



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.

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.

B Beachwood

● Online

W Westlake

● 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
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
216-455-1517

Program Staff



Sarah Axner Gilmore MSSA, LSW
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G Spangler MSW, LSW
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Erin VanDorsten MS, CCLS
Children & Family Program Lead
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 or call our Navigators at 216-455-1507.

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 **●**

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 **●**

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**

Grief & Loss

* Please Note: Change in Regular Schedule

Program Details Key:

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

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** **●**

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 **●**

Caregivers

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**

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

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

Blood Cancer Series

Advocating for Yourself with Your Healthcare Team

Beth Faiman, CNP, PhD, Cleveland Clinic

Mon, July 27, 5:30-7:00pm

Exercise to Fight Fatigue

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

Mon, Aug, 24 5:30-7:00pm

Palliative Care

Erin Rafter, PhD, Cleveland Clinic

Mon, Sept 28, 5:30-7:00pm

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

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

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 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

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

Tues, July 28, 6:00-7:00pm

Fri, Aug 14, 11:00am-12:00pm

Thurs, Aug 27, 6:00-7:00pm

Fri, Sept 11, 11:00am-12:00pm

Tues, Sept 22, 6:00-7:00pm

Julie Hutter, RN Certified Sound Practitioner

Saturdays, 10:00-11:00am

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

Sat, July 18, 11:00am-12:00pm

Thurs, Aug 13, 3:00-4:00pm

Mon, Aug 31, 5:00-7:00pm

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

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

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

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

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

Sat, Aug 8, 10:00am-4:00pm



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

Ultimate Paint Party Debbie Morich

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

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

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

Eileen Coan, MA, MLS

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

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

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



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.



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

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

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

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

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!

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

Registration is required.

