



Fall

2025

OCTOBER • NOVEMBER • DECEMBER



SUPPORTING THOSE TOUCHED BY CANCER

WELCOME!

New to The Gathering Place?

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

ONLINE & IN-PERSON PROGRAMS FOR:

Children • Teens • Young Adults (YA)
Families • Adults



The **Gathering Place's mission** 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

provided free of charge.

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 one-on-one support, group connections, health and wellness classes, or resources for your family, we're here for you.



OUR OFFICES

PHONE: 216-595-9546

OFFICE HOURS

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

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

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

Holiday Office Hours: 10:00am–3:00pm, December 23, 26, 29, 30

Offices will be closed on December 24, 25, 31, and January 1

For a complete list of programs and to register, visit touchedbycancer.org/calendar.

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

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



ONLINE



BEACHWOOD



WESTLAKE



WELLNESS CENTER*



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.

*We're Moving! As of November 1, our Wellness Center is moving across the street to our Beachwood office.

PARTICIPANT NAVIGATORS

navigator@touchedbycancer.org
216-455-1507



RHONDA BRANCHE



KIM DAY



STEVI GUTIN

MEET THE TEAM

CHIEF PROGRAM OFFICER



KAREN HATFIELD

LPMT, MT-BC, CHPCA
hatfield@touchedbycancer.org
216-455-1517

PROGRAM STAFF



SARAH AXNER GILMORE

MSSA, LSW
gilmore@touchedbycancer.org
216-455-1516



EILEEN COAN

MA, MLS
Medical Librarian
coan@touchedbycancer.org
216-455-1504



BRITTANI DAVIS

MA, LPCC-S, LICDC
davis@touchedbycancer.org
216-455-1528



MARY FISHER-BORNSTEIN

LISW-S
bornstein@touchedbycancer.org
216-455-1506



SUSAN MARINAC

MSSA, LISW-S
marinac@touchedbycancer.org
216-455-1512



SYDNEY ROBERTS

MA, NCC, LPC, CPPN
Community Program Manager
roberts@touchedbycancer.org
216-455-1520



KARELYS ORTIZ SANTIAGO

MSW, LSW
santiago@touchedbycancer.org
216-455-1508



SHERMELLE SCHAFFER

MSM, MSCM
Community Program Coordinator
schaffer@touchedbycancer.org
216-455-1501

MOVEMENT & NUTRITION



STEPHEN CERNE

NSCA-CPT, ACSM/ACS-CET
cerne@touchedbycancer.org
216-455-1503



SANDY CONOCHAN

ATC, PTA, CES
conochan@touchedbycancer.org
216-455-1529



STEPHANIE HOPKINS

MS, RDN, LD
Nutrition Program Staff
hopkins@touchedbycancer.org
216-455-1525

TGP KIDS



WHITNEY HADLEY

MA, MSW, LSW, OSW-C
Child, Teen and Young Adult
Program Manager
hadley@touchedbycancer.org
216-455-1522



MICHELLE MILLER

LISW-S, ACHP-SW
mmiller@touchedbycancer.org
216-455-1521

ONGOING MOVEMENT PROGRAMS

PROGRAM DETAILS KEY:



ONLINE



BEACHWOOD



WESTLAKE



WELLNESS CENTER



OFF SITE

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

BALANCE FOR IMPROVED FUNCTION

Exercise class that builds on balance, stability and body awareness.

WEDNESDAYS: 12:30-1:00PM ● *RECORDINGS AVAILABLE

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

CHAIR ONE FITNESS

Fun, chair-based dance fitness class that helps improve posture, strengthen shoulders, lubricate knee joints, and increase flexibility.

THURSDAYS: 11:00-11:45AM ●●

Anita Bartel

CHAIR ZUMBA

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 ●● *RECORDINGS AVAILABLE

Higo Gabarron

WILL NOT BE HELD ON 12/19

OPEN GYM

Attend an orientation and work out on your own.

TUESDAYS & THURSDAYS THROUGH OCT 31: 8:30-10:30AM ●●

TUESDAYS & THURSDAYS BEGINNING NOV 1: 9:00-11:00AM ●● *NEW TIME

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 *RECORDINGS AVAILABLE

MONDAYS: 6:30-7:15PM ●

WEDNESDAYS: 6:30-7:15PM ●

CIRCUIT FUSION WITH SANDY

TUESDAYS: 12:00-12:45PM ●●

FUNCTIONAL MOVEMENT WITH STEPHEN

TUESDAYS: 12:00-12:45PM ●● *RECORDINGS AVAILABLE

THURSDAYS THROUGH OCT 31: 12:00-12:45PM ●●

THURSDAYS BEGINNING NOV 1: 12:00-12:45PM ●●

BODY BALANCE BOOTCAMP WITH SANDY

THURSDAYS: 12:00-12:45PM ●● *RECORDINGS AVAILABLE

CORE FOR MORE STABILITY & BALANCE

The "core" is made up of muscles that are responsible for proper posture, efficient, functional movement, balance, and stability.

TUESDAYS: 1:00-1:30PM ●● *RECORDINGS AVAILABLE

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

QIGONG-TAI CHI

Reduce stress & improve balance.

WEDNESDAYS: 10:00-11:00AM ●●

SATURDAYS: 10:00-11:00AM ●● *WILL NOT BE HELD ON 11/1

Jeannie Koran

RESTORATIVE MOTION

A slow flow stretching and yoga-based program.

FRIDAYS THROUGH OCT 31: 12:30-1:00PM ●●

FRIDAYS BEGINNING NOV 1: 12:30-1:00PM ●●

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

YOGA

A gentle flow class appropriate for all levels.

TUESDAYS WITH LISA: 10:00-11:00AM ●●

TUESDAYS WITH MURRAY: 6:00-7:00PM ●●

THURSDAYS WITH JEN: 11:00AM-12:00PM ●●

SATURDAYS WITH LISA: 9:00-10:00AM ●● *WILL NOT BE HELD ON 11/29

ZUMBA GOLD

Move at your own pace while dancing to Latin rhythms in this low impact, low intensity class.

MONDAYS: 11:00-11:45AM ●● *WILL NOT BE HELD ON 12/22

Higo Gabarron

ONGOING ADULT SUPPORT GROUPS

*PLEASE NOTE: CHANGE IN REGULAR SCHEDULE

All support groups require registration and screening with the facilitator before attending the first session.

