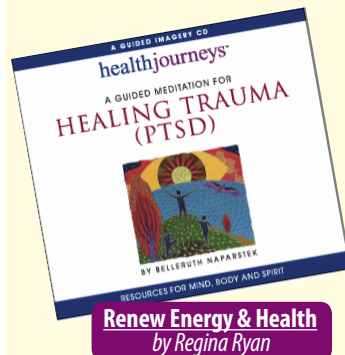
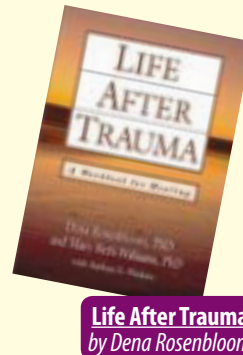




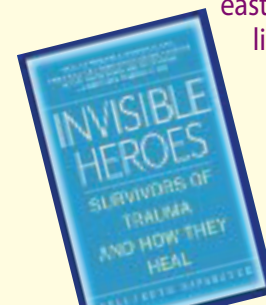
PTSD & Cancer



Renew Energy & Health
by Regina Ryan



Life After Trauma
by Dena Rosenbloom



Invisible Heroes: Survivors of Trauma and How They Heal
by Belleruth Naparstek



After Surgery, Illness or Trauma: 10 Practical Steps to Renew Energy & Health
by Regina Ryan

PTSD & Cancer Bibliography

You can find these in our east or west library

Most people associate Post Traumatic Stress Disorder (PTSD) with soldiers returning from war who struggle with adjustment to civilian life back home. While that is the population that led to the creation of this diagnosis, it has expanded to include survivors of other traumas, including natural disasters and cancer. Most people who go through a cancer journey, in themselves or someone they love, are able to adjust to life after cancer without experiencing PTSD. But, they may feel similar symptoms and emotional issues that can impair their ability to fully enjoy life. The Gathering Place exists so that anyone, with any type of cancer experience, can find relief and comfort through a range of programs and services, all at no charge.

In November, **Joel Marcus, PsyD** and **Isabel Schuermeyer, MD**, both at the Cleveland Clinic, will be speaking at The Gathering Place on PTSD. Dr. Marcus and Dr. Schuermeyer work with patients who are trying to cope with the impact of a cancer diagnosis. Dr. Schuermeyer states *“One of the most important things to do is acknowledge your fears and anxiety. There is no need to hide or protect your loved ones, when help is out there.”*

Like hospitals all over the country, the Cleveland Clinic is working to reduce the stigma of asking for help by housing psychologists and psychiatrists in their cancer center. Dr. Schuermeyer noted that fear might cause a patient to delay seeking help for signs and symptoms that could possibly indicate the cancer has returned. She indicated that many of the chemotherapies being used today can cross the blood-brain barrier and cause changes to our biochemistry. People who have always been able to cope in the past, may

find themselves feeling depressed or worried after cancer, and not know that the treatment itself may be causing some of their struggles.

Dr. Schuermeyer tells the story of when she was in medical school and was required to take a class in stress management. Her hobbies up until then had been downhill skiing and horseback riding, but the only class available to her was yoga. She was SURE it was not for her, but she LOVED it and still practices it today. What might you experience at The Gathering Place that you've never tried before?

Another local expert on PTSD is **Belleruth Naparstek** who is also coming to speak at The Gathering Place this quarter. Her topic is *Guided Imagery: Latest Updates and Techniques* but she has published a book (see above) and a CD to help those suffering from PTSD. In her book she tells the story of a woman who received a “surprise blessing” through surviving a trauma like cancer. The woman *“was no longer worried about the everyday concerns and irritations that used to occupy her mind. She was instead flooded by the joy of being alive.”*

In this calendar you will find many activities that can help reduce the normal fears and expected anxieties of cancer treatment and its long term side effects. Whether it is yoga or tai chi, massage or reiki, art therapy or support groups, choosing to take care of yourself is important in a world where we may feel we have so little control. The **PTSD & Cancer** presentations will be *Wednesday, November 1st from 6:30-8:00pm on the east side and Thursday, December 7th from 6:30-8:00pm on the west side.*

Special Programs

*Lung Cancer Symposium

Topics include targeted therapies, radiation therapy, palliative care, and a healthy cooking demonstration. Continental breakfast and lunch provided.

