



# 2026 Program Guide

January | February | March

**In-person & online  
cancer support**

**Free** programs for:

- Adults
- Children
- Teens
- Young Adults
- Families

Call **216-455-1507** to learn more  
about our programs and services.

The mission of The Gathering Place is to provide a caring community that supports, educates and empowers individuals and families currently coping with the impact of cancer through programs and services **free of charge.**

## **The Gathering Place East**

The Arnold & Sydel Miller Family Campus  
23300 Commerce Park, Beachwood, OH 44122

## **The Gathering Place West**

The Sandy Borrelli Center  
25425 Center Ridge Road, Westlake, OH 44145

# A cancer diagnosis changes everything – The Gathering Place is here for you.

At The Gathering Place, we provide free programs, services, and a caring community for those touched by cancer. Whether you need individual support, group connections, health and wellness classes, or resources for your family, we can help.

## Our Offices

Phone: 216-595-9546

Office Hours: Monday through Friday, 9:00am – 5:00pm

\* Offices will be closed on January 1

Beachwood: 2nd Saturday of the month 9:00am - 1:00pm

Jan 10, Feb 14, Mar 14

Westlake: 3rd Saturday of the month 9:00am - 1:00pm

Jan 17, Feb 21, Mar 21

For a complete list of programs and to register, visit [touchedbycancer.org/calendar](https://touchedbycancer.org/calendar).

### The Gathering Place East

The Arnold & Sydel Miller Family Campus  
23300 Commerce Park, Beachwood, OH 44122

### The Gathering Place West

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25425 Center Ridge Road, Westlake, OH 44145

Please refer to the colors in this key throughout the Program Guide.

**B Beachwood**  
**W Westlake**

**● Online**  
**● Off Site**

If you see more than one icon grouped together, it means the program is in person at one of our locations, and is also offered online. Note all programs are EDT time. If you have additional questions, please contact our Participant Navigator at 216-455-1507.

## Navigators

[navigator@touchedbycancer.org](mailto:navigator@touchedbycancer.org)  
216-455-1507

When you call, one of our navigators will share about the support services and programs that best meet your needs and can assist you with registering.



Rhonda Branche



Kim Day



Stevi Gutin

## Meet the Team

### Chief Executive Officer

**Michele Seyranian**  
MNO



### Chief Program Officer



**Karen Hatfield**  
LPMT, MT-BC, CHPCA  
[hatfield@touchedbycancer.org](mailto:hatfield@touchedbycancer.org)  
216-455-1517

### Program Staff



**Sarah Axner Gilmore**  
MSSA, LSW  
[gilmore@touchedbycancer.org](mailto:gilmore@touchedbycancer.org)  
216-455-1516



**Stephen Cerne**  
NSCA-CPT, ACSM/ACS-CET  
Movement/Exercise Staff  
[cerne@touchedbycancer.org](mailto:cerne@touchedbycancer.org)  
216-455-1503



**Eileen Coan**  
MA, MLS  
Medical Librarian  
[coan@touchedbycancer.org](mailto:coan@touchedbycancer.org)  
216-455-1504



**Sandy Conochan**  
ATC, PTA, CES  
Movement/Exercise Staff  
[conochan@touchedbycancer.org](mailto:conochan@touchedbycancer.org)  
216-455-1529



**Brittani Davis**  
MA, LPCC-S, LICDC  
[davis@touchedbycancer.org](mailto:davis@touchedbycancer.org)  
216-455-1528



**Mary Fisher-Bornstein**  
LISW-S  
[bornstein@touchedbycancer.org](mailto:bornstein@touchedbycancer.org)  
216-455-1506



**Susan Marinac**  
MSSA, LISW-S  
[marinac@touchedbycancer.org](mailto:marinac@touchedbycancer.org)  
216-455-1512



**Karelys Ortiz Santiago**  
MSW, LSW  
[santiago@touchedbycancer.org](mailto:santiago@touchedbycancer.org)  
216-455-1508



**Michelle Miller**  
LISW-S, ACHP-SW  
[mmiller@touchedbycancer.org](mailto:mmiller@touchedbycancer.org)  
216-455-1521

## Ongoing Adult Support Groups

All support groups require registration and screening with the facilitator before attending the first session. Register by visiting our website at [touchedbycancer.org/calendar](https://touchedbycancer.org/calendar) or call our Navigators at 216-455-1507.

### Program Details Key:

**B Beachwood** **● Online** **\* Recordings available**  
**W Westlake** **● Off Site**

### All Cancers

#### Group for Adults with Cancer

**Brittani Davis**  
**Mondays, 6:30-8:00pm**  
Jan 5 & 19, Feb 2 & 16, Mar 2, 16 & 30 **W**  
Jan 12 & 26, Feb 9 & 23, Mar 9 & 23 **●**

**Sarah Axner Gilmore**  
**Thursdays, 6:30-8:00pm**  
Jan 8 & 22, Feb 5 & 19, Mar 5 & 19 **●**  
Jan 15 & 29, Feb 12 & 26, Mar 12 & 26 **B**

**Group for Young Adults**  
**Whitney Hadley**  
Jan 8, Feb 12, Mar 12, 6:30-7:30pm **●**  
Jan 22, Feb 26, Mar 26, 6:30-8:00pm **B**

#### Life After Cancer Treatment Group

For those who've completed treatment or in maintenance treatment.

