

October • November • December 2018

Open for drop-ins & scheduled programs:
Monday – Friday: 9:00a-5:00p
Saturday: 9:00a-1:00p
Only open evenings for scheduled programs.

Welcoming Orientation:

Adults (over 18) touched by 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



The Invisible Side of Cancer

When a loved one is done with cancer treatment, family and friends often feel that the journey is over for that loved one. Life can get back to normal. For the person diagnosed, there are many aspects of the cancer journey that don't come up until after treatment is finished. Many cancer survivors are coping with issues like, 'What if the cancer comes back?', 'I don't look like I used to', 'I can't do the things I used to do.'

We invite those who have completed treatment and their support network to join us for **The Invisible Side of Cancer** on Thursday, December 6th from 6:30-8:00pm at our Westlake location. It's an opportunity to talk openly about what life is really like after treatment has ended. **Advance registration is required by calling: 216-595-9546**



These books are available in our libraries East and West

Non-Profit Org.
U.S. Postage
PAID
Cleveland, OH
Permit #769

Upcoming Programs at The Gathering Place:

Guided Meditation

Relax and practice mindfulness meditation techniques in a group setting.
TGP East: Mondays, October 1, 15, 29, November 5, 19, December 3, 17, 1:30-2:15pm
TGP West: Mondays, October 8, 22, November 12, 26, December 10, 5:30-6:15pm

***Conversation Project**

This two-part program fosters meaningful and effective conversations about what to consider in making challenging health care decisions. Participants are encouraged to attend both sessions. Presenter: Melanie Sunderland, MA, MDiv
TGP West: Thursdays, October 11, 25, 6:30-7:30pm

***Not Easy November and Dickey December: Tips for Managing Holiday Stress**

Learn coping strategies for self-care during the holiday season.
TGP East: Tuesday, November 6, 6:30-7:30pm

*Programs require advance registration by calling 216.595.9546

THE GATHERING PLACE ~ PROGRAMS AND SERVICES | * Programs with an * require advance registration, call 216.595.9546

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 death 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, October 8, 22, November 12, 26, December 10, 1:30-3:00pm
Instructor: Cathie Davidson
TGP West: Wednesdays, October 3, November 7, December 5, 1:30-3:00pm
Instructor: Susan Knight

***Art for Relaxation and Self-Care**
Create a mandala hanging with colorful yarns and other media.
TGP East: Tuesday, October 16, 2:00-3:30pm

***Garden Art and Clay**
Collect elements of nature from Norma's Garden to press into clay to create lasting gifts.
TGP East: Thursdays, October 18, 25, November 1, 1:00-2:30pm

***Drumming and Walking : A Meditation on Gratitude**
Join us to drum and walk the labyrinth while focusing on gratitude. Drums provided. No experience necessary.
TGP East: Wednesday, November 7, 6:00-7:30pm

***The Art of Gratitude**
An experiential art session discussing the power of gratitude in our lives.
TGP West: Tuesday, November 13, 6:30-8:00pm

***Cards of Celebration**
Learn new techniques to create original cards of thanksgiving and celebration.
TGP West: Thursdays, November 15, 29, December 6, 6:00-7:30pm

CANCER SPECIFIC PROGRAMS

Blood Cancers Family members welcome

***Updates on Myeloma**
Presenter: Ehsan Malek, MD
TGP East: Monday, November 19, 6:30-8:00pm

Breast Cancer

Group for Young Women (20's, 30's & 40's) with Breast Cancer
TGP West: Tuesdays, October 2, November 6, December 4, 6:30-8:00pm
***Group for those with Metastatic Breast Cancer NEW TIME**
TGP East: Tuesdays, October 16, November 20, December 18, 6:30-8:00pm

Lung Cancer

***Lung Cancer Treatment Updates**
Presenter: Ashley Sekhon, MD
TGP West: Thursday, November 1, 6:30-8:00pm

Prostate Cancer

Prostate Cancer Information Session
Men (only) diagnosed within the last 6 months.
TGP East: Thursdays, October 11, November 8, 5:30-6:15pm

CANCER SPECIFIC PROGRAMS continued...

