



SUPPORTING THOSE TOUCHED BY CANCER

# 2026 Program Guide

July | Aug | Sept

## 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

### Summer Office Hours through Friday, September 4th

Monday through Thursday, 9:00am-5:00pm  
Friday 9:00am-2:00pm

### Monthly Saturday hours: 9:00am-1:00pm

- B** 2nd Saturday of the month: July 11, August 8, September 12
- W** 3rd Saturday of the month: July 18, August 15, September 19

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

\*Offices will be closed on Friday, July 3 and Monday, September 7

For a complete list of programs and to register, visit [touchedbycancer.org/calendar](http://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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### 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 navigators 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** **Sandi Hanrahan**

## Meet the Team

### 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



**Sarah Bowers** MS, RDN, LD  
Nutrition Staff  
[sarahb@touchedbycancer.org](mailto:sarahb@touchedbycancer.org)  
216-455-1522



**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



**Bess Kaple** MSW, LSW  
[bess@touchedbycancer.org](mailto:bess@touchedbycancer.org)  
216-455-1501



**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



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



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



**G Spangler** MSW, LSW  
[spangler@touchedbycancer.org](mailto:spangler@touchedbycancer.org)  
216-455-1525



**Erin VanDorsten** MS, CCLS  
Children & Family Program Lead  
[vandorsten@touchedbycancer.org](mailto:vandorsten@touchedbycancer.org)  
216-455-1533

## 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](http://touchedbycancer.org/calendar) or call our Navigators at 216-455-1507.

\* Please Note: Change in Regular Schedule

### Program Details Key:

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

### All Cancers

**Group for Adults with Cancer**  
For those with a current cancer diagnosis and currently in treatment.

**Brittani Davis**  
**Mondays, 6:30-8:00pm**  
July 13 & 27, Aug 10 & 24, Sept 14 & 28 **W**  
July 6 & 20, Aug 3, 17 & 31, Sept 21 **●**

**Sarah Axner Gilmore**  
**Thursdays, 6:30-8:00pm**  
July 2, 16 & 30, Aug 13 & 27, Sept 10 & 24 **B**  
July 9 & 23, Aug 6 & 20, Sept 3 & 17 **●**

**Life After Cancer Treatment Group**  
For those in maintenance treatment or those who've completed treatment.

**Mary Fisher Bornstein**  
July 14, Aug 11, Sept 8, 6:30-8:00pm **B**

**Susan Marinac**  
July 20, Aug 17, Sept 21, 6:30-8:00pm **W**

**Karelys Ortiz Santiago**  
July 21, Aug 18, Sept 15, 12:30-1:30pm **●**

**LGBTQ+ Group**  
**Brittani Davis**  
July 21, Aug 18, Sept 15, 6:00-7:00pm **●**

**Older Adults Group**  
**Karen Hatfield**  
July 17, Aug 21, Sept 18, 10:30am-12:00pm **W**

**Sister Circle: African American Women with Cancer**  
**Sydney Roberts**  
July 7, Aug 4, Sept 1, 6:30-8:00pm **B** **●**

### Caregivers

**Group for Caregivers**  
**Bess Kaple**  
**Mondays, 6:30-8:00pm**  
July 13 & 27, Aug 10 & 24, Sept 14 & 28 **W**  
July 6 & 20, Aug 3, 17 & 31, Sept 21 **●**

**Karelys Ortiz Santiago**  
**Thursdays, 6:30-8:00pm**  
July 9 & 23, Aug 6 & 20, Sept 3 & 17 **●**

**Prostate Partners**  
**Mary Fisher Bornstein**  
For individuals diagnosed with prostate cancer and their loved ones.  
July 9, Aug 13, Sept 10 **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

**Brittani Davis**  
Support to help cope with the death of a loved one due to cancer beyond the first two years.  
July 15, Aug 19, Sept 16, 11:00am-12:30pm **B**

Support to help those newly grieving the death of a loved one due to cancer.  
July 28, Aug 25, Sept 22, 6:30-8:00pm **B**

### Cancer Specific

**Blood Cancer Group**  
**Mary Fisher Bornstein**  
**Stevie Gutin**  
July 27, Aug 24, Sept 28, 5:30-7:00pm **B** **●**

**Lung Cancer Support Group**  
**Susan Marinac**  
For those with a lung cancer diagnosis.  
July 28, Aug 25, Sept 22, 2:00-3:30pm **W**

**Breast Cancer Support Group**  
Group for those diagnosed with breast cancer. All ages.  
**Eileen Coan**  
July 14, Aug 11, Sept 8, 6:30-8:00pm **●**

**Susan Marinac** \*New group  
July 20, Aug 17, Sept 21, 2:00-3:30pm **W**

**Young Adults Breast Cancer Group**  
**Susan Marinac**  
Support for those diagnosed with breast cancer (stages 1-3) in their 20's, 30's and 40's.  
July 7, Aug 4, Sept 1, 6:30-8:00pm **●**