Presenters: James Stevenson, MD, Tithi Biswas, MD, Helen Foley, MSN, RN, AOCNS, Chef Michael Lyons
TGP East: Saturday, October 14, 8:30 - 9:00am, Breakfast and Registration; 9:00am - 1:00pm, Program

*Gynecological Cancers Symposium

Learn about the latest advances in treatment, the role of genetics, nutrition, and emotional and sexual issues. Hear from a panel of survivors. Continental breakfast and lunch provided. Presenters: Kimberly Resnick, MD, Kristine Zanolii, MD, Jason Knight, MD, Erika Kelley, PhD, Ana Lisa DiFeo, PhD & Beth Bennett, PT, MA, MS, RD/LD

TGP West: Saturday, November 4, 8:30-9:00am, Breakfast and Registration; 9:00am-3:00pm, Program

*Guided Imagery: Latest Updates and Techniques

Practice this mind-body tool and learn how and why it works. Presenter: Belleruth Naparstek, LISW
TGP East: Thursday, November 30, 6:30 - 8:00pm
TGP West: Wednesday, November 29, 6:30 - 8:00pm

*Post-Traumatic Stress Disorder and Cancer

A dialogue on the stressful impact of cancer and tools for coping. Presenters: Joel Marcus, PsyD and Isabel Schuermeyer, MD

TGP East: Wednesday, November 1, 6:30 - 8:00pm
TGP West: Thursday, December 7, 6:30 - 8:00pm

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, October 9 & 23, November 13 & 27 and December 11, 1:30-3:00pm

***Print Making Techniques**

Experience the creative flow of making prints from found objects and personal symbols. Fun and playful process to encourage relaxation and creativity.
TGP East: Thursday, October 12, 1:30-3:00pm
TGP West: Thursdays, October 26 & November 2, 6:00-7:30pm

***Book Folding**

Learn how to turn a book into a work of art just by folding the pages. Presenter: Rhona Jacobson
TGP East: Friday, October 27, 2:00-3:30pm
TGP West: Tuesday, October 24, 2:00-3:30pm

***String and Ink Painting**

Achieve calmness and discover strength by creating a series of paintings beginning with string and ink.
TGP East: Tuesday, November 7, 1:30-3:00pm

***Creative Cards of the Season**

Create original cards of thanksgiving and celebration for those who have supported you through your own or a loved one's cancer journey.
TGP East: Thursday, December 7, 1:30-3:00pm
TGP West: Thursdays, November 16 & 30, 6:00-7:30pm

CANCER SPECIFIC PROGRAMS

Blood Cancers

***Exercise to Fight Fatigue**

TGP East: Monday, November 20, 6:30-8:00pm

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, October 3, November 7 & December 5, 6:30-8:00pm

***Survivor Symposium for Women with Breast Cancer**

All-day program that includes a panel of physicians discussing hot topics in breast cancer followed by break-out sessions including: psychosocial concerns, healthy eating and exercise, managing relationships and the use of integrative therapies. Offered in partnership with Susan G. Komen Northeast Ohio. Lunch is included. **Call 216-292-2873 to register.**
DoubleTree Hotel: Saturday, October 28, 8:00-9:00am, Registration; 9:00-2:30pm, Program • 6200 Quarry Lane, Independence

CANCER SPECIFIC PROGRAMS continued...