**Michelle Miller**  
Jan 13, Feb 10, Mar 10, 6:30-8:00pm **B**

**Bess Kaple**  
Jan 19, Feb 16, Mar 16, 6:30-8:00pm **W**

**Karelys Ortiz Santiago**  
Jan 20, Feb 17, Mar 17, 12:30-1:30pm **●**

#### LGBTQ+ Group

**Brittani Davis**  
Jan 20, Feb 17, Mar 17, 6:00-7:00pm **●**

#### Older Adults Group

**Karen Hatfield**  
Jan 16, Feb 20, Mar 20, 10:30am-12:00pm **W**

#### Sister Circle: African American Women with Cancer

**Sydney Roberts**  
Jan 6, Feb 3, Mar 3, 6:30-8:00pm **B** **●**

### Caregivers

#### Group for Caregivers

**Susan Marinac**  
**Mondays, 6:30-8:00pm**  
Jan 5 & 19, Feb 2 & 16, Mar 2, 16 & 30 **W**  
Jan 12 & 26, Feb 9 & 23, Mar 9 & 23 **●**

**Karelys Ortiz Santiago**  
**Thursdays, 6:30-8:00pm**  
Jan 8 & 22, Feb 5 & 19, Mar 5 & 19 **●**

### Cancer Specific

#### Blood Cancer Group

**Mary Fisher Bornstein**  
**Stevie Gutin**  
Jan 26, Feb 23, Mar 23, 5:30-7:00pm **B** **●**

**Lung Cancer Support Group**  
**Susan Marinac**  
For those with a lung cancer diagnosis  
Jan 27, Feb 24, Mar 24, 2:00-3:30pm **W**

**Breast Cancer Support Group**  
**Eileen Coan**  
Jan 13, Feb 10, Mar 10, 6:30-8:00pm **●**

**Young Adults Breast Cancer Group**  
**Susan Marinac**  
Jan 6, Feb 3, Mar 3, 6:30-8:00pm **W** **●**

#### Oral, Head & Neck Cancer Support Group

**Brittani Davis**  
Jan 16, Feb 20, Mar 20, 12:00-1:00pm **●**

**Ovarian Cancer Support Group**  
**Susan Marinac**  
Jan 21, Feb 18, Mar 18, 2:00-3:30pm **●**

**Pancreatic Cancer Group**  
**Bess Kaple**  
Jan 28, Feb 25, Mar 25, 3:30-4:30pm **●**

**Metastatic Breast Cancer Group**  
**Sarah Axner Gilmore**  
Jan 20, Feb 17, Mar 17, 6:00-7:30pm **B**

#### Prostate Partners

**Mary Fisher Bornstein**  
For individuals diagnosed with prostate cancer and their loved ones.  
Jan 8, Feb 12, Mar 12 **B**

**Prostate Partners Support/Information Group**  
(for diagnosed individuals) 5:15-6:15pm  
**Prostate Partners Partner's Group**  
(for partners) 5:15-6:15pm  
**Topic-Based Support/Education Session**  
(diagnosed individuals and partners) 6:30-8:00pm

### Grief & Loss

#### Adult Grief Support

**Karelys Ortiz Santiago**  
Jan 13, Feb 10, Mar 10, 2:00-3:30pm **W**  
Jan 27, Feb 24, Mar 24, 6:00-7:30pm **W**

**Brittani Davis**  
Jan 21, Feb 18, Mar 18, 11:00am-12:30pm **B**  
Jan 27, Feb 24, Mar 24, 6:30-8:00pm **B**

## Ongoing Movement Programs

Health and fitness screenings are required before attending any movement classes. Please reach out to Sandy at 216-455-1529.

\*Classes are subject to change, please check our website for updates.

#### Balance for Improved Function \*

**Stephen Cerne, NSCA-CPT, ACSM/ACS-CET**  
Exercise class that builds on balance, stability and body awareness.  
**Wednesdays: 12:30-1:00pm** **●**

#### Chair One Fitness

**Anita Bartel**  
Fun, chair-based dance fitness class that helps improve posture, strengthen shoulders, lubricate knee joints, and increase flexibility.  
**Thursdays: 11:00-11:45am** **B** **●**

#### Chair Zumba \*

**Higo Gabarron**  
Chair Zumba is a chair-based workout that incorporates fun movements and Latin-inspired music. Chair Zumba helps improve heart health, flexibility, and strength while sitting.  
**Fridays: 11:00-11:45am** **B** **●**

#### Independent Workout

Designated fitness studio time for self-guided workout sessions. After an orientation to the equipment, you are welcome to work out independently at your own pace. Please register in advance.

**Mondays - Thursdays: 9:00-11:00am** **B**  
**Wednesdays & Fridays: 1:00-2:00pm** **B**

#### Exercise Classes

Comprehensive strength, endurance, balance, and flexibility routine for those in cancer treatment or dealing with side effects from treatment.

#### Warrior Workout with Kelsey \*

**Mondays: 6:30-7:15pm** **●**  
**Wednesdays: 6:30-7:15pm** **●**

#### Circuit Fusion with Sandy

**Tuesdays: 12:00-12:45pm** **W**

#### Functional Movement with Stephen \*

**Tuesdays: 12:00-12:45pm** **●**  
**Thursdays: 12:00-12:45pm** **B**

#### Full Body Bootcamp with Sandy \*

**Thursdays: 12:00-12:45pm** **●**

#### Core for More: Stability & Balance \*

**Stephen Cerne, NSCA-CPT, ACSM/ACS-CET**  
The "core" is made up of muscles that are responsible for proper posture, efficient, functional movement, balance, and stability.  
**Tuesdays: 1:00-1:30pm** **●**

#### Qigong-Tai Chi

**Jeannie Koran**  
Reduce stress & improve balance.  
**Wednesdays: 10:00-11:00am** **W**  
**Saturdays: 10:00-11:00am** **●**

#### Restorative Motion

**Stephen Cerne, NSCA-CPT, ACSM/ACS-CET**  
A slow flow stretching and yoga-based program.  
**Fridays: 12:30-1:00pm** **B** **●**

#### Yoga

A gentle flow class appropriate for all levels.  
**Tuesdays With Lisa: 10:00-11:00am** **B** **●**  
**Tuesdays With Murray: 6:00-7:00pm** **W**  
**Thursdays With Jen: 11:00AM-12:00pm** **W**  
**Saturdays With Lisa: 9:00-10:00am** **●**

#### Zumba Gold

**Higo Gabarron**  
Move at your own pace while dancing to Latin rhythms in this low impact, low intensity class.  
**Mondays: 11:00-11:45am** **B** **●**

# Information & Education

Program Details Key:

B Beachwood W Westlake ● Online ● Off Site

## Individual Services

- 1:1 Support
- 1:1 Nutrition Consults
- Medical Librarian Services
- Wig Salon Appointments
- Financial and Legal Consults
- Reiki and Reflexology

## Wellness Passport 2026

**Sarah Axner Gilmore, MSSA, LSW**  
**Brittani Davis, MA, LPCC-S, LICDC**

- Try up to 25 programs at The Gathering Place, from movement and nutrition to art and stress management
- Build healthy lifestyle habits and coping strategies to support your well-being during or after cancer
- Earn Wellness Passport stamps and enter a raffle for every 5 programs you attend