TGP West: Tuesdays, October 16, November 20, 5:30-6:15pm
Prostate Partners - Family members are welcome.
Rising PSA after Treatment
TGP East: Thursday, October 11, 6:30-8:00pm | Presenter: Prateek Mendiratta, MD
TGP West: Tuesday, October 16, 6:30-8:00pm | Presenter: Matt Cooney, MD
Keeping it Simple: Exercise and Nutrition
TGP East: Thursday, November 8, 6:30-8:00pm
Presenter: Stephen Cerne, BS, NSCA-CPT, ACSM/ACS-CET
TGP West: Tuesday, November 20, 6:30-8:00pm

CANCER SURVIVORSHIP

***Life after Cancer Treatment Support Group**
TGP East: Thursdays, October 11, November 8, December 13, 6:30-8:00pm
TGP West: Thursdays, October 18, November 15, December 20, 6:30-8:00pm
***The Invisible Side of Cancer**
An opportunity to openly discuss what life is really like when treatment is done. For those who have completed treatment and their support network.
TGP West: Thursday, December 6, 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 Coping with Uncertainty: Sleep on It!
November Appreciation: You are Worth it to Me!
TGP East: Mondays, October 8, 22, November 12, 26, 6:30-7:30pm
TGP West: Wednesdays, October 3, 17, November 7, 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, October 1, 15, November 5, 19, December 3, 17, 6:30-7:30pm
TGP West: Wednesdays, October 10, 24, November 14, 28, December 12, 6:30-7:30pm
***After Good-Bye**
A celebration honoring members of The Gathering Place community who have died within the last year. Bring a photo or special memento to share.
TGP East: Thursday, October 4, 6:30-7:30pm

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

CHILDREN, TEEN & FAMILY PROGRAMS

When A Child or Teen Has Cancer
Support for a child or teen with cancer, their siblings and parents.
Contact Casey Durkin, 216.455.1523 or at durkin@touchedbycancer.org
***Family Drumming**
Take a tour of TGP, enjoy healthy snacks and drum your emotions. Drums provided. No experience necessary.
TGP East: Saturday, October 6, 10:30am-12:00pm
***Fun with Fitness and Food**
Learn how nutrition and exercise play important roles for children with cancer and benefit the entire family.
TGP East: Saturday, December 1, 11:00am-12:30pm

EXERCISE

For individuals in cancer treatment or coping with side effects of 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 East are held at The Gathering Place Richman Family Wellness Center (WC) at 23295 Commerce Park, Beachwood
***Exercise Classes**
TGP Richman Family Wellness Center: Tuesdays & Thursdays, 12:30-1:15pm, 6:30-7:30pm; Wednesdays & Fridays, 12:45-1:30pm,
TGP West: Mondays, 7:00-8:00pm; Fridays, 10:00-11:00am
Friday exercise class held at the Westlake Recreation Center, 28955 Hilliard Blvd
***Focus on the Core**
TGP Richman Family Wellness Center:
Tuesdays and Thursdays, October 9-November 1, 1:30-2:15pm
***Focus on Flexibility**
TGP Richman Family Wellness Center:
Tuesday and Thursday, November 6-November 29, 1:30-2:15pm



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GRIEF AND LOSS

***After Good-Bye**
A celebration honoring members of The Gathering Place community who have died within the last year. Bring a photo or special memento to share.
TGP East: Thursday, October 4, 6:30-7:30pm
***Grief Support Groups**
Group for adults who have experienced the **recent death** of a loved one
TGP East: Tuesdays, October 9, 23, November 13, 27, December 11, 6:30-8:00pm
Group for adults who have experienced the death of a loved one **within the last two years.**
TGP West: Tuesdays, October 2, 16, November 6, 20, December 4, 18, 2:00-3:30pm
***Grief: When will it End?**
Group for adults who have experienced the death of a loved one **more than a year ago.**
TGP East: Wednesdays, October 17, November 21, December 19, 11:00am-12:30pm
***Grief and the Holidays**
Learn strategies for coping with a loss during the holiday season.
TGP West: Tuesday, December 11, 6:30-8:00pm