Group for Those with Gynecological Cancers

TGP East: Wednesdays, October 18, November 15 & December 20, 6:00-7:30pm

***Gynecological Cancers Symposium**

Learn about the latest advances in treatment, the role of genetics, nutrition, and emotional and sexual issues. Hear from a panel of survivors. Continental breakfast and lunch provided. Presenters: Kimberly Resnick, MD, Kristine Zanotii, MD, Jason Knight, MD, Erika Kelley, PhD, Ana Lisa DiFeo, PhD & Beth Bennett, PT, MA, MS, RD/LD
TGP West: Saturday, November 4, 8:30-9:00am, Breakfast and Registration; 9:00am-3:00pm, Program

***Lung Cancer Symposium**

Topics include targeted therapies, radiation therapy, palliative care, and a healthy cooking demonstration. Continental breakfast and lunch provided. Presenters: James Stevenson, MD, Tithi Biswas, MD, Helen Foley, MSN, RN, AOCNS, and Chef Michael Lyons
TGP East: Saturday, October 14: Breakfast and Registration 8:30-9:00am; Program: 9:00am-1:00pm

Prostate Cancer

Prostate Partners - Family members are welcome at all Prostate Partners meetings.

Emotional Fitness

Presenter: Erin Rafter, PhD
TGP East: Thursday, October 12, 6:30-8:00pm
TGP West: Tuesday, October 17, 6:30-8:00pm

Exercise for those with Prostate Cancer

Presenter: Stephen Cerne, BS, NSCA-CPT, ACSM/ACS-CET
TGP East: Thursday, November 9, 6:30-8:00pm
TGP West: Tuesday, November 21, 6:30-8:00pm

Prostate Cancer Information Session

Men (only) diagnosed within the last 6 months.
TGP East: Thursdays, October 12 & November 9, 5:30-6:15pm
TGP West: Tuesdays, October 17 & November 21, 5:30-6:15pm

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 SURVIVORSHIP

***Life after Cancer Treatment Support Group**

TGP East: Thursdays, October 12, November 9 & December 14, 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:

October Fear not! Tools to Help with Fears

November . . . Building Blocks of Gratitude

TGP East: Mondays, October 9 & 23 & November 13 & 27, 6:30-7:30pm

TGP West: Wednesdays, October 4 & 18 & November 1 & 15, 6:30-7:30pm

***Bridges Bereavement Group for Families**

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

TGP East: Mondays, October 2 & 16, November 6 & 20 & December 11, 6:30-7:30pm

TGP West: Wednesdays, October 11 & 25, November 8 & December 13, 6:30-7:30pm

***After Goodbye**

For parents, children and teens when there has been a death of an adult loved one from cancer. Please bring a photo or memento to share.

TGP East: Monday, November 6, 6:00-7:00pm

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**

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**

Learn exercises addressing balance issues related to cancer treatment. **Participants are encouraged to attend all 4 weeks. Advance registration with Beth Bennett required.**

TGP Richman Family Wellness Center:

Tuesdays & Thursdays, October 24 - November 16, 1:30-2:15pm

***Healthy Weigh**

A 6-week jump start for healthy weight loss designed for cancer survivors who've been encouraged by their physician to lose weight as part of their survivorship wellness plan. Caregivers welcome to participate.

TGP West: Tuesdays, September 19 - October 31, 6:30-7:30pm • No class on October 17

GRIEF AND LOSS

*Grief Support Groups

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

TGP East: Tuesdays, October 10 & 24, November 14 & 28 and December 12 & 19, 6:30-8:00pm

TGP West: Wednesdays October 4 & 18, November 1 & 15 and December 6 & 20, 2:00-3:30pm

*After Goodbye

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

TGP East: Monday, November 6, 6:00-7:00pm

LECTURES, WORKSHOPS & SPECIAL PROGRAMS

*Managing Fear

Learn strategies to cope with fear and uncertainty around the cancer journey.