Jan - Mar 31 B W ●

## Yoga Retreat: Setting Intentions

**Sandy Borrelli, RYT**  
**Susan Marinac, MSSA, LISW-S**

- Experience community with a slow yoga flow
- Tap into the creative process with art
- Set intentions for the new year

Sat, Jan 17, 10:00am-12:00pm W

## Nutrition & Sleep: Diet's Effects on Sleep

**Stephanie Hopkins, MS, RDN, LD**  
**Susan Marinac, MSSA, LISW-S**

- Learn about foods that help you sleep better
- Review common sleep aids
- Learn about sleep hygiene to promote deep, restorative sleep

Wed, Jan 28, 11:00am-12:15pm W



# Creative Arts & Meditation

Opportunities for relaxation, mindfulness and self-expression

Program Details Key:

B Beachwood W Westlake ● Online ● Off Site



## Guided Meditation

**Eileen Coan, MA, MLS**

- Learn how to clear your mind, relax your body, breathe slower and deeper, and go on a 'journey'

**Mondays, 6:30-7:15pm** ●  
**Jan 5, Feb 2 & 16, Mar 2 & 16**

## Singing Bowls (Sound Bath)

- Immerse yourself in the healing power of sound
- A full body relaxation experience to help with stress, tension and more

**Becky Hopp, Certified Sound Healer**  
**Fridays, 11:00am-12:00pm**  
**Jan 9** W ● **Mar 13** W ●  
**Feb 13** B ●

**Julie Hutter, RN**  
**Certified Sound Practitioner**  
**Sat, Mar 21, 11:00am-12:00pm** W

## Letter to Self & Art Response

**Sarah Axner Gilmore, MSSA, LSW**

- Practice self-compassion and hope
- Write a compassionate letter to your future self
- Translate the message into art to reinforce and embody the letter's tone

**Tues, Feb 10, 6:00-7:30pm** B

## Drum Circle

- Experience the health benefits of drumming
- No experience necessary and drums are provided

**Karen Hatfield, LPMT, MT-BC, CHPCA**  
**Feb 18, 6:00-7:00pm (adults)** B

**Susan Marinac, MSSA, LISW-S**  
**Tues, Mar 31, 7:00-8:00pm (all ages)** W

## Needle Art Circle

**Sarah Axner Gilmore, MSSA, LSW**

- Join us for a relaxing and creative gathering where knitting, crochet, and needlepoint come together
- Not an instructional class. Please bring your own materials and create at your own pace

**Thursdays, 3:30-5:00pm** B  
**Jan 29, Feb 26, Mar 26**

## Needle Felting

**Eileen Coan, MA, MLS**

- Needle Felting is easy to learn and relaxing to practice
- Bring an item of clothing that is 100% wool or supplies will be provided
- Priority given to those who have not taken this class before

**Fri, Feb 20, 3:00-4:30pm** B  
**Fri, Feb 27, 3:00-4:30pm** W

## Ultimate Beginner Paint Party

**Debbie Morich**

- Create your own work of art in this guided painting experience

**Tues, Mar 3, 11:30am-1:00pm** B

## Horticulture Therapy: New Year, New Roots!

**Karen Kennedy, HTR**

- The new year inspires new intentions and new growth
- Define a new intention for yourself and leave with some tropical plants also establishing new growth

**Wed, Jan 21, 6:00-7:30pm** B  
**Fri, Jan 23, 1:00-2:30pm** W

## Pen & Power

Explore the power of telling your own story.

**Staci Kirk**  
**Tuesdays, 1:00-2:00pm**

**Own Your Voice Mar 3** W

**Structure that Speaks Mar 10**

**Style & Spice Mar 17**

**The Writer's Room Mar 24**

## Art Therapy

**Art for Healing & Growth Therapy Group**

**Mackenzie McCormick, LPC, ATR-P**

- **January:** Bridge to New Beginnings
- **February:** Heart of Resilience
- **March:** Weather Inside

**Wednesdays: 11:00am-12:30pm** W  
**Jan 14, Feb 11, Mar 11**

## Hope Totems

**Bri Love, LPAT, ATR-BC**

- Use clay to create a personal totem pole, each segment symbolizing a chapter of your story
- Two-part class, plan to attend both sessions

**Wed, Mar 4 and Wed, Apr 1, 6:30-8:00pm** W

## Paper Weaving

**Gabrielle Cooper, MA, LPC, ATR-P**

- Use lines, shapes, and color to depict one positive and one uncomfortable emotion
- No experience drawing or weaving experience necessary

**Wed, Mar 25. 6:30-8:00pm** B

# Nutrition

Nutrition can be used as a tool to support health before, during, and after treatment. Our nutrition programs educate and empower individuals as they embrace healthy eating habits for well-being, manage eating challenges from treatment, and stay up to date on the latest nutrition and cancer research. Whether meeting one-on-one with a registered dietitian or joining a cooking class, learn how to eat to feel your best.

### Program Details Key:

B

Beachwood

W

Westlake

Online

Off Site

## Cooking for Cancer Survivorship (Hands-on Cooking Class)

Mike Pandy, MS, RDN, LD

- Build upon cooking skills while having fun talking with others
- Taste test a variety of new plant-forward recipes
- Learn evidence-based nutrition information for cancer survivors

Wed, Jan 14, 6:00-7:30pm 

B

Sat, Jan 17, 11:00am-12:30pm 

W

## Nutrition & Sleep: Diet's Effects on Sleep

Stephanie Hopkins, MS, RDN, LD  
Susan Marinac, MSSA, LISW-S

- Learn about foods that help you sleep better
- Review common sleep aids
- Learn about sleep hygiene to promote deep, restorative sleep

Wed, Jan 28, 11:00am-12:15pm 

W

## Virtual Nutrition Learning & Cooking Demo

Stephanie Hopkins, MS, RDN, LD  
Anti-Inflammatory Diet

- Gain knowledge and resources to empower your food choices
- Watch a cooking demonstration to add to your recipe collection

Fri, Feb 6, 1:00pm-2:15pm

## Vinegar Making (hands-on class)

Karen Kennedy, HTR

- Learn about herbal-infused vinegar and create your own batch to finish aging at home
- Learn how to grow some of the ingredients during the summer months and the various uses and benefits of vinegar