**Metastatic Breast Cancer Group**  
**Sarah Axner Gilmore**  
July 21, Aug 18, Sept 15, 6:00-7:30pm **B**

**Oral, Head & Neck Cancer Support Group**  
**Brittani Davis**  
July 17, Aug 21, Sept 18, 12:00-1:00pm **●**

**Ovarian Cancer Support Group**  
**Susan Marinac**  
July 15, Aug 19, Sept 16, 2:00-3:30pm **●**

**Pancreatic Cancer Group**  
**Bess Kaple**  
July 23, Aug 27, Sept 24, 3:30-4:30pm **●**

### Grief & Loss

**Adult Grief Support**  
**Karelys Ortiz Santiago**  
Support to help cope with the death of a loved one due to cancer.  
July 14, Aug 11, Sept 8, 2:00-3:30pm **W**  
July 28, Aug 25, Sept 22, 6:00-7:30pm **W**

## Ongoing Movement Programs

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

\* Please Note: Change in Regular Schedule

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

**Balance for Improved Function** \*

**Stephen Cerne**  
Exercise class that builds on balance, stability and body awareness.  
**Wednesdays: 12:30-1:00pm** **B** **●**

**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 - Fridays: 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 & 1:00-1:45pm** **W**

**Circuit Fusion with Stori** \*

**Fridays: 12:00-12:45pm & 1:00pm-1:45pm** **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**  
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**  
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: 10:00-10:45am** **W**  
**Thursdays With Jen: 11:00-11:45am** **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

### Steps of Healing

#### Karelys Ortiz Santiago, MSW, LSW

- A 5-week guided walking series for individuals grieving the loss of a loved one
- Connect with others who share similar experiences
- Explore a different grief-related topic each week

**Thursdays, 10:00-11:00am ●**  
July 2-30 (Weather permitting)

**Clague Park**  
3000 Clague Rd. North Olmsted. OH 44070

### Container Gardening for Change

#### Bess Kaple, MSW, LSW

- Join us for an afternoon of learning to grow herbs in containers
- Leave with your own containers of herbs to nurture as they change
- Explore topics of impermanence, change, and cycles while we work

**Thurs, July 9, 5:00-6:30pm W**

### Introduction to Hypnotherapy

#### Karen MacPhearson, NP-C, CMS-CHT

- Experience a hypnotherapy session to reduce stress
- Learn why hypnotherapy works
- Learn how to do self-hypnosis

**Wed, July 15, 11:00am-12:15pm W**

### Blood Cancer Series

#### Advocating for Yourself with Your Healthcare Team

**Beth Faiman, CNP, PhD, Cleveland Clinic**  
**Mon, July 27, 5:30-7:00pm B ●**

#### Exercise to Fight Fatigue

**Stephen Cerne, NSCA-CPT, ACSM/ACS-CET**  
**Mon, Aug, 24 5:30-7:00pm B ●**

#### Palliative Care

**Erin Rafter, PhD, Cleveland Clinic**  
**Mon, Sept 28, 5:30-7:00pm B ●**

### Navigating Survivor's Guilt After Loss

#### Karelys Ortiz Santiago, MSW, LSW

- Understand the signs and common experiences of survivor's guilt
- Explore the thoughts and emotions that can accompany grief-related guilt
- Learn practical coping strategies and self-compassion techniques

**Tues, Aug 4, 12:00-1:00pm ●**

### Guided Imagery: A Tool for Coping with Cancer Anxiety

#### Susan Marinac, MSSA, LISW-S

- Guided Imagery is an effective tool for reducing anxiety and promoting relaxation
- Learn why this technique works
- Experience a guided imagery session

**Wed, Aug 5, 11:00am-12:15pm W**

### Build your Coping Toolbox

#### Bess Kaple, MSW, LSW

- 4-week workshop to learn about and share support around:
  - Scanxiety
  - Living with invisible illness
  - Medical self-advocacy
  - Activity pacing for fatigue and chronic pain

- Develop concrete skills to put in your toolbox
- Use your lived experience to share and learn from peer support!

**Mondays: 5:00-6:00pm ●**  
**Aug 10-31**

### Moving Forward

#### Mary Fisher Bornstein, LISW-S Sarah Bowers, MS, RDN, LD Carl Harmon, NSCA-CPT

- A 6-week program for those in treatment or within one year post-treatment
- Includes weekly support groups, twice-weekly fitness sessions and interactive nutrition workshops

**Orientation: Wed, Sept 9, 5:30-6:30pm**  
**Mondays & Wednesdays 5:30-7:30pm**  
**Sept 14-Oct 21 B**

### Wellness throughout your Cancer Journey

#### Bess Kaple, MSW, LSW

- Join us for an interactive discussion identifying common challenges
- Build coping skills to maintain physical, psychological, and social wellbeing from diagnosis to survivorship
- Leave with practical tools to help navigate and approach cancer wellness with greater confidence and resilience

Call **440.816.4037** or email [communitynurses3@swgeneral.com](mailto:communitynurses3@swgeneral.com) to register

**Thurs, Sept 17, 11:00am-12:00pm ●**

**Southwest General's Old Oak Center**  
7575 Old Oak Blvd. Middleburg Hts.

### Preparing for Mastectomy

#### Susan Marinac, MSSA, LISW-S

- Learn what to expect before, during and after the procedure
- Topics include understanding surgical options, preparing your body and home for recovery, managing side effects
- Gain tools for emotional well-being and self-care