TGP East: Wednesday, October 18, 6:30-8:00pm

TGP West: Tuesday, October 10, 6:30-8:00pm

*Solutions after Breast Surgery

See the latest in breast prostheses, fashionable bras and pocketed clothing and swimwear. Questions about insurance coverage will be addressed.

Presented by: Elegant Essentials.

TGP East: Monday, October 30, 5:30-6:30pm

*Post-Traumatic Stress Disorder & Cancer (PTSD)

A dialogue on the stressful impact of cancer and tools for coping.

TGP East: Wednesday, November 1, 6:30-8:00pm

Presenter: Joel Marcus, PsyD

TGP West: Thursday, December 7, 6:30-8:00pm

Presenter: Isabel Schuermeyer, MD

*Gratitude Potluck

Please bring a dish to share as we join together as a community and share what we are grateful for.

TGP East: Wednesday, November 15, 6:30-8:00pm

TGP West: Tuesday, November 14, 6:30-8:00pm

*Guided Imagery: Latest Updates and Techniques

Practice this mind-body tool and learn how and why it works.

Presenter: Belleruth Naparstek, LISW

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

TGP West: Wednesday, November 29, 6:30-8:00pm

*Gift of Touch

Learn hand and foot massage. A great holiday gift and strategy for handling holiday stress.

TGP East: Monday, December 4, 6:30-8:00pm

TGP West: Tuesday, December 5, 6:30-8:00pm

*Beating the Holiday Blues

Whether you're dealing with a cancer diagnosis or grieving the loss of a loved one, holidays can be difficult. Learn strategies to cope.

TGP East: Thursday, December 14, 6:00-7:30pm

TGP West: Thursday, November 9, 6:00-7:30pm

MEDITATION AND RELAXATION

Guided Meditation

Come relax and practice mindfulness meditation techniques in a group setting.

TGP East: Mondays, October 2, 16 & 30, November 6 & 20 and December 4 & 18, 1:30-2:15pm

TGP West: Mondays, October 9 & 23, November 13 & 27 and December 11, 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.

*Thyme to Cook

TGP East: Wednesday, October 4, 6:00-8:00pm

TGP West: Saturday, October 7, 10:00am-12:00pm

*Souper Soups

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

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

*Cooking for One: Fuel Your Body and Soul During The Holidays

TGP West: Wednesday, December 6, 10:00am-12:00pm

ONE TO ONE SERVICES - CALL FOR AN APPOINTMENT

Mt. Sinai Community Partners Education & Reinberger Foundation Education Centers

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

*Life Planning Consultation

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

*Medical Bill Consultation

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

*REIKI, MASSAGE & REFLEXOLOGY

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

***Reiki:** unlimited sessions

***Massage:** 3 sessions/year

***Reflexology:** 3 sessions/year

SUPPORT GROUPS

*Group for Family & Friends of those 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, October 5 & 19, November 2 & 16 and December 7 & 21, 6:30-8:00pm

SUPPORT GROUPS

Group for Older Adults with Cancer

TGP West: Fridays, October 20, November 17 & December 15, 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 beginning October 2017. 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.

*Cardio Dance: Low Impact, Low Intensity, High Energy Fun!

Dance to music across the generations while addressing the essential pillars of fitness: strength, balance, flexibility and endurance. Participant may sit at any time.

TGP East: Wednesday, October 11- November 15, 2:00pm-3:00pm

*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 while dancing to Latin rhythms.

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

TGP West: Wednesdays, 1:00-1:45pm • No class on October 18

*WIGS AND SKINCARE

*Regina Brett Wig Salons

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

*Look Good Feel Better®

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

TGP East: Mondays, October 23 & November 27, 3:00-5:00pm

TGP West: Monday, October 23, 3:00-5:00pm

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

*Building Resilience-Creating Hope

Presenter: Karen Hurley, PhD

TGP West: Thursday, October 26, 6:30-8:00pm

*YA Night Out: Fun in Asian Town

Meet up at Cleveland's latest hot spot, a NEW karaoke lounge in Asian Town for food and fun. Sponsored by TGP's Rising Leaders Council.