Fri, Mar 6, 1:00pm-2:15pm 

B



## An old proverb states, “variety is the spice of life” and continues, “that gives it all its flavor.”

The World Cancer Research Fund/ American Institute for Cancer Research encourages adding a *variety* of fruits, vegetables, whole grains, beans, nuts, and seeds to diet to help reduce risk of cancer and support health in cancer survivorship. The American Cancer Society (ACS) echoes these guidelines. ACS defines a healthy eating pattern as one that includes

- Foods that are high in nutrients in amounts that help you get to and stay at a healthy body weight
- A *variety* of vegetables – dark green, red and orange, fiber-rich legumes (beans and peas), and others
- Fruits, especially whole fruits in a *variety* of colors
- Whole grains

This term, variety, challenges you to eat not just the same foods over and over, but to incorporate different foods and potentially new foods on your plate. This helps to expose you to a range of amino acids, starches, fatty acids, vitamins, minerals, and phytochemicals that benefit health. Variety can be considered the spice of optimizing health!

Here is another recipe for radish salsa that can’t be beat when served with tortilla chips, on a burrito bowl, or as topping for baked salmon.



Scan here  
for Radish Salsa the recipe!



West side Nutrition Programing is made possible through the generous support of the Janice Petrik Celebration of Life Fund.

# Movement

During and after cancer treatment, regular exercise improves physical function, reduces treatment side effects, boosts immune function, improves mental health, improves treatment outcomes, reduces the risk of recurrence, and supports long-term health. For caregivers of cancer patients, exercise helps to maintain physical and mental health, reduce stress and anxiety and improve sleep.

See page 3 for ongoing movement classes.



## Benefits of Exercise

Shelley Albert, PT, DPT

Board Certified Clinical Specialist in Orthopedic Physical Therapy and Certified in REVITAL Oncology Rehabilitation

- Learn more about exercise recommendations, strengthening, aerobic capacity training, balance, flexibility
- Understand cancer-specific exercise guidelines

Wed, Jan 7, 11:00am-12:00pm 

B

## Yoga Series at UH Brunner Fitness Center

Kimberly Wright, PhD, CYT 200, CYT YIN

- Yoga is a gentle, mind-body practice
- Physical postures and movement to improve strength, mobility, range of motion, balance and circulation and breathing practices are used for better respiration
- Each class offers modifications to meet fluctuations in physical ability and energy level throughout the cancer journey

Fridays: 11:00am-12:00pm

Jan 9 - Feb 6

UH Brunner Fitness Center  
8655 Market St., Mentor, OH 44060

## Resolution Restoration

Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

Start off the year by learning gentle movements that can ease chronic pain and increase range of motion.

- Gain awareness and spatial recognition about your body positioning
- Gain tips for recovery
- Learn a full body gentle movement routine

Mon, Jan 12, 12:30-1:30pm 

B

## Exercise Sampler

Sandy Conochan, ATC, PTA, CES

- Explore our exercise class options including strength, flexibility, balance, and dance-based classes
- Wear comfortable clothing so you can fully engage
- Any exercise can be modified or based on your comfort level

Tues, Jan 13, 2:00-3:30pm 

W

Thurs, Jan 15, 1:00-2:30pm 

B

## Exercise: How To

Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

- Discussion of the health-related fitness components
- Learn best practices for designing an exercise program
- Hands-on explanation of the most common, simple, and functional movements
- In-person demo afterwards in our fitness studio

Mon, Jan 26, 12:30-2:00pm 

B

## Balance 101

Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

- Address incorrect posture and alignment
- Tips for working balance exercises into your routine
- Full body workout, including modifications of balance standard exercises

Mon, Feb 9, 12:30-1:30pm 

B

## Foundations of Aquatic Exercise

- Explore different ways to exercise in an aquatic environment to build strength, endurance, and improve balance after cancer treatment
- Participants are encouraged but not required to complete all the classes in the series
- Priority will go to those with the cancer diagnosis/survivors and/or those who have not yet had the opportunity to participate

UH Avon  
1997 Healthway Dr., Avon, OH 44011

Ashley Sanchez, ISSA, CPT  
Fridays: 11:15am-12:15pm   
Feb 20 - Mar 20

King David Aquatic Center  
27300 Cedar Rd, Cleveland, OH 44122

Lauren Carver, ACSM  
Certified Exercise Physiologist  
Fridays: 1:00-2:00pm   
Feb 20 - Mar 20

## Independent Workout at our Fitness Studio

Formerly open gym, Independent Workout is designated fitness studio time for self-guided workout sessions to aid in progression of training and confidence to start or continue a workout regimen during your cancer journey. After an orientation to the equipment, you are welcome to work out independently at your own pace. Please register in advance. Caregivers are welcome, though priority will be given to participants with a cancer diagnosis and/or those who have not yet had the opportunity to participate.

For questions, please contact  
Sandy Conochan at 216-455-1529

Independent Workout sessions are currently available:

Mon through Thurs: 9:00-11:00am  
Wed/Fri: 1:00-2:00pm

See the online calendar for updates.  
More times to be added in the coming months.

# TGP Kids

Support groups, programs and fun events for families, young children and teens.

### Program Details Key:

**B** Beachwood **W** Westlake **●** Online **●** Off Site



Registration required for all children and family programs.

Please email [kids@touchedbycancer.org](mailto:kids@touchedbycancer.org)

# Young Adults (YA)

Connect and build community with Young Adults (18-45) who have been diagnosed with cancer



## Family Support

- Group for families impacted by cancer
- Use art, play and discussion to process emotion and enhance coping skills as a family
- Open to families with an adult with cancer or a child with cancer

Saturdays, 11:00am-12:00pm **B**

Jan 10, Feb 14, Mar 14

## Family Grief

- Groups for parents and children who have experienced the death of a loved one due to cancer
- Sessions include expressive age-appropriate activities

Saturdays, 9:30-10:30am **B**

Jan 10, Feb 14, Mar 14

## Sibling Grief

- Group for children who have experienced the death of a sibling to childhood cancer
- Sessions include expressive age-appropriate activities

Saturdays, 9:30-10:30am **B**

Jan 10, Feb 14, Mar 14

## Family Pizza Night

- Pizzeria TGP is open to our families for a shared meal
- Opportunity to swap winter stories and look forward to spring with TGP Kids friends

Wed, Mar 25, 5:30-7:30pm **W**

The Child and Family team are here to address the needs of children impacted by cancer through age-appropriate, individualized support.



