (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) 17</p> <p>11:00a-12:30p Group for Older Adults w/ Cancer (W)</p> <p>10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i></p> <p>2:00 CLOSED East & West</p>	<p>10:00a-11:15a *Yoga (E) 18</p> <p>10:00a-11:15a *Tai Chi (W)</p>
<p>10:00a-11:00a *Zumba Gold (E) 20</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) 21</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>1:30p-2:15p *Balance 101 (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>2:00p-3:30p *Grief Support Group (W)</p> <p>4:00p-6:00p *Luminaries*3 (W)</p> <p>5:30p-6:15p Prostate Cancer Information Session (W)</p> <p>6:30p-7:45p *Yoga (W)</p> <p>6:30p-8:00p Prostate Partners (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) 22</p> <p>6:30p-7:30p *Bridges Grief Group for Families (W)</p>	<p>11:00a-12:15p *Tai Chi (E) 23</p> <p>6:30p-8:00p *A Dialogue Between Caregivers and Those Who Have Completed Treatment (E)</p> <p>6:30p-8:00p *YA Meet Up in Norma's Healing Garden (E)</p> <p>12:30p-1:15p *Exercise Class (WC)</p> <p>1:30p-2:15p *Balance 101 (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>12:00p-1:15p *Yoga (W)</p> <p>6:00p-8:00p *Cancer Fighting Kitchen (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) 24</p> <p>10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i></p> <p>2:00 CLOSED East & West</p>	<p>10:00a-11:15a *Yoga (E) 25</p> <p>10:00a-11:15a *Tai Chi (W)</p>
<p>10:00a-11:00a *Zumba Gold (E) 27</p> <p>11:30a-1:00p *Cooking for One (E)</p> <p>1:30p-3:00p Yarn Works (E)</p> <p>3:00p-5:00p *Look Good, Feel Better® (E)</p> <p>3:00p-5:00p *Look Good, Feel Better® (W)</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) 28</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>1:30p-2:15p *Balance 101 (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>6:30p-7:45p *Yoga (W)</p>	<p>6:30p-7:30p *Joy of Drumming (E) 29</p> <p>12:45p-1:30p *Exercise Class (WC)</p> <p>6:30p-7:30p *Joy of Drumming (W)</p>	<p>11:00a-12:15p *Tai Chi (E) 30</p> <p>6:00p-8:00p *Cancer Fighting Kitchen (E)</p> <p>12:30p-1:15p *Exercise Class (WC)</p> <p>1:30p-2:15p *Balance 101 (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>12:00p-1:15p *Yoga (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) 31</p> <p>10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i></p> <p>2:00 CLOSED East & West</p>	<p>The Gathering Place East (E): Blue 23300 Commerce Park • Beachwood, OH 44122</p> <p>The Gathering Place Richman Family Wellness Center (WC): Orange 23295 Commerce Park • Beachwood, OH 44122</p> <p>The Gathering Place West (W): Green 25425 Center Ridge, Suite B • Westlake, OH 44145</p> <p>Off-Site Programs (O): Gray Check program description for location</p>
<p>Labor Day Holiday TGP CLOSED East & West</p>					

SEPTEMBER 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>Labor Day Holiday 3</p> <p>TGP CLOSED</p> <p>East & West</p>	<p>11:00a-12:15p *Yoga (E) 4</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>1:30p-2:15p *Bone Health (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>12:45p-1:30p *Exercise Class (WC) 5</p> <p>6:00p-8:00p *Feeding Your Gut (E)</p> <p>1:30p-3:00p Yarn Works (W)</p> <p>6:30p-7:30p *KidShop/TeenShop (W)</p>	<p>11:00a-12:15p *Tai Chi (E) 6</p> <p>6:30p-8:00p Sister Circle (E)</p> <p>12:30p-1:15p *Exercise Class (WC)</p> <p>1:30p-2:15p *Bone Health (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>12:00p-1:15p *Yoga (W)</p> <p>6:00p-7:30p *Garden Art#1 (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) 7</p> <p>10:00a-11:00a *Exercise Class (O) <i>Westlake Rec. Center, 28955 Hilliard Blvd</i></p>	<p>10:00a-11:15a *Yoga (E) 8</p> <p>11:45a-12:45p *Dance Class (E)</p> <p>10:00a-11:15a *Tai Chi (W)</p> <p>10:00a-12:00p *Feeding Your Gut (W)</p>		
					9		