Galaxy KTV: Thursday, December 7, 6:30-8:00pm • 1593 East 30th, Cleveland


October 2017 • the gathering place | Facing Cancer • Embracing Life • **HOURS:** Monday - Friday: 9:00a -5:00p & Saturday: 9:00a-1:00p • Open evenings when programs are scheduled

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
10:00a-11:00a *Zumba Gold (E) 2 1:30p-2:15p Guided Meditation (E) 6:30p-7:30p *Bridges Bereavement Group for Families (E) 6:30p-8:00p *Group for Family & Friends (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W)	11:00a-12:15p *Yoga (E) 3 6:30p-8:00p *Group for Family & Friends (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) *Yoga (W) 6:30p-7:45p *Healthy Weight ³ (W) 6:30p-8:00p Group for Young Women w/ Breast Cancer (W)	6:00p-8:00p *Thyme to Cook (E) 4 12:45p-1:30p *Exercise Class (WC) 1:00p-1:45p *Zumba Gold (W) 2:00p-3:30p *Grief Support Group (W) 6:30p-7:30p *KidShop/TeenShop (W)	11:00a-12:15p *Tai Chi (E) 5 6:30p-8:00p Sister Circle (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:30p-7:45p *Tai Chi (W)	TGP East & West Closed all Day 6	10:00a-11:15a *Yoga (E) 7 10:00a-12:00p *Thyme to Cook (W)
<div style="border: 2px solid blue; padding: 10px; background-color: #0056b3; color: white;"> <p>MONDAY, OCTOBER 2 Special Breast Cancer Awareness Program Documentary Film • Healthcare Professionals Panel Author Appearance by Stacy Middleman 7:30pm • Mandel JCC • Details at mandeljcc.org/arts</p> </div>					
10:00a-11:00a *Zumba Gold (E) 9 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 Family & Friends (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 Family & Friends (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-7:30p *Healthy Weight ⁴ (W) *Yoga (W) 6:30p-8:00p *Managing Fear (W)	2:00p-3:00p *Cardio Dance: Low Impact, Low Intensity (E) 11 12:45p-1:30p *Exercise Class (WC) 1:00p-1:45p *Zumba Gold (W) 6:30p-7:30p *Bridges Bereavement Group for Families (W)	11:00a-12:15p *Tai Chi (E) 12 1:30p-3:00p *Print Making Techniques (E) 5:30p-6:15p Prostate Cancer Information Session (E) 6:30p-8:00p Prostate Partners (E) 6:30p-8:00p *Life After Cancer Treatment Support Group (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:30p-7:45p *Tai Chi (W)	10:00a-11:00a *Exercise Class (O) 13 <i>Westlake Rec Center: 28955 Hilliard Blvd</i> 12:30p TGP East & West Closed	8:30a-1:00p *Lung Cancer Symposium (E) 14 10:00a-11:15a *Yoga (E)