**Tues, Sept 29, 6:00-7:30pm W**

# Creative Arts & Meditation

Opportunities for relaxation, mindfulness and self-expression

## Program Details Key:

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



### 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 ●**  
**July 6 & 20, Aug 3 & 17, Sept 21**

### 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

**Fri, July 10, 11:00am-12:00pm W ●**  
**Tues, July 28, 6:00-7:00pm B ●**  
**Fri, Aug 14, 11:00am-12:00pm B ●**  
**Thurs, Aug 27, 6:00-7:00pm W ●**  
**Fri, Sept 11, 11:00am-12:00pm W ●**  
**Tues, Sept 22, 6:00-7:00pm B ●**

#### Julie Hutter, RN Certified Sound Practitioner

**Saturdays, 11:00am-12:00pm W**  
**July 18, Aug 15**

### Walk the Labyrinth

#### Eileen Coan, MA, MLS

- Learn the history and meaning behind this meditative indoor walk
- Thurs, July 16, 4:00-5:00pm B**  
**Sat, July 18, 11:00am-12:00pm W**  
**Thurs, Aug 13, 3:00-4:00pm W**  
**Mon, Aug 31, 5:00-7:00pm B**

### Still Me: A Self-Portrait Photography Workshop

#### Andrew Southam, Photographer Timothy Gilligan, MD

- Explore using photography as a means for people with cancer and cancer survivors to represent elements of their identities, personalities, and experience

Made possible by a generous donation from Brian and Diana Taussig.

### Art Therapy

#### Art for Healing & Growth Therapy Group Mackenzie McCormick, LPC, ATR-P

- **July:** My Journey
- **August:** Inner Compass
- **September:** Symbols of Self

**Wednesdays, 11:00am-12:30pm W**  
**July 8, Aug 12, Sept 9**

### Windows Within

#### Bri Love, LPAT, ATR-BC

- Join to create small pieces of art
- Capture memories and moments of who you are

**Wed, Aug 19, 6:30-8:00pm W**

### Resilience in Nature

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

- Resilience is a process of moving through difficult experiences and adapting and growing
- Create a nature image that symbolizes your resiliency since cancer touched your life

**Wed, Aug 19, 6:30-8:00pm B**

### 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**  
**July 30, Aug 27, Sept 24**

**Participants need to bring a smartphone or tablet with camera capability. No experience needed. Lunch provided. Limited to 10 participants per session. Register today!**

**Fri, Aug 7, 10:00am-4:00pm B**  
**Sat, Aug 8, 10:00am-4:00pm B**

### Art Studio

Discover your creativity. No experience needed!

#### Painting with Warm and Cool Colors Trina Gigax

- Learn how to tone a canvas
- Create custom color using the color wheel
- Learn how to use warm and cool colors and layouts for more interesting paintings

**Tues, July 14, 11:30am-1:00pm B**

#### Ultimate Paint Party Debbie Morich

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

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

### Kintsugi Class

- Explore Kintsugi, the Japanese practice of mending broken pottery with gold – the belief that imperfection and change are not flaws to erase, but experiences that shape meaning and beauty
- Join for this hands-on ceramic repair experience
- All materials provided.

**Sarah Axner Gilmore, MSSA, LSW**  
**Tues, Sept 8, 11:30am-1:00pm B**

#### Eileen Coan, MA, MLS

**Thurs, Sept 24, 3:00-4:00pm W**

### Singing Circle

#### G Spangler, MSW, LSW

#### Karen Hatfield, LPMT, MT-BC, CHPCA

- Singing with others has many benefits for our physical, mental, and emotional health and wellbeing
- Gather with us for a social event to sing a variety of songs with others
- Lyric sheets will be provided. All are welcome to sing, hum, or move to the rhythm – no group singing experience or ability to read music necessary!

**Wed, Aug 5, 2:00-3:00pm 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



### Back to Nutrition Basics

**Sarah Bowers, MS, RDN, LD**

- Revisit the basic nutrition recommendations for cancer patients and survivors
- Learn ways to incorporate better nutrition into your everyday life

**Wed, July 8, 5:30-6:30pm ●**

### Refreshing Summer Mocktails (hands-on cooking class)

- Hot summer days call for cool summer drinks! Join us for an evening of non-alcoholic mixology
- We will discuss making the most of seasonal produce to create refreshing, delightful beverages
- Come ready to get hands-on picking herbs in the garden and mixing drinks of your own

**Sarah Bowers, MS, RDN, LD**

**G Spangler, MSW, LSW**

**Wed, July 15, 6:00-7:30pm B**

**Sarah Bowers, MS, RDN, LD**

**Bess Kaple, MSW, LSW**

**Sat, July 18, 11:00am-12:30pm W**

### Revisiting New Years Resolutions

**Sarah Bowers, MS, RDN, LD**

**Sandy Conochan, ATC, PTA, CES**

- Revisit and reflect on your New Years goals
- Reassess your goals or set new ones for the rest of the year!