## Our team offers support for:

- Families with pediatric cancer
- Families with adult cancer
- Families grieving the death of a loved one due to cancer

## YA Group

Whitney Hadley, MA, LISW, OSW-C

Connect and build community with Young Adults (18-45) who have been diagnosed with cancer

Jan 8, Feb 12, Mar 12, 6:30-7:30pm **●**

Jan 22, Feb 26, Mar 26, 6:30-8:00pm **B**

## YA Creative Expression

- Join us for a night of creativity and connection
- Enjoy a guided art project and delicious spread of snacks
- Make new friends from YA support groups in Northeast Ohio

Tues, Jan 6, 6:30-8:00pm **B**



Scan to register



## Elephants & Tea Magazine Launch

- Participate in workshops hosted by Elephants and Tea with your peers from the adolescent and young adult cancer community
- There's something for everyone
- Workshops:

Healing Through Writing

Rhythms of Resilience- Drum Circle

Spoonful of Expression- Art

Sat, Jan 17, 11:00am-4:30pm **B**



Scan to register



## YA Writing Workshop

Whitney Hadley, MA, LISW, OSW-C

- Our friends from Elephants and Tea are back to host a virtual writing workshop just for us!

Tues, Mar 3, 6:30-8:00pm **●**

## For Loved Ones

### For Parents: Supporting Your Young Adult with Cancer

Susan Marinac, MSSA, LISW-S

- Explore the challenges faced by parents of a young adult with a cancer diagnosis
- Identify useful tips and tools to support yourself and your young adult while navigating this unique parenting journey

Wed, Feb 4, 6:30-7:30pm **●**

### When Your Partner Has Cancer: Series for Young Adults

Brittani Davis, LPCC-S, LICDC, CST

This series offers practical and emotional tips for young adults who have a partner with cancer

Wednesdays, 6:30-7:30pm **●**

Mar 4, 11, 18

## POWER-UPS AND PEACE OF MIND

Spend your school holiday with us for a fun and therapeutic day learning about control.

Kids will use video games as well as mindfulness, art, and play to explore ways they can be in control amidst the challenges of a cancer diagnosis or death of a loved one.

A safe and fun place for kids impacted by cancer to talk about cancer with peers who understand it.



Thank you **JACOB BUTZE** for supporting this program!

Mon, Feb 16, 9:00am-3:30pm **B**



## Valentine's BRUNCH



- Bring a friend or partner to share the love with other YAs over a light brunch
- Make and share "Valentines" for the people who mean the most to you throughout your cancer experience - from nurses and valet staff at the hospital to family and friends

Sat, Feb 21, 10:30am-12:00pm **W**



Programs at The Gathering Place are offered free of charge.

# January 2026

All programs are in EDT  
● Program offered both in-person and online

Registration is required.