10:00a-11:00a *Zumba Gold (E) 16 1:30p-2:15p Guided Meditation (E) 6:30p-7:30p *Bridges Bereavement Group for Families (E) 6:30p-8:00p *Group for Family & Friends (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 Family & Friends (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) 5:30p-6:15p Prostate Cancer Information Session (W) *Yoga (W) 6:30p-8:00p Prostate Partners (W)	2:00p-3:00p *Cardio Dance: Low Impact, Low Intensity (E) 18 6:00p-7:30p Group for Those w/ Gynecological Cancers (E) 6:30p-8:00p *Managing Fear (E) 12:45p-1:30p *Exercise Class (WC) 2:00p-3:30p *Grief Support Group (W) 6:30p-7:30p *KidShop/TeenShop (W)	11:00a-12:15p *Tai Chi (E) 19 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) 20 11:00a-12:30p Group for Older Adults w/ Cancer (W) 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i>	<div style="border: 2px solid red; padding: 10px; background-color: #800000; color: white; text-align: center;"> <p>Holiday Bazaar A sale of Holiday decorations 1:00 - 4:00pm TGP East</p> </div>
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) 3:00p-5:00p *Look Good Feel Better (W) 5:30p-6:15p *Guided Meditation (W) 6:30p-8:00p *Group for Family & Friends (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 Family & Friends (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Balance 101 ¹ (WC) 6:30p-7:30p *Exercise Class (WC) 2:00p-3:30p *Book Folding (W) 6:30p-7:30p *Healthy Weight ⁵ (W) *Yoga (W)	2:00p-3:00p *Cardio Dance: Low Impact, Low Intensity (E) 25 12:45p-1:30p *Exercise Class (WC) 1:00p-1:45p *Zumba Gold (W) 6:30p-7:30p *Bridges Bereavement Group for Families (W)	11:00a-12:15p *Tai Chi (E) 26 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Balance 101 ² (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:00p-7:30p *Print Making Techniques (W) 6:30p-7:45p *Tai Chi (W) 6:30p-8:00p *Young Adults Surviving Cancer: Building Resilience- Creating Hope (W)	2:00p-3:30p *Book Folding (E) 27 12:45p-1:30p *Exercise Class (WC) 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i>	10:00a-11:15a *Yoga (E) 28 8:00a-2:30p *Survivorship Symposium for Women w/ Breast Cancer (O)
10:00a-11:00a *Zumba Gold (E) 30 1:30p-2:15p Guided Meditation (E) 5:30p-6:30p *Solutions after Breast Surgery (E) 6:30p-8:00p *Group for Family & Friends (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W)	11:00a-12:15p *Yoga (E) 31 6:30p-8:00p *Group for Family & Friends (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Balance 101 ³ (WC) 6:30p-7:30p *Exercise Class (WC) 6:30p-7:30p *Healthy Weight ⁶ (W) *Yoga (W)	<div style="border: 2px solid yellow; padding: 10px; background-color: #ffff00;"> <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> </div>		<div style="border: 2px solid purple; padding: 10px; background-color: #800080; color: white;"> <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: 10px; background-color: #008000; color: white;"> <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> </div>					