Register by visiting our website at touchedbycancer.org/calendar or call our Participant Navigators at 216-455-1507.

ALL CANCERS

GROUP FOR ADULTS WITH CANCER

Brittani Davis, 216-455-1528

Mondays, 6:30-8:00pm

Oct 6 & 20, Nov 3 & 17, Dec 1, 15 & 22 ●●

Oct 13 & 27, Nov 10 & 24, Dec 8 ●●

GROUP FOR ADULTS WITH CANCER

Sarah Axner Gilmore, 216-455-1516

Thursdays, 6:30-8:00pm

Oct 2, 16 & 30, Nov 13, Dec 4 & 18 ●●

Oct 9 & 23, Nov 6 & 20, Dec 11 ●●

GROUP FOR YOUNG ADULTS

Whitney Hadley, 216-455-1522

Oct 9, Nov 13, Dec 11, 6:30-7:30pm ●●

Oct 23, Nov 24, Dec 22, 6:30-8:00pm ●●

GROUP FOR CAREGIVERS

Susan Marinac, 216-455-1512

Mondays, 6:30-8:00pm

Oct 6 & 20, Nov 3 & 17, Dec 1 & 15 ●●

Oct 13 & 27, Nov 10 & 24, Dec 8 & 22 ●●

Karelys Ortiz Santiago 216-455-1508

Thursdays, 6:30-8:00pm

Oct 9 & 23, Nov 6 & 20, Dec 11 ●●

LGBTQ+ GROUP

Brittani Davis, 216-455-1528

Oct 21, Nov 18, Dec 16, 6:00-7:00pm ●●



LIFE AFTER CANCER TREATMENT GROUP

Sydney Roberts, 216-455-1520

Oct 14, Nov 11, Dec 9, 6:30-8:00pm ●●

Karelys Ortiz Santiago 216-455-1508

Oct 21, Nov 18, Dec 16, 12:30-1:30pm ●●

Whitney Hadley, 216-455-1522

Oct 20, Nov 17, Dec 15, 6:30-8:00pm ●●

OLDER ADULTS GROUP

Karen Hatfield, 216-455-1517

Oct 10, Nov 21, Dec 19, 10:30am-12:00pm ●●

SISTER CIRCLE: FOR AFRICAN AMERICAN WOMEN WITH CANCER

Sydney Roberts, 216-455-1520

Oct 7, Nov 4, Dec 2, 6:30-8:00pm ●●

CANCER SPECIFIC

BLOOD CANCER GROUP

Mary Fisher Bornstein, 216-455-1506

Stevie Gutin

Oct 27, Nov 24, 5:30-7:00pm ●●

LUNG CANCER SUPPORT GROUP

For those with a lung cancer diagnosis

Susan Marinac, 216-455-1512

Oct 28, Nov 25, 2:00-3:30pm ●●

ORAL, HEAD AND NECK CANCER SUPPORT GROUP

Brittani Davis, 216-455-1528

Oct 17, Nov 21, Dec 19, 12:00-1:00pm ●●

OVARIAN CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512

Oct 15, Nov 19, Dec 17, 2:00-3:30pm ●●

PANCREATIC CANCER GROUP

Sydney Roberts, 216-455-1520

Oct 22, Nov 26, 3:30-4:30pm ●●

PROSTATE PARTNERS

For individuals diagnosed with prostate cancer and their loved ones.

Mary Fisher Bornstein, 216-455-1506

Oct 9, Nov 13, Dec 11 ●●

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

BREAST CANCER SUPPORT

BREAST CANCER SUPPORT GROUP

Eileen Coan, 216-455-1504

Oct 14, Nov 11, Dec 9, 6:30-8:00pm ●●

YOUNG ADULTS BREAST CANCER GROUP

Susan Marinac, 216-455-1512

Oct 7, Nov 4, Dec 2, 6:30-8:00pm ●●

METASTATIC BREAST CANCER GROUP

Sarah Axner Gilmore, 216-455-1516

Oct 21, Nov 18, Dec 16, 6:00-7:30pm ●●

GRIEF & LOSS

ADULT GRIEF SUPPORT

Karelys Ortiz Santiago, 216-455-1508

Oct 14, Nov 11, Dec 9, 2:00-3:30pm ●●

ADULT GRIEF SUPPORT

Karelys Ortiz Santiago, 216-455-1508

Oct 28, Nov 25, Dec 17, 6:00-7:30pm ●●

ADULT GRIEF SUPPORT

Brittani Davis, 216-455-1528

Oct 8, Nov 19, Dec 17, 11:00am-12:30pm ●●

ADULT GRIEF SUPPORT

Brittani Davis, 216-455-1528

Oct 28, Nov 25, Dec 17, 6:30-8:00pm ●●

INDIVIDUAL SERVICES

- 1:1 Support
- Medical librarian services
- Financial and legal consults
- 1:1 Nutrition consults
- Wig salon appointments
- Reiki and Reflexology

INFORMATION & EDUCATION

PROGRAM DETAILS KEY:

 ONLINE
  BEACHWOOD
  WESTLAKE
  OFF SITE

ALL PROGRAMS ARE EDT TIME



All programs require registration.

Visit our website or call our Participant Navigators to register.

MOVING FORWARD

A 6-week program for individuals currently in treatment or who have finished treatment in the last year. It involves a weekly support group, twice-weekly fitness training, and 3 healthy interactive nutrition sessions. **Detailed schedule provided upon registration.**

MARY FISHER BORNSTEIN, LISW-S

CARL HARMON, NSCA-CPT

LAUREN TUROFF, PT, DPT, RD, LD

ORIENTATION: MON, SEPT 29, 5:30-6:30PM

MONDAYS & WEDNESDAYS: 5:30-7:45PM

MON, OCT 6 - WED, NOV, 12 

UNDERSTANDING OPTIONS IN PALLIATIVE CARE AND HOSPICE

Understanding your options is key to feeling comfortable with decisions related to your care. Join us for a discussion of palliative care and hospice, including the benefits, what to expect, and common misconceptions.

KRISTINA LESTER, MSN, APRN, FNP-BC, FNP-C, ACHPN

WED, OCT 8, 6:00-7:30PM 

UNDERSTANDING LYMPHEDEMA

Learn the definition of lymphedema, causes, risk factors and treatment options. Familiarize yourself with lymphedema garments. Patients and caregivers are encouraged to attend.