LECTURES, WORKSHOPS & SPECIAL 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 & a weekly support group. Permission from your physician is required.
TGP East: Mondays & Wednesdays, September 24-November 14, 6:00-8:15pm
TGP West: Mondays & Thursdays, September 27-November 15, 5:30-7:30pm
***Conversation Project**
This two-part program fosters meaningful and effective conversations about what to consider in making challenging health care decisions. Participants are encouraged to attend both sessions. Presenter: Melanie Sunderland, MA, MDiv
TGP West: Thursdays, October 11, 25, 6:30-7:30pm
***Insurance and Healthcare: Grrrr- WHY is this so complicated?**
Get your questions answered about health insurance and open enrollment for Medicare. Presenter: Kerri Mazzone, LISW-S
TGP East: Tuesday, October 16, 6:30-8:00pm
TGP West: Tuesday, October 23, 6:30-8:00pm
***Not Easy November & Dickey December: Tips for Managing Holiday Stress**
Learn coping strategies for self-care during the holiday season.
TGP East: Tuesday, November 6, 6:30-7:30pm
***Yoga: What's Right for You?**
Learn about the yoga studios in your community; experience a short class with an instructor from each studio and see what is right for you!
TGP East: Saturday, December 1, 1:00-4:00pm
TGP West: Thursday, December 13, 5:30 to 8:00pm
***Gift of Touch**
Learn hand and foot massage. A great holiday gift and strategy for handling holiday stress.
TGP West: Tuesday, December 4, 6:30-8:00pm
***Singing Bowls**
Learn how vibrational healing instruments can create meditative experiences that promote inner peace, balance and wholeness. Presenter: Stacey Pickering, Holistic Wellness Practitioner
TGP East: Wednesday, December 5, 6:30-7:30pm
TGP West: Tuesday, December 11, 3:00-4:00pm

MEDITATION AND RELAXATION

Guided Meditation
Relax and practice mindfulness meditation techniques in a group setting.
TGP East: Mondays, October 1, 15, 29, November 5, 19, December 3, 17, 1:30-2:15pm
TGP West: Mondays, October 8, 22, November 12, 26, December 10, 5:30-6:15pm

NUTRITION

***Nutrition Consultations**
A registered dietician 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.
***Healthy Comfort Foods**
TGP East: Wednesday, October 17, 6:00pm-8:00pm
TGP West: Saturday, October 13, 10:00am-12:00pm
***Cancer Fighting Kitchen from Author Rebecca Katz**
Learn the latest information on the food and cancer connection while preparing nourishing recipes for yourself or loved one during and beyond cancer treatment. Access to Rebecca Katz's on line, self-paced course will be available for 10 months after completion of this class.
TGP East: Wednesday, November 14, 6:00pm-8:00pm
TGP West: Saturday, November 17, 10:00am-12:00pm
***Winter Soups for the Soul**
TGP East: Wednesday, December 5, 6:00pm-8:00pm
TGP West: Saturday, December 8, 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.
***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**

Call 216.595.9546 for an appointment for fully clothed 30 minute sessions. Children under 18 must have signed consent from a parent or legal guardian and an adult present during session. Massage and reflexology appointments limited due to volunteer therapists' availability.
***Reiki:** unlimited sessions
***Massage:** 3 sessions/year
***Reflexology:** 3 sessions/year

SUPPORT GROUPS

***Group for Caregivers** For adults who have a loved one coping with cancer.
TGP East: Tuesdays, 6:30-8:00pm
TGP West: Mondays, 6:30-8:00pm
***Group for Adults with Cancer**
TGP East: Tuesdays, 6:30-8:00pm
TGP West: Mondays, 6:30-8:00pm

SUPPORT GROUPS continued...

Sister Circle
A support group for African American women with any type of cancer.
TGP East: Thursdays, October 4, 18, November 1, 15, December 6, 20, 6:30-8:00pm
Group for Older Adults with Cancer
TGP West: Fridays, October 19, November 16, December 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 or grieving the recent death of a loved one from cancer.
***Dance Class** – Learn steps such as swing, rumba, cha cha, meringue and salsa. Presented by: LaDanse Cleveland Ballroom Dance Studio
TGP East: Saturdays, October 13, November 10, December 8, 11:45am-12:45pm
***Tai Chi** – Helps reduce stress while improving balance, flexibility & 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 216.595.9546 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 22, November 26, 3:00-5:00pm
TGP West: Monday, November 26, 3:00-5:00pm