<p>10:00a-11:00a *Zumba Gold (E) 10</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) 11</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>1:30p-2:15p *Bone Health(WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>6:30p-7:45p *Yoga (W)</p> <p>6:30p-8:00p *Sleep Better, Feel Better (W)</p>	<p>11:00a-12:30p *Group for Those with Metastatic Breast Cancer (E) 12</p> <p>6:30p-8:00p *Ketogenic Diet (E)</p> <p>12:45p-1:30p *Exercise Class (WC)</p> <p>6:30p-7:30p *Bridges Grief Group for Families (W)</p>	<p>11:00a-12:15p *Tai Chi (E) 13</p> <p>5:30p-6:15p Prostate Partners' Partners (E)</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>1:30p-2:15p *Bone Health (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>12:00p-1:15p *Yoga (W)</p> <p>6:00p-7:30p *Garden Art#2 (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) 14</p> <p>10:00a-11:00a *Exercise Class (O) <i>Westlake Rec. Center, 28955 Hilliard Blvd</i></p>	<p>9:00a-1:00p *Oral, Head & Neck Cancer Symposium (E) 15</p> <p>10:00a-11:15a *Yoga (E)</p> <p>10:00a-11:15a *Tai Chi (W)</p>		
					16		
<p>10:00a-11:00a *Zumba Gold (E) 17</p> <p>1:30p-2:15p Guided Meditation (E)</p> <p>6:00p-7:30p *Moving Forward Orientation (E)</p> <p>6:30p-7:30p *Bridges Grief Group for Families (E)</p> <p>6:30p-8:00p *Blood Cancer: Understanding Your Blood Counts (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) 18</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>1:30p-2:15p *Bone Health (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>5:30p-6:15p Prostate Partners' Partners (W)</p> <p>6:30p-8:00p Prostate Partners (W)</p> <p>6:30p-7:45p *Yoga (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) 19</p> <p>6:30p-7:30p *KidShop/TeenShop (W)</p>	<p>11:00a-12:15p *Tai Chi (E) 20</p> <p>6:30p-8:00p Sister Circle (E)</p> <p>12:30p-1:15p *Exercise Class (WC)</p> <p>1:30p-2:15p *Bone Health (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>12:00p-1:15p *Yoga (W)</p> <p>5:30p-7:00p *Moving Forward Orientation (W)</p> <p>6:00p-7:30p *Garden Art#3 (W)</p> <p>6:30p-8:00p *Life After Cancer Treatment Support Group (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) 21</p> <p>11:00a-12:30p Group for Older Adults w/ Cancer (W)</p> <p>10:00a-11:00a *Exercise Class (O) <i>Westlake Rec. Center, 28955 Hilliard Blvd</i></p>	<p>10:00a-11:15a *Yoga (E) 22</p> <p>10:00a-11:15a *Tai Chi (W)</p>		
					23		
<p>10:00a-11:00a *Zumba Gold (E) 24</p> <p>1:30p-3:00p Yarn Works (E)</p> <p>3:00p-5:00p *Look Good, Feel Better (E)</p> <p>6:30p-7:30p *KidShop/TeenShop(E)</p> <p>6:00p-8:15p *Moving Forward (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) 25</p> <p>6:30p-7:30p *Movements for Self Care (E)</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>1:30p-2:15p *Bone Health (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>2:00p-3:30p *Gifts from the Sea (W)</p> <p>6:30p-7:45p *Yoga (W)</p> <p>6:30p-8:00p *Pancreatic Cancer Updates (W)</p>	<p>6:30p-8:15p *Moving Forward (E) 26</p> <p>12:45p-1:30p *Exercise Class (WC)</p> <p>6:30p-7:30p *Bridges Grief Group for Families (W)</p>	<p>11:00a-12:15p *Tai Chi (E) 27</p> <p>6:30p-8:00p *YA Meet Up: Get Your Sexy Back (E)</p> <p>12:30p-1:15p *Exercise Class (WC)</p> <p>1:30p-2:15p *Bone Health (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>12:00p-1:15p *Yoga (W)</p> <p>5:30p-7:30p *Moving Forward (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) 28</p> <p>10:00a-11:00a *Exercise Class (O) <i>Westlake Rec. Center, 28955 Hilliard Blvd</i></p>	<p>10:00a-11:15a *Yoga (E) 29</p> <p>12:30p-3:30p *Financial Resources Fair (E)</p> <p>10:00a-11:15a *Tai Chi (W)</p>		
					30		
		<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>		<p>*These programs require pre-registration. Participants requesting childcare need to call several days in advance.</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>	