CATHY JEWELL, OTR/L

THURS, OCT 23, 12:00-1:30PM 

CANCER REHABILITATION: A PATH TOWARD WELLNESS

Join us for an informative and supportive session led by a specialized Oncologic Rehabilitation Physician to learn about Cancer Rehabilitation. Whether you are newly diagnosed, undergoing treatment, or navigating survivorship, cancer rehabilitation focuses on helping you improve your function and quality of life.

EILEEN SLAVIN, DO, MPH

WED, OCT 29, 6:00-7:00PM 



MENTAL HEALTH AND CANCER: CARING FOR YOUR EMOTIONAL WELL-BEING

A cancer diagnosis affects more than just the body—it impacts the mind, emotions, and relationships. Join us for a supportive and educational class led by a licensed psychologist specializing in psycho-oncology to explore the emotional side of cancer for both patients and caregivers.

ERIN RAFTER, PHD

THURS, NOV 6, 12:00-1:00PM 

UNDERSTANDING AND APPLYING FOR DISABILITY BENEFITS

Navigating the disability benefits system can be overwhelming, especially when you're focused on your health. This class is designed to help patients in Ohio understand the process of applying for disability benefits through the Social Security Administration.

ALLYSON COLEMAN, MSW, LISW

WED, NOV 12, 6:00-7:00PM 

SELF-CARE ESSENTIALS FOR CAREGIVERS

In honor of National Family Caregivers Month, we will focus on the importance of self-care for caregivers of loved ones with cancer. Learn simple strategies to prevent burnout, set boundaries, and stay well. Prioritizing your own well-being empowers you to better support your loved one throughout their journey.

KARELYS ORTIZ SANTIAGO, MSW, LSW

MON, NOV 17, 12:00-1:00PM 

HOLIDAY GRIEF PROGRAMS


HOPE FOR THE HOLIDAYS: NAVIGATING GRIEF AFTER LOSS

The holiday season can be difficult when you have had a recent loss of a loved one. We will learn helpful coping tips and gain support.

SUSAN MARINAC, MSSA, LISW-S

THURS, NOV 20, 12:00-1:00PM 

KAREN HATFIELD, LPMT, MT-BC, CHPCA

TUES, DEC 2, 6:00-7:00PM 

HOLIDAY REMEMBRANCE: HONORING OUR LOVED ONES

We invite you to a special holiday remembrance for those who have lost a loved one to cancer. Bring a photo of your loved one to frame and honor their memory. In a gentle, supportive space, we'll decorate picture frames and reflect on the love that continues through the season.

KARELYS ORTIZ SANTIAGO, MSW, LSW

MON, DEC 15, 2:00-3:30PM 




APPNA-NEO
Association of Physicians of Pakistani-Descent of North America
North East Ohio Chapter

UPDATES ON STEM CELL TRANSPLANT

Learn the newest advancements in stem cell transplants for cancer care.

FAIZ ANWER, MD

Director, Inpatient Myeloma/Lymphoma Service
Professor of Medicine, Lerner School of Medicine,
Cleveland Clinic

WED, OCT 22, 6:00-7:00PM 

UPDATES ON COLORECTAL CANCER

Gain insight into the latest developments in colorectal cancer treatment.

EHSAN BALAGAMWALA, MD

Gastrointestinal Radiation Oncology, Cleveland Clinic


WED, NOV 26, 6:00-7:00PM 

UPDATES ON CAR T-CELL THERAPIES

This program will provide an overview of CAR T-Cell therapies and their role in cancer treatment.

AROOJ AHMED, MD

Hematology and Oncology Fellow PGY-5
Cleveland Clinic, Taussig Cancer Institute

WED, DEC 17, 6:00-7:00PM 

PROSTATE CANCER FORUM

Free event for individuals diagnosed with prostate cancer, adult support and care partners, and healthcare professionals.

SATURDAY, NOV 1, 9:00AM-2:00PM 

Location: SITE Centers 3333 Richmond Rd.
Beachwood, OH 44122

TOPICS

PROSTATE CANCER... WHAT YOU NEED TO KNOW

CARVELL NGUYEN, MD

PANEL DISCUSSION: TREATMENT OPTIONS

SCOTT LUNDY, MD, PHD

PARTEEK MENDIRATTA, MD

DANIEL SPRATT, MD

THE ROLE OF GENETICS IN PROSTATE CANCER

RANDY VINCE, MD

SELF-CARE... IT MATTERS!

MARY FISHER BORNSTEIN, LISW-S

MOVEMENT AND NUTRITION

STEPHEN CERNE, NSCA-CPT, ACSM/ACS-CET

LAUREN TUROFF, PT, DPT, RDN, LD

NAVIGATING RELATIONSHIPS AND INTIMACY

R. BRIAN DENTON, PSYD



SCAN THE QR CODE

or visit our website to register

NEWLY DIAGNOSED?



Call us to schedule an individual session to discuss common questions and options in cancer care.

EILEEN COAN, MA, MLS

216-455-1504

NUTRITION

*RECIPES IN COOKING CLASSES MAY CONTAIN COMMON FOOD ALLERGENS

PROGRAM DETAILS KEY:

● ONLINE
B BEACHWOOD
W WESTLAKE
● OFF SITE

ALL PROGRAMS ARE EDT TIME

★ STAY UP TO DATE ON NUTRITION

by subscribing to the monthly nutrition newsletter.



CHAT WITH THE DIETITIAN

Adults with cancer and caregivers join this monthly nutrition discussion. We share recipes, review topics of interest, and the latest news around cancer and diet. A different topic is covered in discussion each month. Subscribe to newsletter for more information on the current month's topic.

STEPHANIE HOPKINS, MS, RDN, LD

FRI, OCT 3, 11:00AM-12:00PM B ●

FRI, NOV 7, 11:00AM-12:00PM W ●

FRI, DEC 5, 11:00AM-12:00PM B ●

COOKING WITH WINTER SQUASH (COOKING CLASS)

Winter squash – with many varieties like butternut, acorn, delicata, kabocha squash, and more – is a widely available staple come fall in Northeast Ohio. Join this cooking class to learn about how winter squash provides nutrients such as vitamin C and beta-carotene to your plate to help reduce cancer risk and support survivorship. Enjoy creating and tasting a number of different recipes featuring winter squash in tasty fall dishes.