216-595-9546  
touchedbycancer.org/calendar  
or SCAN the QR code to register



| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|---|--|--|---|---|---|
| <div>Snowy Weather?</div> <div>Please check our website for office closures or delays.</div>                              |  |  | 1   | 2   | 3   |
|   |  |  | Offices Closed  |   |   |
| 5   | 6  | 7  | 8   | 9   | 10  |
| Beachwood 9:00AM Independent Workout<br>11:00AM Zumba Gold ●  | Beachwood 9:00AM Independent Workout<br>10:00AM Yoga ●<br>6:30PM Sister Circle ●<br>6:30PM YA Creative Expression              | Beachwood 9:00AM Independent Workout<br>11:00AM Benefits of Exercise<br>1:00PM Independent Workout                       | Beachwood 9:00AM Independent Workout<br>11:00AM Chair One Fitness ●<br>12:00PM Exercise: Functional Movement<br>5:15PM Prostate Partner's Partners<br>5:15PM Prostate Partners Info Session<br>6:30PM Prostate Partners Group | Beachwood 11:00AM Chair Zumba ●<br>12:30PM Restorative Motion ●<br>1:00PM Independent Workout | Beachwood 9:30AM Family Grief Group<br>9:30AM Sibling Grief Group<br>11:00AM Family Support |
| Westlake 6:30PM Adults with Cancer Group ●<br>6:30PM Caregiver Group  | Westlake 12:00PM Exercise: Circuit Fusion<br>6:00PM Yoga<br>6:30PM YA Breast Cancer Group ●                                    | Westlake 10:00AM Qigong-Tai Chi  | Westlake 11:00AM Yoga   | Westlake 11:00AM Singing Bowls ●  | Online 9:00AM Yoga<br>10:00AM Qigong-Tai Chi  |
| Online 6:30PM Exercise: Warrior Workout<br>6:30PM Guided Meditation   | Online 12:00PM Exercise: Functional Movement<br>1:00PM Core for More   | Online 12:30PM Balance for Improved Function<br>6:30PM Exercise: Warrior Workout   | Online 12:00PM Full Body Bootcamp<br>6:30PM Young Adults Group<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group   | Offsite 11:00AM Yoga Series at UH Brunner   |   |
| Westlake Office Closed  |  |  |   |   |   |
| 12  | 13   | 14   | 15  | 16  | 17  |
| Beachwood 9:00AM Independent Workout<br>11:00AM Zumba Gold ●<br>12:30PM Resolution Restoration ●                          | Beachwood 9:00AM Independent Workout<br>10:00AM Yoga ●<br>6:30PM Life After Cancer Group                                       | Beachwood 9:00AM Independent Workout<br>1:00PM Independent Workout<br>6:00PM Cooking: Cancer Survivorship                | Beachwood 9:00AM Independent Workout<br>11:00AM Chair One Fitness ●<br>12:00PM Exercise: Functional Movement<br>1:00PM Exercise Sampler<br>6:30PM Adults with Cancer Group  | Beachwood 11:00AM Chair Zumba ●<br>12:30PM Restorative Motion ●<br>1:00PM Independent Workout | Beachwood 11:00AM Elephants & Tea<br>Magazine Launch Event                                  |
| Online 6:30PM Exercise: Warrior Workout<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group                      | Westlake 12:00PM Exercise: Circuit Fusion<br>2:00PM Grief Group<br>2:00PM Exercise Sampler<br>6:00PM Yoga                      | Westlake 10:00AM Qigong-Tai Chi<br>11:00AM Art for Healing & Growth  | Westlake 11:00AM Yoga   | Westlake 10:30AM Older Adults Group   | Westlake 10:00AM Yoga Retreat<br>11:00AM Cooking: Cancer Survivorship                       |
|   | Online 12:00PM Exercise: Functional Movement<br>1:00PM Core for More<br>6:30PM Breast Cancer Group                             | Online 12:30PM Balance for Improved Function<br>6:30PM Exercise: Warrior Workout   | Online 12:00PM Full Body Bootcamp   | Online 12:00PM Oral, Head & Neck Group  | Online 9:00AM Yoga<br>10:00AM Qigong-Tai Chi  |
|   |  |  |   | Offsite 11:00AM Yoga Series at UH Brunner   |   |
| 19  | 20   | 21   | 22  | 23  | 24  |
| Beachwood 9:00AM Independent Workout<br>11:00AM Zumba Gold ●  | Beachwood 9:00AM Independent Workout<br>10:00AM Yoga ●<br>6:00PM Metastatic Breast Cancer Group                                | Beachwood 9:00AM Independent Workout<br>11:00AM Grief Group<br>1:00PM Independent Workout<br>6:00PM Horticulture Therapy | Beachwood 9:00AM Independent Workout<br>11:00AM Chair One Fitness ●<br>12:00PM Exercise: Functional Movement<br>6:30PM Young Adults Group   | Beachwood 11:00AM Chair Zumba ●<br>12:30PM Restorative Motion ●<br>1:00PM Independent Workout | Online 9:00AM Yoga<br>10:00AM Qigong-Tai Chi  |
| Westlake 6:30PM Life After Cancer Group<br>6:30PM Adults with Cancer Group ●<br>6:30PM Caregiver Group                    | Westlake 12:00PM Exercise: Circuit Fusion<br>6:00PM Yoga   | Westlake 10:00AM Qigong-Tai Chi  | Westlake 11:00AM Yoga   | Westlake 1:00PM Horticulture Therapy  |   |
| Online 6:30PM Exercise: Warrior Workout   | Online 12:00PM Exercise: Functional Movement<br>12:30PM Life After Cancer Group<br>1:00PM Core for More<br>6:00PM LGBTQ+ Group | Online 12:30PM Balance for Improved Function<br>2:00PM Ovarian Cancer Group<br>6:30PM Exercise: Warrior Workout          | Online 12:00PM Full Body Bootcamp<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group  | Offsite 11:00AM Yoga Series at UH Brunner   |   |
|   |  |  |   |   |   |
| 26  | 27   | 28   | 29  | 30  | 31  |
| Beachwood 9:00AM Independent Workout<br>11:00AM Zumba Gold ●<br>12:30PM Exercise: How To ●<br>5:30PM Blood Cancer Group ● | Beachwood 9:00AM Independent Workout<br>10:00AM Yoga ●<br>6:30PM Grief Group   | Beachwood 9:00AM Independent Workout<br>1:00PM Independent Workout   | Beachwood 9:00AM Independent Workout<br>11:00AM Chair One Fitness ●<br>12:00PM Exercise: Functional Movement<br>3:30PM Needle Art Circle<br>6:30PM Adults with Cancer Group   | Beachwood 11:00AM Chair Zumba ●<br>12:30PM Restorative Motion ●<br>1:00PM Independent Workout |   |
| Online 6:30PM Exercise: Warrior Workout<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group                      | Westlake 12:00PM Exercise: Circuit Fusion<br>2:00PM Lung Cancer Group<br>6:00PM Yoga<br>6:00PM Grief Group                     | Westlake 10:00AM Qigong-Tai Chi<br>11:00AM Diet's Effects on Sleep   | Westlake 11:00AM Yoga   | Offsite 11:00AM Yoga Series at UH Brunner   |   |
|   | Online 12:00PM Exercise: Functional Movement<br>1:00PM Core for More   | Online 12:30PM Balance for Improved Function<br>3:30PM Pancreatic Cancer Group<br>6:30PM Exercise: Warrior Workout       | Online 12:00PM Full Body Bootcamp   |   |   |

February 2026

All programs are in EDT  
● Program offered both in-person and online

Registration is required.