November 2017 • 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; background-color: #ffffcc;"> <p>Welcoming Orientation <i>An opportunity for adults (over 18) coping with cancer to learn about our FREE programs and services.</i></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> </div>		2:00p-3:00p *Cardio Dance: Low Impact, Low Intensity (E) 1 6:30p-8:00p *Post Traumatic Stress Disorder & Cancer(E) 12:45p-1:30p *Exercise Class (WC) 1:00p-1:45p *Zumba Gold (W) 2:00p-3:30p *Grief Support Group (W) 6:30p-7:30p *KidShop/TeenShop (W)	11:00a-12:15p *Tai Chi (E) 2 6:30p-8:00p Sister Circle (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Balance 101*4 (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:00p-7:30p *Print Making Techniques (W) 6:30p-7:45p *Tai Chi (W)	12:45p-1:30p *Exercise Class (WC) 3 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i>	10:00a-11:15a *Yoga (E) 4 8:30a-3:00p *Gynecological Cancers Symposium (W)
10:00a-11:00a *Zumba Gold (E) 6 1:30p-2:15p Guided Meditation (E) 6:00p-7:00p *After GoodBye (E) 6:30p-8:00p *Group for Family & Friends (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W)	11:00a-12:15p *Yoga (E) 7 1:30p-3:00p *String and Ink Painting (E) 6:30p-8:00p *Group for Family & Friends (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Balance 101*5 (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)	2:00p-3:00p *Cardio Dance: Low Impact, Low Intensity (E) 8 12:45p-1:30p *Exercise Class (WC) 1:00p-1:45p *Zumba Gold (W) 6:30p-7:30p *Bridges Bereavement Group for Families (W)	11:00a-12:15p *Tai Chi (E) 9 5:30p-6:15p Prostate Cancer Information Session (E) 6:30p-8:00p *Life After Cancer Treatment Support Group (E) 6:30p-8:00p Prostate Partners (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Balance 101*6 (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:00p-7:30p *Beating the Holiday Blues (W) 6:30p-7:45p *Tai Chi (W)	12:45p-1:30p *Exercise Class (WC) 10 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i>	10:00a-11:15a *Yoga (E) 11
10:00a-11:00a *Zumba Gold (E) 13 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 Family & Friends (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W)	11:00a-12:15p *Yoga (E) 14 6:30p-8:00p *Grief Support Group (E) 6:30p-8:00p *Group for Family & Friends (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Balance 101*7 (WC) 6:30p-7:30p *Exercise Class (WC) 6:30p-7:45p *Yoga (W) 6:30p-8:00p *Gratitude Potluck (W)	2:00p-3:00p *Cardio Dance: Low Impact, Low Intensity (E) 15 6:00p-7:30p Group for Those w/ Gynecological Cancers (E) 6:30p-8:00p *Gratitude Potluck (E) 12:45p-1:30p *Exercise Class (WC) 1:00p-1:45p *Zumba Gold (W) 2:00p-3:30p *Grief Support Group (W) 6:30p-7:30p *KidShop/TeenShop (W)	11:00a-12:15p *Tai Chi (E) 16 6:30p-8:00p Sister Circle (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Balance 101*8 (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:00p-7:30p *Creative Cards of the Season (W) 6:30p-7:45p *Tai Chi (W)	12:45p-1:30p *Exercise Class (WC) 17 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) 18
10:00a-11:00a *Zumba Gold (E) 20 1:30p-2:15p Guided Meditation (E) 6:30p-7:30p *Bridges Bereavement Group for Families (E) 6:30p-8:00p *Blood Cancer (E) 6:30p-8:00p *Group for Family & Friends (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W)	11:00a-12:15p *Yoga (E) 21 6:30p-8:00p *Group for Family & Friends (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) 5:30p-6:15p Prostate Cancer Information Session (W) 6:30p-7:45p *Yoga (W) 6:30p-8:00p Prostate Partners (W)	12:45p-1:30p *Exercise Class (WC) 22 1:00p-1:45p *Zumba Gold (W) 3:00p TGP East & West Closed	Thanksgiving Holiday Closed East & West 23 	Thanksgiving Holiday Closed East & West 24	Thanksgiving Holiday Closed East & West 25
10:00a-11:00a *Zumba Gold (E) 27 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 Family & Friends (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W)	11:00a-12:15p *Yoga (E) 28 6:30p-8:00p *Grief Support Group (E) 6:30p-8:00p *Group for Family & Friends (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)	12:45p-1:30p *Exercise Class (WC) 29 1:00p-1:45p *Zumba Gold (W) 6:30p-8:00p *Guided Imagery: Latest Updates & Techniques (W)	11:00a-12:15p *Tai Chi (E) 30 6:30p-8:00p *Guided Imagery: Latest Updates & Techniques (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:00p-7:30p *Creative Cards of the Season (W) 6:30p-7:45p *Tai Chi (W)	<div style="border: 2px solid green; padding: 5px; background-color: #ffffcc;"> <p>*These programs require pre-registration. Participants requiring childcare need to call several days in advance.</p> </div>	
<div style="border: 2px solid green; padding: 5px; background-color: #ffffcc;"> <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> </div>					