STEPHANIE HOPKINS, MS, RDN, LD

WED, OCT 15, 11:00AM- 12:30PM B ●

WED, OCT 15, 6:00-7:30PM B ●

SAT, OCT 18, 11:00AM- 12:30PM W ●

VIRTUAL NUTRITION LEARNING + COOKING DEMO

Join this program to explore different nutrition and cancer topics. Gain knowledge and resources to empower your food choices. After reviewing research on a topic, watch a cooking demonstration to add to your recipe collection.

STEPHANIE HOPKINS, MS, RDN, LD

FRIDAYS, 11:00AM-12:00PM ●

OCT 17 - Breast Cancer Survivor Diet – American Institute for Cancer Research Summary

DEC 12 - Mediterranean Diet

WEIGHT MANAGEMENT SERIES: NAVIGATING UNINTENDED WEIGHT CHANGES

STEPHANIE HOPKINS, MS, RDN, LD

PART 1: TIPS TO HELP GAIN WEIGHT

Cancer and cancer treatment can cause unintended weight and muscle loss, which can lead to feelings of distress, weakness, and malnutrition. It may be helpful to gain weight to preserve muscle and function of daily activities. Learn about tips to gain weight in a healthful manner and ideas on how to do so when managing a diminished appetite.

WED, NOV 19, 3:00-4:00PM ●

PART 2: TIPS TO HELP LOSE WEIGHT

Cancer and cancer treatment can cause unintended weight gain, which can impact movement, physical comfort, and risk of other health problems. Learn tips to help maintain weight, prevent additional gains, and lose weight in a healthful manner while shifting body composition.

WED, DEC 17, 3:00-4:00PM ●

WHOLESUME HOLIDAY DISHES (COOKING CLASS)

Wholesome applies to what benefits, builds up, or sustains physical, mental, or spiritual wellbeing according to the Merriam-Webster dictionary. Holiday meals can be just that – some dishes may fulfill one area of wellbeing while others may touch upon all three. Join this cooking class to discuss how to balance and enjoy all types of holiday dishes – those traditionally considered “healthy” and those that are healthy for the soul. Make and taste test recipes to add to your next holiday gathering.

STEPHANIE HOPKINS, MS, RDN, LD

SAT, NOV 8, 11:00AM-12:30PM W ●

WED, NOV 12, 11:00AM-12:30PM B ●

WED, NOV 12, 6:00-7:30PM B ●

MOCKTAILS FOR WINTER FUN

Celebrate the upcoming winter holidays with a mocktail in hand! Reducing alcohol consumption can help lower cancer risk and other health problems like liver and heart disease while improving energy levels and sleep. Join this program to learn how to make delicious mocktails flavored with warming spices such as cinnamon, allspice, star anise, and more to support your health. Cheers!

STEPHANIE HOPKINS, MS, RDN, LD

KAREN KENNEDY, HTR

FRI, NOV 14, 1:30-3:00PM B ●

COOKING WITH OMEGA 3S (COOKING CLASS)

Omega-3 fatty acids are a type of polyunsaturated fat found in fatty fish and certain nuts, seeds, beans, and oils. Omega-3s are generally known for their anti-inflammatory properties, which may help lower cancer risk. Join this cooking class to learn how to incorporate omega-3 rich ingredients into your recipes and how omega-3s can benefit health.

STEPHANIE HOPKINS, MS, RDN, LD

WED, DEC 10, 11:00AM- 12:30PM B ●

WED, DEC 10, 6:00-7:30PM B ●

SAT, DEC 13, 11:00AM-12:30PM W ●

MOVEMENT

See page 3 for ongoing movement classes.



HIKE & SNACK

Pair exercise, nutrition, and socialization together at a local park. Learn how to utilize food to fuel the body and aid in muscle recovery.

SANDY CONOCHAN, ATC, PTA, CES
STEPHANIE HOPKINS, MS, RDN, LD

TUES, OCT 7, 1:30-2:30PM ●

Location: Rocky River Reservation Nature Center, 24000 Valley Parkway, North Olmsted, OH 44070

STEPHEN CERNE, NSCA-CPT, ACSM/ACS-CET

MON, OCT 13, 6:00-7:30PM ●

Location: Ohio and Erie Canal Reservation Metroparks Nature Center
4524 East 49th St. Cuyahoga Falls, 44125

FOUNDATIONS OF AQUATIC EXERCISE SERIES

Participants will 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. First priority will go to those with cancer diagnosis/survivors and/or those who have not yet had the opportunity to participate in this program.

UH AVON

1997 Healthway Dr., Avon, OH 44011

ASHLEY SANCHEZ, ISSA, CPT

FRIDAYS, 11:15AM-12:15PM ●
OCT 3, 10, 17, 24 & 31

KING DAVID AQUATIC CENTER

27300 Cedar Rd, Cleveland, OH 44122

LAUREN CARVER, ACSM
Certified Exercise Physiologist

FRIDAYS, 1:00-2:00PM ●
OCT 3, 10, 17, 24 & 31

YOGA SERIES AT UH BRUNNER FITNESS CENTER

Yoga is a gentle, mind-body practice. The classes include physical postures and movement to improve strength, mobility, range of motion, balance and circulation. Breathing practices are used for better respiration, while meditation and other relaxation techniques are used to help manage stress and anxiety to enhance well-being. Each class offers modifications to meet fluctuations in physical ability and energy level throughout the cancer journey.

KIMBERLY WRIGHT, PHD, CYT 200, CYT YIN

THURSDAYS, 10:00-11:00AM

OCT 9, 16, 23 & 30, NOV 6

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



ONLINE



BEACHWOOD



WESTLAKE



OFF SITE

ALL PROGRAMS ARE EDT TIME

Support Groups and programs for families with young children.
Registration required for all children and family programs.
Please email kids@touchedbycancer.org



CONNECTIONS: SUPPORT FOR FAMILIES AFFECTED BY CHILDHOOD CANCER

This interactive and creative group is designed to connect and support the entire family (caregivers, children, and siblings) in coping with the impact of cancer. Families can also connect with each other to know they are not alone in this experience.