**Tues, July 21, 2:00-3:00pm W**

**Wed, July 22, 2:00-3:00pm B**

### Brain Boosting Foods

**Sarah Bowers, MS, RDN, LD**

- Learn how to promote improved brain health through food and nutrition
- Gain new recipes designed to benefit your brain

**Wed, Aug 5, 5:30-6:30pm ●**

### Summer Salsas (hands-on cooking class)

**Sarah Bowers, MS, RDN, LD**

- Learn about the role of phytochemicals in cancer treatment and survivorship
- Enjoy a hands-on cooking class utilizing garden fresh herbs and vegetables to try new salsa recipes and boost your nutrition

**Wed, Aug 12, 6:00-7:30pm B**

**Sat, Aug 15, 11:00am-12:30pm W**

### Meal Planning for Beginners

**Sarah Bowers, MS, RDN, LD**

- Learn about the benefits of meal planning for any stage of your cancer journey
- Discover ways to incorporate meal planning and/or prepping into your life to make mealtimes easier, healthier, and more enjoyable

**Wed, Sept 2, 5:30-6:30pm ●**

### Cooking with Seasonal Produce (hands-on cooking class)

**Sarah Bowers, MS, RDN, LD**

- Learn about what produce is currently in season – and why that matters
- Enjoy a hands-on cooking class utilizing seasonal produce and practicing new recipes

**Wed, Sept 16, 6:00-7:30pm B**

**Sat, Sept 19, 11:00am-12:30pm W**

# 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.



### 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 ●**

**July 17-Aug 14**

#### King David Aquatic Center

27300 Cedar Rd, Cleveland, OH 44122

**Lauren Carver, ACSM**

Certified Exercise Physiologist

**Fridays: 1:00-2:00pm ●**

**Aug 14-Sept 11**

### Hike and Snack

**Sarah Bowers, MS, RDN, LD**

**Sandy Conochan, ATC, PTA, CES**

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

#### Rocky River Reservation

Valley Pkwy, North Olmsted, OH 44070

**Tuesdays: 2:30-3:30pm ●**

**July 28, Aug 25, Sept 29**

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

**Mondays: 6:30-8:00pm ●**

**July 20 Edgewater Park (Upper Lot)**

**Aug 17 Cleveland Lake Front Nature Preserve**

8701 Lakeshore Blvd, Cleveland, OH 44108

**Sept 21 Bedford Reservation (Egbert Picnic Area)**

Buckeye Trail, Walton Hills, OH 44146

### 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

**Thursdays: 10:00-11:00am ●**

**July 30-Aug 27**

**UH Brunner Fitness Center**

8655 Market St., Mentor, OH 44060

### Independent Workout at our Fitness Studio

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 Fri: 9:00-11:00am**

**Wed & Fri: 1:00-2:00pm**

See the online calendar for updates.



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



Some things that come to mind for me regarding the great benefit of the exercise programs at The Gathering Place include:

- A sense of well-being
- An invaluable resource during weather that prevents getting outside
- Emotional support as well as physical enhancement
- A feeling of accomplishment, increasing strength, better self-image
- An opportunity to focus and take one's mind off illness/grief
- Some structure around which to build one's day, events to look forward to

**TGP Participant**

# TGP Kids

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

Program Details Key:

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

## 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**  
July 11, Aug 8, Sept 12

## 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**  
July 11, Aug 8, Sept 12

## Family Support

- Group for families impacted by cancer
- Opportunity to chat and have fun with TGP Kids friends
- Open to families with an adult with cancer or a child with cancer

**Saturdays, 11:00am-12:00pm** **B**  
July 11, Aug 8, Sept 12

Registration required for all children and family programs.

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

## Brain Boosting Foods for the Family

**Sarah Bowers, MS, RDN, LD**  
**Erin VanDorsten, MS, CCLS**

- Learn how to promote improved brain health through food
- Gain new recipes to support the brain health of your whole family, including easy packed lunches and after school snacks!

**Sat, Aug 8, 12:30-1:30pm** **B**

## Family Forward: Family Coping & Connection - Rock Painting

**Erin VanDorsten, MS, CCLS**

- Rock painting event for the whole family where we explore what's weighing us down or what's currently serving as our foundation
- Open to families with an adult with cancer or a child with cancer

**Mon, Sept 21, 6:00-7:00pm** **W**

# Visit our Art Gallery

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 exhibits. Galleries are open during office hours. What makes our art galleries even more meaningful is that the artists are committed to our mission and keeping our services free of charge for individuals and families impacted by cancer by generously donate a portion of the proceeds from any sale to The Gathering Place.

Artists interested in displaying their work in one of our galleries should contact **Holly Bhatt** at [bhatt@touchedbycancer.org](mailto:bhatt@touchedbycancer.org)

Scan the QR code to sign up for art gallery updates and art reception information.



# Young Adults (YA)

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

## YA Breast Cancer Group

**Susan Marinac, MSSA, LISW-S**

Support for those diagnosed with breast cancer (stages 1-3) in their 20's, 30's and 40's.