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Beachwood9:00AMIndependent Workout12:30PMBalance for Improved Function●1:00PMIndependent Workout Westlake10:00AMQigong-Tai Chi Online6:30PMExercise: Warrior Workout	2 Beachwood9:00AMIndependent Workout11:00AMChair One Fitness●12:00PMExercise: Functional Movement6:30PMAults with Cancer Group Westlake10:00AMYoga11:00AMYoga Online12:00PMFull Body Bootcamp Offsite10:00AMSteps of Healing	3 Offices Closed	4 Online9:00AMYoga10:00AMQigong-Tai Chi
6 Beachwood9:00AMIndependent Workout11:00AMZumba Gold● Online6:30PMExercise: Warrior Workout6:30PMGuided Meditation6:30PMCaregiver Group6:30PMAults with Cancer Group	7 Beachwood9:00AMIndependent Workout10:00AMYoga●6:30PMSister Circle● Westlake12:00PMExercise: Circuit Fusion1:00PMExercise: Circuit Fusion6:00PMYoga Online12:00PMExercise: Functional Movement1:00PMCore for More6:30PMYA Breast Cancer Group	8 Beachwood9:00AMIndependent Workout12:30PMBalance for Improved Function●1:00PMIndependent Workout Westlake10:00AMQigong-Tai Chi11:00AMArt for Healing & Growth Online5:30PMBack to Nutrition Basics6:30PMExercise: Warrior Workout	9 Beachwood9:00AMIndependent Workout11:00AMChair One Fitness●12:00PMExercise: Functional Movement5:15PMProstate Partner's Partners5:15PMProstate Partners Info Session6:30PMProstate Partners Group Westlake10:00AMYoga11:00AMYoga5:00PMGardening For Change Online12:00PMFull Body Bootcamp6:30PMAults with Cancer Group6:30PMCaregiver Group Offsite10:00AMSteps of Healing	10 Beachwood9:00AMIndependent Workout11:00AMSinging Bowls●11:00AMChair Zumba●12:30PMRestorative Motion●1:00PMIndependent Workout Westlake11:00AMSinging Bowls●12:00PMExercise: Circuit Fusion1:00PMExercise: Circuit Fusion Offices Close at 2:00pm	11 Beachwood9:30AMSibling Grief Group9:30AMFamily Grief Group11:00AMFamily Support Online9:00AMYoga10:00AMQigong-Tai Chi Beachwood Office Closes at 1:00pm
13 Beachwood9:00AMIndependent Workout11:00AMZumba Gold● Westlake6:30PMAults with Cancer Group●6:30PMCaregiver Group Online6:30PMExercise: Warrior Workout	14 Beachwood9:00AMIndependent Workout10:00AMYoga●11:30AMArt Studio6:30PMLife After Cancer Treatment Westlake12:00PMExercise: Circuit Fusion1:00PMExercise: Circuit Fusion2:00PMGrief Group6:00PMYoga Online12:00PMExercise: Functional Movement1:00PMCore for More6:30PMBreast Cancer Group	15 Beachwood9:00AMIndependent Workout11:00AMGrief Group12:30PMBalance for Improved Function●1:00PMIndependent Workout6:00PMRefreshing Summer Mocktails Westlake10:00AMQigong-Tai Chi11:00AMIntro To Hypnotherapy Online2:00PMOvarian Cancer Group6:30PMExercise: Warrior Workout	16 Beachwood9:00AMIndependent Workout11:00AMChair One Fitness●12:00PMExercise: Functional Movement4:00PMWalk The Labyrinth6:30PMAults with Cancer Group Westlake10:00AMYoga11:00AMYoga Online12:00PMFull Body Bootcamp Offsite10:00AMSteps of Healing	17 Beachwood9:00AMIndependent Workout11:00AMChair Zumba●12:30PMRestorative Motion●1:00PMIndependent Workout Westlake10:30AMOlder Adults Group12:00PMExercise: Circuit Fusion1:00PMExercise: Circuit Fusion Online12:00PMOral, Head & Neck Group Offsite11:15AMAquatic Exercise Offices Close at 2:00pm	18 Online9:00AMYoga10:00AMQigong-Tai Chi Westlake10:00AMSinging Bowls11:00AMWalk The Labyrinth11:00AMRefreshing Summer Mocktails Westlake Office Closes at 1:00pm
20 Beachwood9:00AMIndependent Workout11:00AMZumba Gold● Westlake2:00PMBreast Cancer Group6:30PMLife After Cancer Treatment Online6:30PMExercise: Warrior Workout6:30PMCaregiver Group6:30PMAults with Cancer Group6:30PMGuided Meditation Offsite6:30PMHike and Snack	21 Beachwood9:00AMIndependent Workout10:00AMYoga●6:00PMMetastatic Breast Cancer Group Westlake12:00PMExercise: Circuit Fusion1:00PMExercise: Circuit Fusion2:00PMRevisiting New Years Resolutions6:00PMYoga Online12:00PMExercise: Functional Movement12:30PMLife After Cancer Treatment1:00PMCore for More6:00PMLGBTQ+ Group	22 Beachwood9:00AMIndependent Workout12:30PMBalance for Improved Function●1:00PMIndependent Workout2:00PMRevisiting New Years Resolutions Westlake10:00AMQigong-Tai Chi Online6:30PMExercise: Warrior Workout	23 Beachwood9:00AMIndependent Workout11:00AMChair One Fitness●12:00PMExercise: Functional Movement Westlake10:00AMYoga11:00AMYoga6:00PM Sip Well: Mocktails Online12:00PMFull Body Bootcamp3:30PMPancreatic Cancer Group6:30PMAults with Cancer Group6:30PMCaregiver Group Offsite10:00AMSteps of Healing	24 Beachwood9:00AMIndependent Workout11:00AMChair Zumba●12:30PMRestorative Motion●1:00PMIndependent Workout Westlake12:00PMExercise: Circuit Fusion1:00PMExercise: Circuit Fusion Offsite11:15AMAquatic Exercise Offices Close at 2:00pm	25 Online9:00AMYoga10:00AMQigong-Tai Chi
27 Beachwood9:00AMIndependent Workout11:00AMZumba Gold●5:30PMBlood Cancer Group/Series● Westlake6:30PMAults with Cancer Group6:30PMCaregiver Group Online6:30PMExercise: Warrior Workout	28 Beachwood9:00AMIndependent Workout10:00AMYoga●6:00PMSinging Bowls●6:30PMGrief Group Westlake12:00PMExercise: Circuit Fusion1:00PMExercise: Circuit Fusion2:00PMLung Cancer Group6:00PMYoga6:00PMGrief Group Online12:00PMExercise: Functional Movement1:00PMCore for More Offsite2:30PMHike and Snack	29 Beachwood9:00AMIndependent Workout12:30PMBalance for Improved Function●1:00PMIndependent Workout Westlake10:00AMQigong-Tai Chi Online6:30PMExercise: Warrior Workout	30 Beachwood9:00AMIndependent Workout11:00AMChair One Fitness●12:00PMExercise: Functional Movement3:30PMNeedle Art Circle6:00PMYA Summer Pizza Party6:30PMAults with Cancer Group Westlake10:00AMYoga11:00AMYoga Online12:00PMFull Body Bootcamp Offsite10:00AMYoga at UH Brunner10:00AMSteps of Healing	31 Beachwood9:00AMIndependent Workout11:00AMChair Zumba●12:30PMRestorative Motion●1:00PMIndependent Workout Westlake12:00PMExercise: Circuit Fusion1:00PMExercise: Circuit Fusion Offsite11:15AMAquatic Exercise Offices Close at 2:00pm	