SATURDAYS, 11:00AM-12:00PM 
OCT 11, NOV 8, DEC 13

CONNECTIONS: PARENT GROUP

Group for parents or caregivers of a child or teen with cancer.

THURSDAYS, 7:30-8:30PM 
OCT 16, NOV 20, DEC 18

FAMILY GRIEF GROUP

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 
OCT 11, NOV 8, DEC 13

SIBLING GRIEF GROUP

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

SATURDAYS, 9:30-10:30AM 
OCT 11, NOV 8, DEC 13

FAMILY SUPPORT GROUP

Groups for families with an adult with cancer, using art, play and discussion to process emotion and enhance coping skills as a family.

SATURDAYS, 11:00AM-12:00PM 
OCT 11, NOV 8, DEC 13


BROWNS WATCH PARTY & OPEN HOUSE

Bring the family and come cheer on the Browns at The Gathering Place! Enjoy some pizza and fun for the whole family.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C
SUN, NOV 9, 12:30-4:00PM 

KIDS ONLY HOLIDAY PJ PARTY

Kids – keep your jammies on and join us for a pajama party at TGP! Pajama party fun in the afternoon with movies, dancing, and crafts. Grown-ups can use this time to holiday prep, shop, or nap! Leave the partying and the kids to TGP!

WHITNEY HADLEY, MA, MSW, LSW, OSW-C
MICHELLE MILLER, LISW-S, ACHP-SW
SAT, DEC 6, 1:00-4:00PM 



LOOKING FOR TEEN SUPPORT?

Reach out to:

Whitney Hadley, MA, MSW, LSW, OSW-C
Child, Teen and Young Adult Program Manager
216-455-1522

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


ADOLESCENTS & YOUNG ADULTS (YA)

ADOLESCENTS: AGES 13-17 | YA: AGES 18-45





YA GROUP: FINDING MEANING

Join this 5-week group to explore meaning, legacy, and identity before, during, and after cancer.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C
WEDNESDAYS, 6:30-7:30PM 
OCT 1, 8, & 15

YA BREAST CANCER GROUP

Group for individuals in their 20's, 30's & 40's who have been diagnosed with breast cancer.

SUSAN MARINAC, MSSA, LISW-S
TUESDAYS, 6:30-8:00PM  
OCT 7, NOV 4, DEC 2


YA GROUP

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

WHITNEY HADLEY, MA, MSW, LSW, OSW-C
THURSDAYS, 6:30-7:30PM 
OCT 9, NOV 13, DEC 11
THURS, OCT 23 6:30-8:00PM 
MON, NOV 24 6:30-8:00PM*  *DATE CHANGE
MON, DEC 22 6:30-8:00PM*  *DATE CHANGE


CANCER-RELATED COGNITIVE IMPAIRMENT IN YOUNG ADULTS

Cancer-related cognitive impairment (CRCI) aka "chemo brain" impacts up to 75% of all cancer survivors at some time during their cancer experience. Learn what CRCI is, why it happens, and what you can do about it. We'll also discuss why we're changing the name and share strategies that you can use to help combat these frustrating symptoms, making your life a little easier.

ALIQUE TOPALIAN, PHD, MPH
Research Scientist
University of Cincinnati Cancer Center
MON, OCT 20, 6:30-7:30PM 

EMBODIED

A four-week series to address changes in body image over the course of cancer diagnosis, treatment and post-treatment.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C
WEDNESDAYS, 6:30-8:00PM 
OCT 29, NOV 5, 12 & 19

BROWNS WATCH PARTY & OPEN HOUSE


Bring the family and come cheer on the Browns at The Gathering Place! Enjoy some pizza and fun for the whole family.

Teens – your friends are welcome to come with you!

WHITNEY HADLEY, MA, MSW, LSW, OSW-C
SUN, NOV 9, 12:30-4:00PM 

ASK ME ANYTHING

Adulting is messy. Cancer complicates it. Ask Me Anything is a safe, supportive, and judgment-free space where young adults can come together to ask the real questions and discuss navigating young adulthood when cancer care seems to get in the way of "normal." This time we will focus on friendship, partnered relationships, sex and intimacy. **Please use the QR code to submit your questions in advance.**

BRITTANI DAVIS, MA, LPCC-S, LICDC, CST
WED, DEC 3, 6:30-7:30PM 



CREATIVE ARTS & MEDITATION

PROGRAM DETAILS KEY:

● ONLINE ● B BEACHWOOD ● W WESTLAKE ● OFF SITE ALL PROGRAMS ARE EDT TIME

GUIDED MEDITATION

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

EILEEN COAN, MA, MLS

MONDAYS, 6:30-7:15PM ●

OCT 6 & 20, NOV 3 & 17, DEC 1 & 15



SINGING BOWLS (SOUND BATH)

Immerse yourself in the healing power of sound on this relaxing journey using the highest-grade Crystal Alchemy Singing Bowls. This full body relaxation experience will help with stress, tension, sleeplessness, anxiety, depression, grief, physical pain, and more.

BECKY HOPP, CERTIFIED SOUND HEALER

FRIDAYS, 11:00AM-12:00PM

OCT 3 ●

NOV 7 ●

DEC 12 ●

THE NEEDLE ART CIRCLE

Join us for a relaxing and creative gathering where knitting, crochet, and needlepoint come together. Offering a space for creativity, relaxation, peer connection and support – we're here to stitch, share, and care. Participants are encouraged to bring their own projects and create at their own pace in a relaxed and caring environment. This is not an instructional class. Please bring your own materials.

SARAH AXNER GILMORE, MSSA, LSW

THURSDAYS, 3:30-5:00PM ●

OCT 16, NOV 13, DEC 18

All TGP programs
and services are
free of charge.

ART STUDIO

Discover your creativity.
No experience needed!

CANVAS AND PALETTE TIPS & TRICKS FOR BETTER PAINTINGS

Understanding color and composition are key to creating more interesting paintings. During this class you'll learn how to tone a canvas and create custom colors using the color wheel while creating a piece of art to take home.

TRINA GIGAX

TUES, OCT 14, 11:30AM-1:00PM ●

DOT PAINTING

Experience the calming, meditative practice of dot painting as you create your own work of art. This gentle art form encourages relaxation, focus, and emotional expression—no art experience needed. All materials provided. Feel free to bring your own items with a flat surface to embellish.