**July 7, Aug 4, Sept 1 6:30-8:00pm** **●**

## YA Summer Pizza Party

**G Spangler MSW, LSW**

- Summer's here and the time is right for backyard hangouts
- Come on out to the TGP garden for lawn games and pizza
- Have fun enjoying good conversation and peer connection

**Bring the whole family!**

**Thurs, July 30, 6:00-8:00pm** **B**



## Sip Well: Mocktails, Games & Tin Frame Craft

- Fun and friendly social event to learn how to make and order delicious mocktails that help us feel our best while socializing with friends
- Enjoy board games and a tin frame craft

**Heavy appetizers provided**

**Thurs, July 23, 6:00-7:30pm** **W**



## YA Mindful Art: Neurographics

**G Spangler MSW, LSW**

- Take feelings of stress, grief, rage - any emotion! - and transform them into a beautiful piece of art
- Draw to round out rough edges, soften sharp corners, and add layers of color using colored pencils
- Join to create visual art with mindfulness and intuition

**Thurs, Aug 13, 6:00-7:00pm** **B**

## Singing Bowls (Sound Bath)

**Becky Hopp, Certified Sound Healer**

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

**Thurs, Sept 3, 6:30-7:30pm** **B** **Thurs, Sept 17, 6:30-7:30pm** **W**



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** for more information at [TGPWarehouse@touchedbycancer.org](mailto:TGPWarehouse@touchedbycancer.org)

## Sale dates

**Saturdays & Sundays:**  
**July 10 & 11**  
**August 8 & 9**  
**September 19 & 20**

The programs in this section are tailored to our Young Adults community but please don't forget to explore the rest of this guide for more opportunities to engage!

# July 2026

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

Registration is required.

216-595-9546  
[touchedbycancer.org/calendar](https://touchedbycancer.org/calendar)  
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Beachwood</b> 9:00AM Independent Workout 12:30PM Balance for Improved Function ● 1:00PM Independent Workout <b>Westlake</b> 10:00AM Qigong-Tai Chi <b>Online</b> 6:30PM Exercise: Warrior Workout	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement 6:30PM Adults with Cancer Group <b>Westlake</b> 10:00AM Yoga 11:00AM Yoga <b>Online</b> 12:00PM Full Body Bootcamp <b>Offsite</b> 10:00AM Steps of Healing	<b>Offices Closed</b>	<b>Online</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi
<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Zumba Gold ● <b>Online</b> 6:30PM Exercise: Warrior Workout 6:30PM Guided Meditation 6:30PM Caregiver Group 6:30PM Adults with Cancer Group	<b>Beachwood</b> 9:00AM Independent Workout 10:00AM Yoga ● 6:30PM Sister Circle ● <b>Westlake</b> 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 6:00PM Yoga <b>Online</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:30PM YA Breast Cancer Group	<b>Beachwood</b> 9:00AM Independent Workout 12:30PM Balance for Improved Function ● 1:00PM Independent Workout <b>Westlake</b> 10:00AM Qigong-Tai Chi 11:00AM Art for Healing & Growth <b>Online</b> 5:30PM Back to Nutrition Basics 6:30PM Exercise: Warrior Workout	<b>Beachwood</b> 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 <b>Westlake</b> 10:00AM Yoga 11:00AM Yoga 5:00PM Gardening For Change <b>Online</b> 12:00PM Full Body Bootcamp 6:30PM Adults with Cancer Group 6:30PM Caregiver Group <b>Offsite</b> 10:00AM Steps of Healing	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Singing Bowls ● 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout <b>Westlake</b> 11:00AM Singing Bowls ● 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion <b>Offices Close at 2:00pm</b>	<b>Beachwood</b> 9:30AM Sibling Grief Group 9:30AM Family Grief Group 11:00AM Family Support <b>Online</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi
<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Zumba Gold ● <b>Westlake</b> 6:30PM Adults with Cancer Group ● 6:30PM Caregiver Group <b>Online</b> 6:30PM Exercise: Warrior Workout	<b>Beachwood</b> 9:00AM Independent Workout 10:00AM Yoga ● 11:30AM Art Studio 6:30PM Life After Cancer Treatment <b>Westlake</b> 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 2:00PM Grief Group 6:00PM Yoga <b>Online</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:30PM Breast Cancer Group	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Grief Group 12:30PM Balance for Improved Function ● 1:00PM Independent Workout 6:00PM Refreshing Summer Mocktails <b>Westlake</b> 10:00AM Qigong-Tai Chi 11:00AM Intro To Hypnotherapy <b>Online</b> 2:00PM Ovarian Cancer Group 6:30PM Exercise: Warrior Workout	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement 4:00PM Walk The Labyrinth 6:30PM Adults with Cancer Group <b>Westlake</b> 10:00AM Yoga 11:00AM Yoga <b>Online</b> 12:00PM Full Body Bootcamp <b>Offsite</b> 10:00AM Steps of Healing	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout <b>Westlake</b> 10:30AM Older Adults Group 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion <b>Online</b> 12:00PM Oral, Head & Neck Group <b>Offsite</b> 11:15AM Aquatic Exercise <b>Offices Close at 2:00pm</b>	<b>Online</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi <b>Westlake</b> 10:00AM Singing Bowls 11:00AM Walk The Labyrinth 11:00AM Refreshing Summer Mocktails <b>Westlake Office Closes at 1:00pm</b>
<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Zumba Gold ● <b>Westlake</b> 2:00PM Breast Cancer Group 6:30PM Life After Cancer Treatment <b>Online</b> 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM Guided Meditation <b>Offsite</b> 6:30PM Hike and Snack	<b>Beachwood</b> 9:00AM Independent Workout 10:00AM Yoga ● 6:00PM Metastatic Breast Cancer Group <b>Westlake</b> 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 2:00PM Revisiting New Years Resolutions 6:00PM Yoga <b>Online</b> 12:00PM Exercise: Functional Movement 12:30PM Life After Cancer Treatment 1:00PM Core for More 6:00PM LGBTQ+ Group	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Exercise: What to Know 12:30PM Balance for Improved Function ● 1:00PM Independent Workout 2:00PM Revisiting New Years Resolutions <b>Westlake</b> 10:00AM Qigong-Tai Chi <b>Online</b> 6:30PM Exercise: Warrior Workout	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement <b>Westlake</b> 10:00AM Yoga 11:00AM Yoga 6:00PM Sip Well: Mocktails <b>Online</b> 12:00PM Full Body Bootcamp 3:30PM Pancreatic Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group <b>Offsite</b> 10:00AM Steps of Healing	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout <b>Westlake</b> 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion <b>Offsite</b> 11:15AM Aquatic Exercise <b>Offices Close at 2:00pm</b>	<b>Online</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi
<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Zumba Gold ● 5:30PM Blood Cancer Group/Series ● <b>Westlake</b> 6:30PM Adults with Cancer Group 6:30PM Caregiver Group <b>Online</b> 6:30PM Exercise: Warrior Workout	<b>Beachwood</b> 9:00AM Independent Workout 10:00AM Yoga ● 6:00PM Singing Bowls ● 6:30PM Grief Group <b>Westlake</b> 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 2:00PM Lung Cancer Group 6:00PM Yoga 6:00PM Grief Group <b>Online</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More <b>Offsite</b> 2:30PM Hike and Snack	<b>Beachwood</b> 9:00AM Independent Workout 12:30PM Balance for Improved Function ● 1:00PM Independent Workout <b>Westlake</b> 10:00AM Qigong-Tai Chi <b>Online</b> 6:30PM Exercise: Warrior Workout	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement 3:30PM Needle Art Circle 6:00PM YA Summer Pizza Party 6:30PM Adults with Cancer Group <b>Westlake</b> 10:00AM Yoga 11:00AM Yoga <b>Online</b> 12:00PM Full Body Bootcamp <b>Offsite</b> 10:00AM Yoga at UH Brunner 10:00AM Steps of Healing	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout <b>Westlake</b> 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion <b>Offsite</b> 11:15AM Aquatic Exercise <b>Offices Close at 2:00pm</b>	