216-595-9546  
touchedbycancer.org/calendar  
or SCAN the QR code to register



| Monday   | Tuesday   | Wednesday  |
|--|---|--|
| <div>Beachwood 9:00AM Independent Workout 11:00AM Zumba Gold ● 2</div> <div>Westlake 6:30PM Adults with Cancer Group ● 6:30PM Caregiver Group</div> <div>Online 6:30PM Exercise: Warrior Workout 6:30PM Guided Meditation</div>  | <div>Beachwood 9:00AM Independent Workout 10:00AM Yoga ● 6:30PM Sister Circle ● 3</div> <div>Westlake 12:00PM Exercise: Circuit Fusion 6:00PM Yoga 6:30PM YA Breast Cancer Group ●</div> <div>Online 12:00PM Exercise: Functional Movement 1:00PM Core for More</div>   | <div>Beachwood 9:00AM Independent Workout 1:00PM Independent Workout 4</div> <div>Westlake 10:00AM Qigong-Tai Chi</div> <div>Online 12:30PM Balance for Improved Function 6:30PM Exercise: Warrior Workout 6:30PM Parents: Support YA with Cancer</div>                                    |
| <div>Beachwood 9:00AM Independent Workout 11:00AM Zumba Gold ● 12:30PM Balance 101 ● 9</div> <div>Online 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</div>   | <div>Beachwood 9:00AM Independent Workout 10:00AM Yoga ● 6:00PM Letter to Self &amp; Art Response 6:30PM Life After Cancer Group 10</div> <div>Westlake 12:00PM Exercise: Circuit Fusion 2:00PM Grief Group 6:00PM Yoga</div> <div>Online 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:30PM Breast Cancer Group</div> | <div>Beachwood 9:00AM Independent Workout 1:00PM Independent Workout 11</div> <div>Westlake 10:00AM Qigong-Tai Chi 11:00AM Art for Healing &amp; Growth 6:00PM Sexual Health After Cancer ●</div> <div>Online 12:30PM Balance for Improved Function 6:30PM Exercise: Warrior Workout</div> |
| <div>Beachwood 9:00AM Independent Workout 9:00AM Power-ups &amp; Peace of Mind 11:00AM Zumba Gold ● 16</div> <div>Westlake 6:30PM Life After Cancer Group 6:30PM Adults with Cancer Group ● 6:30PM Caregiver Group</div> <div>Online 6:30PM Exercise: Warrior Workout 6:30PM Guided Meditation</div> | <div>Beachwood 9:00AM Independent Workout 10:00AM Yoga ● 6:00PM Metastatic Breast Cancer Group 17</div> <div>Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Eyebrow Class 6:00PM Yoga</div> <div>Online 12:00PM Exercise: Functional Movement 12:30PM Life After Cancer Group 1:00PM Core for More 6:00PM LGBTQ+ Group</div>        | <div>Beachwood 9:00AM Independent Workout 11:00AM Grief Group 1:00PM Independent Workout 6:00PM Drum Circle 18</div> <div>Westlake 10:00AM Qigong-Tai Chi</div> <div>Online 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 6:30PM Exercise: Warrior Workout</div>       |
| <div>Beachwood 9:00AM Independent Workout 11:00AM Zumba Gold ● 5:30PM Blood Cancer Group ● 23</div> <div>Online 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</div>  | <div>Beachwood 9:00AM Independent Workout 10:00AM Yoga ● 6:30PM Grief Group 24</div> <div>Westlake 12:00PM Exercise: Circuit Fusion 2:00PM Lung Cancer Group 6:00PM Yoga 6:00PM Grief Group</div> <div>Online 12:00PM Exercise: Functional Movement 1:00PM Core for More</div>  | <div>Beachwood 9:00AM Independent Workout 1:00PM Independent Workout 25</div> <div>Westlake 10:00AM Qigong-Tai Chi</div> <div>Online 12:30PM Balance for Improved Function 3:30PM Pancreatic Cancer Group 6:30PM Exercise: Warrior Workout</div>   |

“When you’re going through something that is so difficult words cannot describe, The Gathering Place is where you want to turn for support, information, kindness, compassion.”

TGP Participant

| Thursday   | Friday  | Saturday   |
|--|---|--|
| <div>Beachwood 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement 5</div> <div>Westlake 11:00AM Yoga</div> <div>Online 12:00PM Full Body Bootcamp 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</div>   | <div>Beachwood 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout 6</div> <div>Online 1:00PM Virtual Learning &amp; Cooking</div> <div>Offsite 11:00AM Yoga Series at UH Brunner</div>   | <div>Online 9:00AM Yoga 10:00AM Qigong-Tai Chi 7</div>   |
| <div>Beachwood 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement 5:15PM Prostate Partner's Partners 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Adults with Cancer Group 12</div> <div>Westlake 11:00AM Yoga</div> <div>Online 12:00PM Full Body Bootcamp 6:30PM Young Adults Group</div> | <div>Beachwood 11:00AM Singing Bowls ● 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout 13</div>   | <div>Beachwood 9:30AM Sibling Grief Group 9:30AM Family Grief Group 11:00AM Family Support 14</div> <div>Online 9:00AM Yoga 10:00AM Qigong-Tai Chi</div> |
| <div>Beachwood 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement 19</div> <div>Westlake 11:00AM Yoga</div> <div>Online 12:00PM Full Body Bootcamp 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</div>  | <div>Beachwood 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 3:00PM Needle Felting 20</div> <div>Westlake 10:30AM Older Adults Group</div> <div>Online 12:00PM Oral, Head &amp; Neck Group</div> <div>Offsite 11:15AM Aquatic Exercise 1:00PM Aquatic Exercise</div> | <div>Westlake 10:30AM Valentine's Brunch 21</div> <div>Online 9:00AM Yoga 10:00AM Qigong-Tai Chi</div>   |
| <div>Beachwood 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement 3:30PM Needle Art Circle 6:30PM Young Adults Group 6:30PM Adults with Cancer Group 26</div> <div>Westlake 11:00AM Yoga</div> <div>Online 12:00PM Full Body Bootcamp</div>  | <div>Beachwood 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout 27</div> <div>Westlake 3:00PM Needle Felting</div> <div>Offsite 11:15AM Aquatic Exercise 1:00PM Aquatic Exercise</div>   | <div>Online 9:00AM Yoga 10:00AM Qigong-Tai Chi 28</div>  |

# March 2026

All programs are in EDT  
● Program offered both in-person and online

Registration is required.