December 2017 • 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;"> <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> </div>	<div style="border: 2px solid purple; padding: 5px;"> <p>*These programs require pre-registration. Participants requiring childcare need to call several days in advance.</p> </div>	<div style="border: 2px solid green; padding: 5px;"> <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> </div>		<p>12:45p-1:30p *Exercise Class (WC) 1 10:00a-11:00a *Exercise Class (O) Westlake Rec Center: 28955 Hilliard Blvd</p>	<p>10:00a-11:15a *Yoga (E) 2</p>
					3
<p>10:00a-11:00a *Zumba Gold (E) 4 1:30p-2:15p Guided Meditation (E) 6:30p-8:00p *Gift of Touch (E) 6:30p-8:00p *Group for Family & Friends (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W)</p>	<p>11:00a-12:15p *Yoga (E) 5 6:30p-8:00p *Group for Family & Friends (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 *Gift of Touch (W) 6:30p-8:00p Group for Young Women w/ Breast Cancer (W)</p>	<p>6:00p-8:00p *Souper Soups (E) 6 12:45p-1:30p *Exercise Class (WC) 10:00a-12:00p *Cooking for One (W) 1:00p-1:45p *Zumba Gold (W) 2:00p-3:30p *Grief Support Group (W)</p>	<p>11:00a-12:15p *Tai Chi (E) 7 1:30p-3:00p *Creative Cards of the Season (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) 6:30p-7:45p *Tai Chi (W) 6:30p-8:00p *Post Traumatic Stress Disorder & Cancer (W) 6:30p-8:00p *Young Adults Surviving Cancer (O)</p>	<p>12:45p-1:30p *Exercise Class (WC) 8 10:00a-11:00a *Exercise Class (O) Westlake Rec Center: 28955 Hilliard Blvd</p>	<p>10:00a-11:15a *Yoga (E) 9 10:00a-12:00p *Souper Soups (W)</p>
					10
<p>10:00a-11:00a *Zumba Gold (E) 11 1:30p-3:00p Yarn Works (E) 6:30p-7:30p *Bridges Bereavement Group for Families (E) 5:30p-6:15p Guided Meditation (W) 6:30p-8:00p *Group for Family & Friends (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) 12 6:30p-8:00p *Grief Support Group (E) 6:30p-8:00p *Group for Family & Friends (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) 13 1:00p-1:45p *Zumba Gold (W) 6:30p-7:30p *Bridges Bereavement Group for Families (W)</p>	<p>11:00a-12:15p *Tai Chi (E) 14 6:00p-7:30p *Beating the Holiday Blues (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>12:45p-1:30p *Exercise Class (WC) 15 11:00a-12:30p Group for Older Adults w/ Cancer (W) 10:00a-11:00a *Exercise Class (O) Westlake Rec Center: 28955 Hilliard Blvd</p>	<p>10:00a-11:15a *Yoga (E) 16</p>
					17
<p>10:00a-11:00a *Zumba Gold (E) 18 1:30p-2:15p Guided Meditation (E) 6:30p-8:00p *Group for Family & Friends (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W)</p>	<p>11:00a-12:15p *Yoga (E) 19 6:30p-8:00p *Grief Support Group (E) 6:30p-8:00p *Group for Family & Friends (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>6:00p-7:30p Group for Those with Gynecological Cancers (E) 20 12:45p-1:30p *Exercise Class (WC) 1:00p-1:45p *Zumba Gold (W) 2:00p-3:30p *Grief Support Group (W)</p>	<p>11:00a-12:15p *Tai Chi (E) 21 6:30p-8:00p Sister Circle (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:30p-7:45p *Tai Chi (W)</p>	<p>12:45p-1:30p *Exercise Class (WC) 22 10:00a-11:00a *Exercise Class (O) Westlake Rec Center: 28955 Hilliard Blvd</p>	<p>10:00a-11:15a *Yoga (E) 23</p>
					24
<p>Christmas Day 25 Closed East & West</p> 	<p>Closed East & West 26</p>	<p>10:00a-3:00p Open for Drop-ins East & West 27</p>	<p>10:00a-3:00p Open for Drop-ins East & West 28</p>	<p>10:00a-3:00p Open for Drop-ins East & West 29</p>	<p>New Year's Holiday 30 Closed East & West</p>
					31