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

***YA Meet Up Paint Night (for ages 21-40)**
Get creative while you laugh & spend time with fellow survivors and friends. Our art therapist will make it easy to paint and have a great time.
The BottleHouse Brewing Company: Thursday, October 25, 6:30-8:00pm
13368 Madison Avenue, Lakewood, 44107
***YA Meet Up Let's Talk**
Come to relax, snack and talk with other young survivors.
Pinstripes Bistro (private room): Thursday, November 29, 6:30-8:00pm
111 Park Avenue, Pinecrest, Orange Village, 44122 (Harvard exit at 271)

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OCTOBER 2018 • the GATHERING pLace | Facing Cancer • Embracing Life • **HOURS:** Monday-Friday: 9:00a-5:00p, Saturday: 9:00a-1:00p • Open evenings when programs are scheduled

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY/SUNDAY |
|---|---|--|--|--|---|
| 10:00a-11:00a *Zumba Gold (E) 1:30p-2:15p Guided Meditation (E) 6:00p-8:15p *Moving Forward (E) 6:30p-7:30p *Bridges Grief Group for Families (E) 5:30p-7:30p *Moving Forward (W) 6:30p-8:00p *Group for Caregivers (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W) | 11:00a-12:15p *Yoga (E) 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 with Breast Cancer (W) | 6:00p-8:15p *Moving Forward (E) 12:45p-1:30p *Exercise Class (WC) 1:30p-3:00p Yarn Works (W) 6:30p-7:30p *KidShop/TeenShop (W) | 11:00a-12:15p *Tai Chi (E) 6:30p-8:00p Sister Circle (E) 6:30p-7:30p *After Goodbye (E) 12:30p-1:15p *Exercise Class (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 5:30p-7:30p *Moving Forward (W) | TGP CLOSED East & West | 10:00a-11:15a *Yoga (E) 10:30a-12:00p *Family Drumming for families who have a child or teen w/ cancer(E) 10:00a-11:15a *Tai Chi (W) |
| 10:00a-11:00a *Zumba Gold (E) 1:30p-3:00p Yarn Works (E) 6:30p-7:30p *KidShop/TeenShop (E) 6:00p-8:15p *Moving Forward (E) 5:30p-6:15p Guided Meditation (W) 5:30p-7:30p *Moving Forward (W) 6:30p-8:00p *Group for Caregivers (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W) | 11:00a-12:15p *Yoga (E) 6:30p-8:00p *Grief Support Group(E) 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Focus on the Core (WC) 6:30p-7:30p *Exercise Class (WC) 6:30p-7:45p *Yoga (W) | 6:00p-8:15p *Moving Forward (E) 12:45p-1:30p *Exercise Class (WC) 6:30p-7:30p *Bridges Grief Group for Families (W) | 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) 1:30p-2:15p *Focus on the Core (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 5:30p-7:30p *Moving Forward (W) 6:30p-7:30p *Conversation Project*1 (W) | 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) 11:45a-12:45p *Dance Class (E) 10:00a-11:15a *Tai Chi (W) 10:00a-12:00p *Healthy Comfort Foods (W) |
| 10:00a-11:00a *Zumba Gold (E) 1:30p-2:15p Guided Meditation (E) 6:00p-8:15p *Moving Forward (E) 6:30p-7:30p *Bridges Grief Group for Families (E) 5:30p-7:30p *Moving Forward (W) 6:30p-8:00p *Group for Caregivers (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W) | 11:00a-12:15p *Yoga (E) 2:00p-3:30p *Art for Relaxation & Self-Care (E) 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 6:30p-8:00p *Group for Those w/ Metastatic Breast Cancer (E) 6:30p-8:00p *Insurance & Health Care: GRRR: WHY is this so complicated? (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Focus on the Core (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) *Yoga (W) | 11:00a-12:30p *Grief: When Will it End? (E) 6:00p-8:00p *Healthy Comfort Foods (E) 6:00p-8:15p *Moving Forward (E) 12:45p-1:30p *Exercise Class (WC) 6:30p-7:30p *KidShop/TeenShop (W) | 11:00a-12:15p *Tai Chi (E) 1:00p-2:30p *Garden Art & Clay*1 (E) 6:30p-8:00p Sister Circle (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Focus on the Core (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 5:30p-7:30p *Moving Forward (W) 6:30p-8:00p *Life After Cancer Treatment Support Group (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> 12:30p CLOSED East & West | 10:00a-11:15a *Yoga (E) 10:00a-11:15a *Tai Chi (W) |