216-595-9546  
touchedbycancer.org/calendar  
or SCAN the QR code to register



| Monday   | Tuesday  | Wednesday   |
|--|--|---|
| <div>Beachwood 9:00AM Independent Workout 11:00AM Zumba Gold ●</div> <div>Westlake 6:30PM Adults with Cancer Group ● 6:30PM Caregiver Group</div> <div>Online 6:30PM Exercise: Warrior Workout 6:30PM Guided Meditation</div>                                | <div>Beachwood 9:00AM Independent Workout 10:00AM Yoga ● 11:30AM Ultimate Beginners Paint Party 6:30PM Sister Circle ●</div> <div>Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Pen &amp; Power 6:00PM Yoga 6:30PM YA Breast Cancer Group ●</div> <div>Online 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:30PM YA Writing Workshop</div> | <div>Beachwood 9:00AM Independent Workout 1:00PM Independent Workout</div> <div>Westlake 10:00AM Qigong-Tai Chi 6:30PM Art Therapy: Hope Totems</div> <div>Online 12:30PM Balance for Improved Function 6:30PM Warrior Workout 6:30PM YA Partners with Cancer Support</div>   |
| <div>Beachwood 9:00AM Independent Workout 11:00AM Zumba Gold ●</div> <div>Online 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</div>   | <div>Beachwood 9:00AM Independent Workout 6:30PM Life After Cancer Group</div> <div>Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Pen &amp; Power 2:00PM Grief Group 6:00PM Yoga</div> <div>Online 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:30PM Breast Cancer Group</div>  | <div>Beachwood 9:00AM Independent Workout 1:00PM Independent Workout</div> <div>Westlake 10:00AM Qigong-Tai Chi 11:00AM Art for Healing &amp; Growth</div> <div>Online 12:30PM Balance for Improved Function 6:00PM Areola Tattooing 6:30PM Exercise: Warrior Workout 6:30PM YA Partners with Cancer Support</div>                      |
| <div>Beachwood 9:00AM Independent Workout 11:00AM Zumba Gold ●</div> <div>Westlake 6:30PM Life After Cancer Group 6:30PM Adults with Cancer Group ● 6:30PM Caregiver Group</div> <div>Online 6:30PM Exercise: Warrior Workout 6:30PM Guided Meditation</div> | <div>Beachwood 9:00AM Independent Workout 10:00AM Yoga ● 6:00PM Metastatic Breast Cancer Group</div> <div>Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Pen &amp; Power 6:00PM Yoga</div> <div>Online 12:00PM Exercise: Functional Movement 12:30PM Life After Cancer Group 1:00PM Core for More 6:00PM LGBTQ+ Group</div>                                | <div>Beachwood 9:00AM Independent Workout 11:00AM Grief Group 1:00PM Independent Workout</div> <div>Westlake 10:00AM Qigong-Tai Chi</div> <div>Online 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 6:30PM Exercise: Warrior Workout 6:30PM YA Partners with Cancer Support</div>                                   |
| <div>Beachwood 9:00AM Independent Workout 11:00AM Zumba Gold ● 5:30PM Blood Cancer Group ●</div> <div>Online 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</div>   | <div>Beachwood 9:00AM Independent Workout 10:00AM Yoga ● 6:30PM Grief Group</div> <div>Westlake 1:00PM Pen &amp; Power 2:00PM Lung Cancer Group 6:00PM Yoga 6:00PM Grief Group</div> <div>Online 12:00PM Exercise: Functional Movement 1:00PM Core for More</div>  | <div>Beachwood 9:00AM Independent Workout 1:00PM Independent Workout 6:30PM Art Therapy: Paper Weaving</div> <div>Westlake 10:00AM Qigong-Tai Chi 11:00AM Intro to Hypnotherapy 5:30PM Family Pizza Night</div> <div>Online 12:30PM Balance for Improved Function 3:30PM Pancreatic Cancer Group 6:30PM Exercise: Warrior Workout</div> |
| <div>Beachwood 9:00AM Independent Workout 11:00AM Zumba Gold ● 6:00PM Communicating with Your Primary Care Physician ●</div> <div>Westlake 6:30PM Adults with Cancer Group ● 6:30PM Caregiver Group</div> <div>Online 6:30PM Exercise: Warrior Workout</div> | <div>Beachwood 9:00AM Independent Workout 10:00AM Yoga ●</div> <div>Westlake 12:00PM Exercise: Circuit Fusion 6:00PM Yoga 7:00PM Drum Circle</div> <div>Online 12:00PM Exercise: Functional Movement 1:00PM Core for More</div>  |   |

| Thursday  | Friday  | Saturday  |
|---|---|---|
| <div>Beachwood 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement</div> <div>Westlake 11:00AM Yoga</div> <div>Online 12:00PM Full Body Bootcamp 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</div>  | <div>Beachwood 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout 1:00PM Vinegar Making</div> <div>Offsite 11:15AM Aquatic Exercise 1:00PM Aquatic Exercise</div>  | <div>Online 10:00AM Qigong-Tai Chi</div>  |
| <div>Beachwood 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement 5:15PM Prostate Partner's Partners 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Adults with Cancer Group</div> <div>Westlake 11:00AM Yoga</div> <div>Online 12:00PM Full Body Bootcamp 6:30PM Young Adults Group</div> | <div>Beachwood 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout</div> <div>Westlake 11:00AM Singing Bowls ●</div> <div>Offsite 11:15AM Aquatic Exercise 1:00PM Aquatic Exercise</div>  | <div>Beachwood 9:30AM Family Grief Group 9:30AM Sibling Grief Group 11:00AM Family Support</div> <div>Online 10:00AM Qigong-Tai Chi</div> |
| <div>Beachwood 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement</div> <div>Westlake 11:00AM Yoga</div> <div>Online 12:00PM Full Body Bootcamp 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</div>  | <div>Beachwood 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout</div> <div>Westlake 10:30AM Older Adults Group</div> <div>Online 12:00PM Oral, Head &amp; Neck Group</div> <div>Offsite 11:15AM Aquatic Exercise 1:00PM Aquatic Exercise</div> | <div>Westlake 11:00AM Singing Bowls</div> <div>Online 9:00AM Yoga 10:00AM Qigong-Tai Chi</div>  |
| <div>Beachwood 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement 3:30PM Needle Art Circle 6:30PM Young Adults Group 6:30PM Adults with Cancer Group</div> <div>Westlake 11:00AM Yoga</div>   | <div>Beachwood 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout</div>  | <div>Online 9:00AM Yoga 10:00AM Qigong-Tai Chi</div>  |
|   |   |   |

# The Gathering Place

The Arnold & Sydell Miller Family Campus  
23300 Commerce Park,  
Beachwood, Ohio 44122

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

## Inside! Program Guide

January | February | March

## Ways to Give.



Programs and services of The Gathering Place are free for participants but are not free to provide. Please consider making a donation to help us continue offering these opportunities to those on a cancer journey.

Find out more at [touchedbycancer.org/donate](https://touchedbycancer.org/donate).



TGP's Vintage Furnishings Warehouse conducts monthly sales in Warrensville Heights. Our volunteers make this all possible by donating their time and effort. The resale shop relies solely on donated pre-loved, high-quality items for us to resell. The proceeds collected during our sales benefit The Gathering Place's mission.

Contact Ellen Velez at [TGPWarehouse@touchedbycancer.org](mailto:TGPWarehouse@touchedbycancer.org) for dates and information.

## Ways to Connect.

216-595-9546  
[touchedbycancer.org](https://touchedbycancer.org)



### TGP East

The Arnold & Sydell Miller Family Campus  
23300 Commerce Park  
Beachwood, Ohio 44122

### TGP West

The Sandy Borrelli Center  
25425 Center Ridge Road  
Westlake, Ohio 44145