SARAH AXNER GILMORE, MSSA, LSW

TUES, NOV 11, 11:30AM-1:00PM ●

EILEEN COAN, MA, MLS

FRI, NOV 14, 11:00AM-12:30PM ●

ULTIMATE BEGINNERS PAINT PARTY

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

DEBBIE MORICH

TUES, DEC 9, 11:30AM-1:00PM ●

ART THERAPY: ZENTANGLE

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns known to reduce stress and slow breathing. Markers and pens will be used to create detailed designs.

BRI LOVE, LPAT, ATR-BC

Art Therapy Studio

WED, OCT 22, 6:30-8:00PM ●

HORTICULTURE THERAPY: TEACUP MINI GARDEN

When the life's formalities get stressful, it is time to take a moment to pause. We'll create a tiny garden in a teacup to celebrate the small blessings in the midst of treatment and how to balance all the demands of the season. Pinkies up! Teacup and supplies will be provided.

KAREN KENNEDY, HTR

WED, NOV 5, 6:00-7:30PM ●

FRI, NOV 7, 12:00-1:30PM ●

ART THERAPY: WATERCOLOR AFFIRMATIONS

Using a wax crayon and watercolor technique, create affirmations that support you through your cancer journey. No painting experience needed.

GABRIELLE COOPER, MA, LPC, ATR-P

Art Therapy Studio

WED, NOV 19, 6:30-8:00PM ●

STILL ME: A SELF-PORTRAIT PHOTOGRAPHY WORKSHOP

A successful portrait can tell a story, show key elements of identity, capture a moment in time, and shine a light on a subject's personality. This workshop will explore using photography as a means for people with cancer and cancer survivors to represent elements of their identities, personalities, and experience. Using personal smartphones and on-hand art materials, participants will create a self-portrait that will be printed to take home at the end of the day. Participants need to bring a smartphone or tablet with camera capability. No experience needed. Lunch provided. Limited to 10 participants. Register today!

ANDREW SOUTHAM, PHOTOGRAPHER

TIMOTHY GILLIGAN, MD

SAT, NOV 15, 10:00AM-3:00PM ●

INTRODUCTION TO JOURNALING

Join our online workshop using short writing prompts as an introduction to journaling as a form of self-care. No experience required and all are welcome.

SARAH AXNER GILMORE, MSSA, LSW

WED, DEC 3, 6:00-7:00PM ●

HOLIDAY REMEMBRANCE: HONORING OUR LOVED ONES

We invite you to a special holiday remembrance for those who have lost a loved one to cancer. Bring a photo of your loved one to frame and honor their memory. In a gentle, supportive space, we'll decorate picture frames and reflect on the love that continues through the season.

KARELYS ORTIZ SANTIAGO, MSW, LSW

MON, DEC 15, 2:00-3:30PM ●

VISIT OUR ART GALLERIES ★

Stop by the **Bornstein Art Gallery** at our **Beachwood office** and the **Moses Art Gallery** at our **Westlake office** to explore our latest art gallery installations. Galleries are open during office hours. Scan the QR code to sign up for art gallery updates and art reception information.



OCTOBER

PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: *IN-PERSON AND ONLINE

BEACHWOOD
WESTLAKE
ONLINE ONLY

OFFSITE
WELLNESS CENTER

ADVANCE REGISTRATION REQUIRED.

216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR



Scan the QR code with your smartphone camera to register for our upcoming programs and events.