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Online 9:00AM Yoga 10:00AM Qigong-Tai Chi 1
Beachwood 9:00AM Independent Workout 3  Online 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM Guided Meditation 6:30PM Caregiver Group	Beachwood 9:00AM Independent Workout 4 10:00AM Yoga ● 6:30PM Sister Circle ●  Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 6:00PM Yoga  Online 12:00PM Exercise: Functional Movement 12:00PM Navigating Survivors Guilt 1:00PM Core for More 6:30PM YA Breast Cancer Group	Beachwood 9:00AM Independent Workout 5 12:30PM Balance for Improved Function ● 1:00PM Independent Workout 2:00PM Singing Circle ●  Westlake 10:00AM Qigong-Tai Chi 11:00AM Guided Imagery for Anxiety  Online 5:30PM Brain Boosting Foods 6:30PM Exercise: Warrior Workout	Beachwood 9:00AM Independent Workout 6 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement  Westlake 10:00AM Yoga 11:00AM Yoga  Online 12:00PM Full Body Bootcamp 6:30PM Caregiver Group 6:30PM Adults with Cancer Group  Offsite 10:00AM Yoga at UH Brunner	Beachwood 9:00AM Independent Workout 7 10:00AM Still Me: Photography 12:30PM Restorative Motion ● 1:00PM Independent Workout  Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion  Offsite 11:15AM Aquatic Exercise  Offices Close at 2:00pm	Beachwood 9:30AM Sibling Grief Group 8 9:30AM Family Grief Group 10:00AM Still Me: Photography 11:00AM Family Support 12:30PM TGP Kids: Brain Boosting Foods  Online 9:00AM Yoga 10:00AM Qigong-Tai Chi  Beachwood Office Closes at 1:00pm
Beachwood 9:00AM Independent Workout 10 11:30AM Art Studio  Westlake 6:30PM Adults with Cancer Group ● 6:30PM Caregiver Group  Online 5:00PM Build Your Coping Toolbox 6:30PM Exercise: Warrior Workout	Beachwood 9:00AM Independent Workout 11 10:00AM Yoga ● 11:30AM Art Studio 6:30PM Life After Cancer Treatment  Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 2:00PM Grief Group 6:00PM Yoga  Online 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:30PM Breast Cancer Group	Beachwood 9:00AM Independent Workout 12 11:00AM Grief Group 12:30PM Balance for Improved Function ● 1:00PM Independent Workout 6:00PM Summer Salsas  Westlake 10:00AM Qigong-Tai Chi 11:00AM Art for Healing & Growth  Online 6:30PM Exercise: Warrior Workout	Beachwood 9:00AM Independent Workout 13 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement 5:15PM Prostate Partner's Partners 5:15PM Prostate Partners Info Session 6:00PM YA Mindful Art 6:30PM Prostate Partners Group 6:30PM Adults with Cancer Group  Westlake 10:00AM Yoga 11:00AM Yoga 3:00PM Walk The Labyrinth  Online 12:00PM Full Body Bootcamp  Offsite 10:00AM Yoga at UH Brunner	Beachwood 9:00AM Independent Workout 14 11:00AM Singing Bowls ● 12:30PM Restorative Motion ● 1:00PM Independent Workout  Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion  Offsite 11:15AM Aquatic Exercise 1:00PM Aquatic Exercise  Offices Close at 2:00pm	Westlake 11:00AM Summer Salsas 15  Online 9:00AM Yoga 10:00AM Qigong-Tai Chi  Westlake Office Closes at 1:00pm
Beachwood 9:00AM Independent Workout 17 11:00AM Zumba Gold ●  Westlake 2:00PM Breast Cancer Group 6:30PM Life After Cancer Treatment  Online 5:00PM Build Your Coping Toolbox 6:30PM Exercise: Warrior Workout 6:30PM Guided Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group  Offsite 6:30PM Hike and Snack	Beachwood 9:00AM Independent Workout 18 10:00AM Yoga ● 6:00PM Metastatic Breast Cancer Group 6:30PM YA Creative Expression  Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 6:00PM Yoga  Online 12:00PM Exercise: Functional Movement 12:30PM Life After Cancer Treatment 1:00PM Core for More 6:00PM LGBTQ+ Group	Beachwood 9:00AM Independent Workout 19 11:00AM Grief Group 12:30PM Balance for Improved Function ● 1:00PM Independent Workout 6:30PM Resilience in Nature  Westlake 10:00AM Qigong-Tai Chi 6:30PM Windows Within  Online 2:00PM Ovarian Cancer Group 6:30PM Exercise: Warrior Workout	Beachwood 9:00AM Independent Workout 20 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement  Westlake 10:00AM Yoga 11:00AM Yoga  Online 12:00PM Full Body Bootcamp 6:30PM Caregiver Group 6:30PM Adults with Cancer Group  Offsite 10:00AM Yoga at UH Brunner	Beachwood 9:00AM Independent Workout 21 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout  Westlake 10:30AM Older Adults Group 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion  Online 12:00PM Oral, Head & Neck Group  Offsite 1:00PM Aquatic Exercise  Offices Close at 2:00pm	Online 9:00AM Yoga 22 10:00AM Qigong-Tai Chi
Beachwood 9:00AM Independent Workout 24 11:00AM Zumba Gold ● 5:30PM Blood Cancer Group/Series ●  Westlake 6:30PM Adults with Cancer Group ● 6:30PM Caregiver Group  Online 5:00PM Build Your Coping Toolbox 6:30PM Exercise: Warrior Workout	Beachwood 9:00AM Independent Workout 25 10:00AM Yoga ● 6:30PM Grief Group  Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 2:00PM Lung Cancer Group 6:00PM Yoga 6:00PM Grief Group  Online 12:00PM Exercise: Functional Movement 1:00PM Core for More  Offsite 2:30PM Hike and Snack	Beachwood 9:00AM Independent Workout 26 12:30PM Balance for Improved Function ● 1:00PM Independent Workout ●  Westlake 10:00AM Qigong-Tai Chi  Online 6:30PM Exercise: Warrior Workout	Beachwood 9:00AM Independent Workout 27 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement 3:30PM Needle Art Circle 6:30PM Adults with Cancer Group  Westlake 10:00AM Yoga 6:00PM Singing Bowls ●  Online 12:00PM Full Body Bootcamp 3:30PM Pancreatic Cancer Group  Offsite 10:00AM Yoga at UH Brunner	Beachwood 9:00AM Independent Workout 28 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout  Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion  Offsite 1:00PM Aquatic Exercise  Offices Close at 2:00pm	Online 9:00AM Yoga 29 10:00AM Qigong-Tai Chi