| 10:00a-11:00a *Zumba Gold (E) 1:30p-3:00p Yarn Works (E) 3:00p-5:00p *Look Good, Feel Better* (E) 6:00p-8:15p *Moving Forward (E) 6:30p-7:30p *KidShop/TeenShop (E) 5:30p-7:30p *Moving Forward (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) 6:30p-8:00p *Grief Support Group (E) 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Focus on the Core (WC) 6:30p-7:30p *Exercise Class (WC) 6:30p-7:45p *Yoga (W) 6:30p-8:00p *Insurance & Health Care: GRRR: WHY is this so complicated? (W) | 6:00p-8:15p *Moving Forward (E) 12:45p-1:30p *Exercise Class (WC) 6:30p-7:30p *Bridges Grief Group for Families (W) | 11:00a-12:15p *Tai Chi (E) 1:00p-2:30p *Garden Art & Clay*2 (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Focus on the Core (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 5:30p-7:30p *Moving Forward (W) 6:30p-7:30p *Conversation Project*2 (W) 6:30p-8:00p *YA Meet Up / Paint Night (O) <i>Bottlehouse Brewing Company, 13368 Madison Ave., Lakewood, 44107</i> | 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) 10:00a-11:15a *Tai Chi (W) |
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY/SUNDAY |
|---|--|---|--|--|--|
| Welcoming Orientation <i>An opportunity for adults (over 18) coping with cancer to learn about our FREE programs and services.</i> TGP East: Mondays, 6:30pm, Tuesdays, 1:30pm and Saturdays, 10:30am TGP West: Tuesdays, 1:30pm, Thursdays, 6:30pm and Saturdays, 10:30am | *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 | 11:00a-12:15p *Tai Chi (E) 1:00p-2:30p *Garden Art & Clay*3 (E) 6:30p-8:00p Sister Circle (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Focus on the Core (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 5:30p-7:30p *Moving Forward (W) 6:30p-8:00p *Lung Cancer Treatment Updates (W) | 12:45p-1:30p *Exercise Class (WC) 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i> 2:00p CLOSED East & West | 10:00a-11:15a *Yoga (E) 10:00a-11:15a *Tai Chi (W) |
| 10:00a-11:00a *Zumba Gold (E) 1:30p-2:15p Guided Meditation (E) 6:00p-8:15p *Moving Forward (E) 6:30p-7:30p *Bridges Grief Group for Families (E) 5:30p-7:30p *Moving Forward (W) 6:30p-8:00p *Group for Caregivers (W) 6:30p-8:00p *Group for Those w/ Cancer (W) 7:00p-8:00p *Exercise Class (W) | 11:00a-12:15p *Yoga (E) 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 6:30p-7:30p *Not Easy November & Dickey December: Tips for Managing Holiday Stress (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Focus on Flexibility (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 with Breast Cancer (W) | 6:00p-7:30p *Drumming & Walking: A Meditation on Gratitude (E) 6:00p-8:15p *Moving Forward (E) 12:45p-1:30p *Exercise Class (WC) 1:30p-3:00p Yarn Works (W) 6:30p-7:30p *KidShop/TeenShop (W) | 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) 1:30p-2:15p *Focus on Flexibility (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 5:30p-7:30p *Moving Forward (W) | 12:45p-1:30p *Exercise Class (WC) 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i> 2:00p CLOSED East & West | 10:00a-11:15a *Yoga (E) 11:45a-12:55p *Dance Class (E) 10:00a-11:15a *Tai Chi (W) |