MON	TUES	WED	THURS	FRI	SAT
<p>★</p> <p>25TH ANNIVERSARY REUNION OPEN HOUSE</p> <p>SUNDAY, OCT 5, 1:00-3:00PM</p>		<p>1</p> <p>10:00AM Qigong-Tai Chi</p> <p>12:30PM Balance for Improved Function</p> <p>5:30PM Moving Forward</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM YA Group: Finding Meaning</p>	<p>2</p> <p>8:30AM Open Gym</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>6:30PM Adults with Cancer Group</p>	<p>3</p> <p>11:00AM Chair Zumba*</p> <p>11:00AM Chat with the Dietitian*</p> <p>11:00AM Singing Bowls*</p> <p>11:15AM Aquatic Exercise - UH Avon</p> <p>12:30PM Restorative Motion*</p> <p>1:00PM Aquatic Exercise - King David</p>	<p>4</p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p>
<p>6</p> <p>11:00AM Zumba Gold*</p> <p>5:30PM Moving Forward</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Guided Meditation</p>	<p>7</p> <p>8:30AM Open Gym</p> <p>10:00AM Yoga*</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>1:30PM Hike and Snack</p> <p>6:00PM Yoga</p> <p>6:30PM Sister Circle*</p> <p>6:30PM YA Breast Cancer Group*</p>	<p>8</p> <p>10:00AM Qigong-Tai Chi</p> <p>11:00AM Grief Group</p> <p>12:30PM Balance for Improved Function</p> <p>5:30PM Moving Forward</p> <p>6:00PM Understanding Palliative Care</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM YA Group: Finding Meaning</p>	<p>9</p> <p>8:30AM Open Gym</p> <p>10:00AM Yoga Series</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>5:15PM Prostate Partner's Partners</p> <p>5:15PM Prostate Partners Info Session</p> <p>6:30PM Prostate Partners Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM YA Group</p>	<p>10</p> <p>10:30AM Older Adults Group</p> <p>11:00AM Chair Zumba*</p> <p>11:15AM Aquatic Exercise - UH Avon</p> <p>12:30PM Restorative Motion*</p> <p>1:00PM Aquatic Exercise - King David</p>	<p>11</p> <p>9:00AM Yoga</p> <p>9:30AM Family Grief Group</p> <p>9:30AM Sibling Grief Group</p> <p>10:00AM Qigong-Tai Chi</p> <p>11:00AM Connections</p> <p>11:00AM Family Support Group</p>
<p>13</p> <p>11:00AM Zumba Gold*</p> <p>5:30PM Moving Forward</p> <p>6:00PM Hike and Snack</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p>	<p>14</p> <p>8:30AM Open Gym</p> <p>10:00AM Yoga*</p> <p>11:30AM Art Studio</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>2:00PM Grief Group</p> <p>6:00PM Yoga</p> <p>6:30PM Breast Cancer Group</p> <p>6:30PM Life After Cancer Group</p>	<p>15</p> <p>10:00AM Qigong-Tai Chi</p> <p>11:00AM Cooking with Winter Squash</p> <p>12:30PM Balance for Improved Function</p> <p>2:00PM Ovarian Cancer Group</p> <p>5:30PM Moving Forward</p> <p>6:00PM Cooking with Winter Squash</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM YA Group: Finding Meaning</p>	<p>16</p> <p>8:30AM Open Gym</p> <p>10:00AM Yoga Series</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>3:30PM The Needle Art Circle</p> <p>6:30PM Adults with Cancer Group</p> <p>7:30PM Connections: Parent Group</p>	<p>17</p> <p>11:00AM Chair Zumba*</p> <p>11:15AM Aquatic Exercise - UH Avon</p> <p>11:00AM Virtual Nutrition Learning</p> <p>12:00PM Oral, Head & Neck Cancer Group</p> <p>12:30PM Restorative Motion*</p> <p>1:00PM Aquatic Exercise - King David</p>	<p>18</p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>11:00AM Cooking with Winter Squash</p>
<p>20</p> <p>11:00AM Zumba Gold*</p> <p>5:30PM Moving Forward</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Guided Meditation</p> <p>6:30PM Life After Cancer Group</p>	<p>21</p> <p>8:30AM Open Gym</p> <p>10:00AM Yoga*</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>12:30PM Life After Cancer Group</p> <p>1:00PM Core for More</p> <p>6:00PM Yoga</p> <p>6:00PM Metastatic Group</p> <p>6:00PM LGBTQ+ Group</p>	<p>22</p> <p>10:00AM Qigong-Tai Chi</p> <p>12:30PM Balance for Improved Function</p> <p>3:30PM Pancreatic Cancer Group</p> <p>5:30PM Moving Forward</p> <p>6:00PM Updates on Stem Cell Transplant</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Zentangle</p>	<p>23</p> <p>8:30AM Open Gym</p> <p>10:00AM Yoga Series</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>12:00PM Understanding Lymphedema</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM YA Group</p>	<p>24</p> <p>11:00AM Chair Zumba*</p> <p>11:15AM Aquatic Exercise - UH Avon</p> <p>12:30PM Restorative Motion*</p> <p>1:00PM Aquatic Exercise - King David</p>	<p>25</p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p>
<p>27</p> <p>11:00AM Zumba Gold*</p> <p>5:30PM Blood Cancer Group*</p> <p>5:30PM Moving Forward</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p>	<p>28</p> <p>8:30AM Open Gym</p> <p>10:00AM Yoga*</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>2:00PM Lung Cancer Group</p> <p>6:00PM Yoga</p> <p>6:00PM Grief Group</p> <p>6:30PM Grief Group</p>	<p>29</p> <p>10:00AM Qigong-Tai Chi</p> <p>12:30PM Balance for Improved Function</p> <p>5:30PM Moving Forward</p> <p>6:00PM Understanding Cancer Rehab</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Embodied</p>	<p>30</p> <p>8:30AM Open Gym</p> <p>10:00AM Yoga Series</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>6:30PM Adults with Cancer Group</p>	<p>31</p> <p>11:00AM Chair Zumba*</p> <p>11:15AM Aquatic Exercise - UH Avon</p> <p>12:30PM Restorative Motion*</p> <p>1:00PM Aquatic Exercise - King David</p>	

NOVEMBER

PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: *IN-PERSON AND ONLINE

BEACHWOOD
WESTLAKE

OFFSITE
ONLINE ONLY


ADVANCE REGISTRATION REQUIRED.

216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR



Scan the QR code with your smartphone camera to register for our upcoming programs and events.

MON	TUES	WED	THURS	FRI	SAT
 <p>TGP KIDS AND YA BROWNS WATCH PARTY SUN, NOV 9, 12:30-4:00PM Beachwood</p>					<p>9:00AM Prostate Cancer Forum 9:00AM Yoga</p> <p>1</p>
<p>11:00AM Zumba Gold* 5:30PM Moving Forward 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM Guided Meditation</p> <p>3</p>	<p>8:30AM Open Gym 10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:00PM Yoga 6:30PM Sister Circle* 6:30PM YA Breast Cancer Group*</p> <p>4</p>	<p>10:00AM Qigong-Tai Chi 12:30PM Balance for Improved Function 5:30PM Moving Forward 6:00PM Horticulture Therapy 6:30PM Exercise: Warrior Workout 6:30PM Embodied</p> <p>5</p>	<p>9:00AM Open Gym 10:00AM Yoga Series 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Mental Health & Cancer 12:00PM Exercise: Functional Movement 6:30PM Caregiver Group 6:30PM Adults with Cancer Group</p> <p>6</p>	<p>11:00AM Chair Zumba* 11:00AM Chat with the Dietitian* 11:00AM Singing Bowls* 12:00PM Horticulture Therapy 12:30PM Restorative Motion*</p> <p>7</p>	<p>9:00AM Yoga 9:30AM Family Grief Group 9:30AM Sibling Grief Group 10:00AM Qigong-Tai Chi 11:00AM Connections 11:00AM Family Support Group 11:00AM Holiday Dishes</p> <p>8</p>
<p>11:00AM Zumba Gold* 5:30PM Moving Forward 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group*</p> <p>10</p>	<p>8:30AM Open Gym 10:00AM Yoga* 11:30AM Art Studio 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM Grief Group 6:00PM Yoga 6:30PM Breast Cancer Group 6:30PM Life After Cancer Group</p> <p>11</p>	<p>10:00AM Qigong-Tai Chi 11:00AM Holiday Dishes 12:30PM Balance for Improved Function 5:30PM Moving Forward 6:00PM Understanding Disability Benefits 6:00PM Holiday Dishes 6:30PM Exercise: Warrior Workout 6:30PM Embodied</p> <p>12</p>	<p>9:00AM Open Gym 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 3:30PM The Needle Art Circle 5:15PM Prostate Partner's Partners 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Adults with Cancer Group 6:30PM YA Group</p> <p>13</p>	<p>11:00AM Chair Zumba* 11:00AM Art Studio 12:30PM Restorative Motion* 1:30PM Mocktails for Winter Fun</p> <p>14</p>	<p>9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Self Portrait Photography</p> <p>15</p>
<p>11:00AM Zumba Gold* 12:00PM Self Care Essentials 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM Guided Meditation 6:30PM Life After Cancer Group</p> <p>17</p>	<p>8:30AM Open Gym 10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 12:30PM Life After Cancer Group 1:00PM Core for More 6:00PM Yoga 6:00PM Metastatic Group 6:00PM LGBTQ+ Group</p> <p>18</p>	<p>10:00AM Qigong-Tai Chi 11:00AM Grief Group 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 3:00PM Weight Management Series Part 1 6:30PM Exercise: Warrior Workout 6:30PM Embodied 6:30PM Watercolor Affirmations</p> <p>19</p>	<p>9:00AM Open Gym 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Hope for the Holidays 12:00PM Exercise: Functional Movement 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 7:30PM Connections: Parent Group</p> <p>20</p>	<p>10:30AM Older Adults Group 11:00AM Chair Zumba* 12:00PM Oral, Head & Neck Cancer Group 12:30PM Restorative Motion*</p> <p>21</p>	<p>9:00AM Yoga 10:00AM Qigong-Tai Chi</p> <p>22</p>
<p>11:00AM Zumba Gold* 5:30PM Blood Cancer Group* 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group* 6:30PM YA Group</p> <p>24</p>	<p>8:30AM Open Gym 10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM Lung Cancer Group 6:00PM Yoga 6:00PM Grief Group 6:30PM Grief Group</p> <p>25</p>	<p>10:00AM Qigong-Tai Chi 12:30PM Balance for Improved Function 3:30PM Pancreatic Cancer Group 6:00PM Updates on Colorectal Cancer 6:30PM Exercise: Warrior Workout</p> <p>26</p>	<p>27</p>	<p>28</p>	<p>10:00AM Qigong-Tai Chi</p> <p>29</p>
Offices Closed for Thanksgiving Holiday				Offices Closed	