# September 2026

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 or SCAN the QR code to register



August 31	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Zumba Gold ● 5:00PM Walk The Labyrinth  <b>Online</b> 5:00PM Build Your Coping Toolbox 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM Caregiver Group	<b>Beachwood</b> 9:00AM Independent Workout 10:00AM Yoga ● 6:30PM Sister Circle ●  <b>Westlake</b> 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 6:00PM Yoga  <b>Online</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:30PM YA Breast Cancer Group	<b>Beachwood</b> 9:00AM Independent Workout 12:30PM Balance for Improved Function ● 1:00PM Independent Workout  <b>Westlake</b> 10:00AM Qigong-Tai Chi  <b>Online</b> 5:30PM Meal Planning for Beginners 6:30PM Exercise: Warrior Workout	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement 6:30PM YA Singing Bowls ●  <b>Westlake</b> 10:00AM Yoga 11:00AM Yoga  <b>Online</b> 12:00PM Full Body Bootcamp 6:30PM Adults with Cancer Group 6:30PM Caregiver Group	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout  <b>Westlake</b> 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion  <b>Offsite</b> 1:00PM Aquatic Exercise  Offices Close at 2:00pm	<b>Online</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi	
<b>Monday</b>  Offices Closed	<b>Beachwood</b> 9:00AM Independent Workout 10:00AM Yoga ● 11:30AM Art Studio 6:30PM Life After Cancer Treatment  <b>Westlake</b> 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 2:00PM Grief Group 6:00PM Yoga  <b>Online</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:30PM Breast Cancer Group	<b>Beachwood</b> 9:00AM Independent Workout 12:30PM Balance for Improved Function ● 1:00PM Independent Workout 5:30PM Moving Forward: Orientation  <b>Westlake</b> 10:00AM Qigong-Tai Chi 11:00AM Art for Healing & Growth  <b>Online</b> 6:30PM Exercise: Warrior Workout	<b>Beachwood</b> 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  <b>Westlake</b> 10:00AM Yoga 11:00AM Yoga  <b>Online</b> 12:00PM Full Body Bootcamp	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout  <b>Westlake</b> 11:00AM Singing Bowls ● 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion  <b>Offsite</b> 1:00PM Aquatic Exercise	<b>Beachwood</b> 9:30AM Sibling Grief Group 9:30AM Family Grief Group 11:00AM Family Support  <b>Online</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi  Beachwood Office Closes at 1:00pm	
<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Zumba Gold ● 5:30PM Moving Forward  <b>Westlake</b> 6:30PM Adults With Cancer Group ● 6:30PM Caregiver Group  <b>Online</b> 6:30PM Exercise: Warrior Workout	<b>Beachwood</b> 9:00AM Independent Workout 10:00AM Yoga ● 6:00PM Metastatic Breast Cancer Group  <b>Westlake</b> 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 6:00PM Yoga  <b>Online</b> 12:00PM Exercise: Functional Movement 12:30PM Life After Cancer Treatment 1:00PM Core for More 6:00PM LGBTQ+ Group	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Grief Group 12:30PM Balance for Improved Function ● 1:00PM Independent Workout 5:30PM Moving Forward 6:00PM Cooking With Seasonal Produce  <b>Westlake</b> 10:00AM Qigong-Tai Chi  <b>Online</b> 2:00PM Ovarian Cancer Group 6:30PM Exercise: Warrior Workout	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement  <b>Westlake</b> 10:00AM Yoga 11:00AM Yoga 6:30PM YA Singing Bowls ●  <b>Online</b> 12:00PM Full Body Bootcamp 6:30PM Adults with Cancer Group 6:30PM Caregiver Group  <b>Offsite</b> 11:00AM Wellness Throughout Your Cancer Journey	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout  <b>Westlake</b> 10:30AM Older Adults Group 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion  <b>Online</b> 12:00PM Oral, Head & Neck Group	<b>Online</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi  <b>Westlake</b> 11:00AM Cooking With Seasonal Produce  Westlake Office Closes at 1:00pm	
<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Zumba Gold ● 5:30PM Moving Forward  <b>Westlake</b> 2:00PM Breast Cancer Group 6:00PM Family Forward: Coping 6:30PM Life After Cancer Treatment  <b>Online</b> 6:30PM Adults with Cancer Group 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Guided Meditation  <b>Offsite</b> 6:30PM Hike and Snack	<b>Beachwood</b> 9:00AM Independent Workout 10:00AM Yoga ● 6:00PM Singing Bowls ● 6:30PM Grief Group  <b>Westlake</b> 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 2:00PM Lung Cancer Group 6:00PM Yoga 6:00PM Grief Group  <b>Online</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More	<b>Beachwood</b> 9:00AM Independent Workout 1:00PM Independent Workout 1:00PM Balance for Improved Function ● 5:30PM Moving Forward  <b>Westlake</b> 10:00AM Qigong-Tai Chi  <b>Online</b> 6:30PM Exercise: Warrior Workout	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement 3:30PM Needle Art Circle 6:30PM Adults with Cancer Group  <b>Westlake</b> 10:00AM Yoga 11:00AM Yoga 3:00PM Art Studio  <b>Online</b> 12:00PM Full Body Bootcamp 3:30PM Pancreatic Cancer Group	<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout  <b>Westlake</b> 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion	<b>Online</b> 9:00AM Yoga 10:00AM Qigong-Tai Chi	
<b>Beachwood</b> 9:00AM Independent Workout 11:00AM Zumba Gold ● 5:30PM Blood Cancer Group/Series ● 5:30PM Moving Forward  <b>Westlake</b> 6:30PM Adults With Cancer Group ● 6:30PM Caregiver Group  <b>Online</b> 6:30PM Exercise: Warrior Workout	<b>Beachwood</b> 9:00AM Independent Workout 10:00AM Yoga ●  <b>Westlake</b> 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 6:00PM Yoga 6:00PM Preparing For Mastectomy  <b>Online</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More  <b>Offsite</b> 2:30PM Hike and Snack	<b>Beachwood</b> 9:00AM Independent Workout 1:00PM Independent Workout 1:00PM Balance for Improved Function ● 5:30PM Moving Forward  <b>Westlake</b> 10:00AM Qigong-Tai Chi  <b>Online</b> 6:30PM Exercise: Warrior Workout	All TGP programs and services are free of charge.			

# The Gathering Place

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

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**Inside!** Program Guide

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## 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).



## 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