| 10:00a-11:00a *Zumba Gold (E) 1:30p-3:00p Yarn Works (E) 6:00p-8:15p *Moving Forward (E) 6:30p-7:30p *KidShop/TeenShop (E) 5:30p-7:30p *Moving Forward (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) 6:30p-8:00p *Grief Support Group (E) 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Focus on Flexibility (WC) 6:30p-7:30p *Exercise Class (WC) 6:30p-8:00p *Art of Gratitude (W) 6:30p-7:45p *Yoga (W) | 6:00p-8:00p *Cancer Fighting Kitchen, Author Rebecca Katz (E) 6:00p-8:15p *Moving Forward (E) 12:45p-1:30p *Exercise Class (WC) 6:30p-7:30p *Bridges Grief Group for Families (W) | 11:00a-12:15p *Tai Chi (E) 6:30p-8:00p Sister Circle (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Focus on Flexibility (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 5:30p-7:30p *Moving Forward (W) 6:00p-7:30p *Cards of Celebration*1 (W) 6:30p-8:00p *Life After Cancer Treatment Support Group (W) | 12:45p-1:30p *Exercise Class (WC) 11:00a-12:30p Group for Older Adults w/ Cancer (W) 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i> 2:00p CLOSED East & West | 10:00a-11:15a *Yoga (E) 10:00a-11:15a *Tai Chi (W) 10:00a-12:00p *Cancer Fighting Kitchen, Author Rebecca Katz (W) |
| 10:00a-11:00a *Zumba Gold (E) 1:30p-2:15p Guided Meditation (E) 6:30p-7:30p *Bridges Grief Group for Families (E) 6:30p-8:00p *Blood Cancer Group: Updates on Myeloma (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) 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 6:30p-8:00p *Group for Those w/ Metastatic Breast Cancer (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Focus on Flexibility (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) *Yoga (W) 6:30p-7:45p Prostate Partners (W) | 11:00a-12:30p *Grief: When Will it End? (E) 12:45p-1:30p *Exercise Class (WC) 3:00p CLOSED East & West | Thanksgiving Holiday Closed East & West  | Thanksgiving Holiday Closed East & West | Thanksgiving Holiday Closed East & West |
| 10:00a-11:00a *Zumba Gold (E) 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 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) 6:30p-8:00p *Grief Support Group (E) 6:30p-8:00p *Group for Caregivers (E) 6:30p-8:00p *Group for Those w/ Cancer (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Focus on Flexibility (WC) 6:30p-7:30p *Exercise Class (WC) 6:30p-7:45p *Yoga (W) | 12:45p-1:30p *Exercise Class (WC) 6:30p-7:30p *Bridges Grief Group for Families (W) | 11:00a-12:15p *Tai Chi (E) 12:30p-1:15p *Exercise Class (WC) 1:30p-2:15p *Focus on Flexibility (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p *Yoga (W) 6:00p-7:30p *Cards of Celebration*2 (W) 6:30p-8:00p *YA Meet Up Let's Talk Pinstripes Bistro, 111 Park Ave., Painesville, Orange Village (O) | 12:45p-1:30p *Exercise Class (WC) 10:00a-11:00a *Exercise Class (O) <i>Westlake Rec Center: 28955 Hilliard Blvd</i> 2:00p CLOSED East & West | 10:00a-11:15a *Yoga (E) 11:00a-12:30p *Fun with Fitness & Food for families who have a child or teen with cancer(E) 1:00p-4:00p *Yoga: What's Right for You? 10:00a-11:15a *Tai Chi (W) |

DECEMBER 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

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| 10:00a-11:00a *Zumba Gold (E) 1:30p-3:00p Yarn Works (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) 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) 3:00p-4:00p *Singing Bowls (W) 6:30p-8:00p *Grief and the Holidays (W) 6:30p-7:45p *Yoga (W) | 12:45p-1:30p *Exercise Class (WC) 6:30p-7:30p *Bridges Grief Group for Families (W) | 11:00a-12:15p *Tai Chi (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) 5:30p-8:00p *Yoga: What's Right for You? (W) | 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) 10:00a-11:15a *Tai Chi (W) |
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| TGP East & West CLOSED | Christmas Day Closed East & West  | 10:00a-3:00p TGP East & West OPEN <i>No Programs</i> | 10:00a-3:00p TGP East & West OPEN <i>No Programs</i> | 10:00a-3:00p TGP East & West OPEN <i>No Programs</i> | TGP East & West CLOSED |