DECEMBER

PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: *IN-PERSON AND ONLINE

BEACHWOOD
WESTLAKE

OFFSITE
ONLINE ONLY

ADVANCE REGISTRATION REQUIRED.

216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR



Scan the QR code with your smartphone camera to register for our upcoming programs and events.

MON	TUES	WED	THURS	FRI	SAT
11:00AM Zumba Gold* 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM Guided Meditation	8:30AM Open Gym 10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:00PM Yoga 6:00PM Hope for the Holidays 6:30PM Sister Circle* 6:30PM YA Breast Cancer Group*	10:00AM Qigong-Tai Chi 12:30PM Balance for Improved Function 6:00PM Introduction to Journaling 6:30PM Exercise: Warrior Workout 6:30PM YA: Ask Me Anything	9:00AM Open Gym 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 6:30PM Adults with Cancer Group	11:00AM Chair Zumba* 11:00AM Chat with the Dietitian* 12:30PM Restorative Motion*	9:00AM Yoga 10:00AM Qigong-Tai Chi 1:00PM Kids Only Holiday PJ Party
11:00AM Zumba Gold* 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group*	8:30AM Open Gym 10:00AM Yoga* 11:30AM Art Studio 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM Grief Group 6:00PM Yoga 6:30PM Breast Cancer Group 6:30PM Life After Cancer Group	10:00AM Qigong-Tai Chi 11:00AM Cooking with Omega 3s 12:30PM Balance for Improved Function 6:30PM Exercise: Warrior Workout 6:00PM Cooking with Omega 3s	9:00AM Open Gym 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 5:15PM Prostate Partner's Partners 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM YA Group	11:00AM Chair Zumba* 11:00AM Singing Bowls* 11:00AM Virtual Nutrition Learning 12:30PM Restorative Motion* Offices close at 1:00pm	9:00AM Yoga 9:30AM Family Grief Group 9:30AM Sibling Grief Group 10:00AM Qigong-Tai Chi 11:00AM Connections 11:00AM Family Support Group 11:00AM Cooking with Omega 3s
11:00AM Zumba Gold* 2:00PM Holiday Remembrance 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM Guided Meditation 6:30PM Life After Cancer Group	8:30AM Open Gym 10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 12:30PM Life After Cancer Group 1:00PM Core for More 6:00PM Yoga 6:00PM Metastatic Group 6:00PM LGBTQ+ Group	10:00AM Qigong-Tai Chi 11:00AM Grief Group 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 3:00PM Weight Management Series Prt 2 6:00PM Updates on CAR T-Cell Therapies 6:00PM Grief Group 6:30PM Exercise: Warrior Workout 6:30PM Grief Group	9:00AM Open Gym 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 3:30PM The Needle Art Circle 6:30PM Adults with Cancer Group 7:30PM Connections: Parent Group	10:30AM Older Adults Group 12:00PM Oral, Head & Neck Cancer Group 12:30PM Restorative Motion*	9:00AM Yoga 10:00AM Qigong-Tai Chi
6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM YA Group	Office Hours: 10:00am-3:00pm	Offices Closed	Offices Closed for Christmas Holiday	Office Hours: 10:00am-3:00pm	9:00AM Yoga 10:00AM Qigong-Tai Chi
Office Hours: 10:00am-3:00pm	Office Hours: 10:00am-3:00pm	Offices Closed			

25TH ANNIVERSARY REUNION OPEN HOUSE

We want to celebrate with you! This year marks 25 years of providing free programs and support services to individuals and families touched by cancer. We invite you to join us as we honor our past, celebrate our present and build our future!

SUNDAY, OCTOBER 5, 1:00-3:00PM, BEACHWOOD

To RSVP, please scan the QR code or contact:

Hanna Szentkiralyi
216-455-1502
hanna@touchedbycancer.org



the
gathering
place

Vintage Furnishings Warehouse

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 for dates and information.



THE GATHERING PLACE

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

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PROGRAM GUIDE

Fall Edition

OCTOBER • NOVEMBER • DECEMBER

WAYS TO *give.*

Our mission at The Gathering Place is to support, educate and empower individuals and families currently coping with the impact of cancer in their lives through programs and services. One of the things that sets The Gathering Place apart is that everything we offer is completely free of charge, thanks to the generous support of our donors. You can ensure that others are able to have this invaluable resource on their journey by making a gift today.

Find out more at touchedbycancer.org/donate.



WAYS TO CONNECT

216-595-9546
touchedbycancer.org



TGP EAST

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

TGP WEST

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