August 2026

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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 10:00AM Singing Bowls 15 11:00AM Summer Salsas 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 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 Signing 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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August 31	Tuesday	Wednesday
Beachwood 9:00AM Independent Workout 11:00AM Zumba Gold ● 5:00PM Walk The Labyrinth	Beachwood 9:00AM Independent Workout 10:00AM Yoga ● 6:30PM Sister Circle ●	Beachwood 9:00AM Independent Workout 12:30PM Balance for Improved Function ● 1:00PM Independent Workout
Online 5:00PM Build Your Coping Toolbox 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM Caregiver Group	Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 6:00PM Yoga	Westlake 10:00AM Qigong-Tai Chi
	Online 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:30PM YA Breast Cancer Group	Online 5:30PM Meal Planning for Beginners 6:30PM Exercise: Warrior Workout
Monday	Thursday	Friday
Offices Closed	Beachwood 9:00AM Independent Workout 10:00AM Yoga ● 11:30AM Art Studio 6:30PM Life After Cancer Treatment	Beachwood 9:00AM Independent Workout 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout
	Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 2:00PM Grief Group 6:00PM Yoga	Westlake 10:00AM Yoga 11:00AM Yoga
	Online 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:30PM Breast Cancer Group	Online 12:00PM Full Body Bootcamp 6:30PM Adults with Cancer Group 6:30PM Caregiver Group
Beachwood 9:00AM Independent Workout 11:00AM Zumba Gold ● 5:30PM Moving Forward	Beachwood 9:00AM Independent Workout 10:00AM Yoga ● 6:00PM Metastatic Breast Cancer Group	Beachwood 9:00AM Independent Workout 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout
Westlake 6:30PM Adults With Cancer Group ● 6:30PM Caregiver Group	Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 6:00PM Yoga	Westlake 10:30AM Older Adults Group 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion
Online 6:30PM Exercise: Warrior Workout	Online 12:00PM Exercise: Functional Movement 12:30PM Life After Cancer Treatment 1:00PM Core for More 6:00PM LGBTQ+ Group	Online 12:00PM Oral, Head & Neck Group
		Westlake Office Closes at 1:00pm
Beachwood 9:00AM Independent Workout 11:00AM Zumba Gold ● 5:30PM Moving Forward	Beachwood 9:00AM Independent Workout 10:00AM Yoga ● 6:00PM Singing Bowls ● 6:30PM Grief Group	Beachwood 9:00AM Independent Workout 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout
Westlake 2:00PM Breast Cancer Group 6:00PM Family Forward: Coping 6:30PM Life After Cancer Treatment	Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 2:00PM Lung Cancer Group 6:00PM Yoga 6:00PM Grief Group	Westlake 10:00AM Yoga 11:00AM Yoga 3:00PM Art Studio
Online 6:30PM Adults with Cancer Group 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Guided Meditation	Online 12:00PM Exercise: Functional Movement 1:00PM Core for More	Online 12:00PM Full Body Bootcamp 3:30PM Pancreatic Cancer Group
Offsite 6:30PM Hike and Snack		
Beachwood 9:00AM Independent Workout 11:00AM Zumba Gold ● 5:30PM Blood Cancer Group/Series ● 5:30PM Moving Forward	Beachwood 9:00AM Independent Workout 10:00AM Yoga ●	Beachwood 9:00AM Independent Workout 1:00PM Independent Workout 1:00PM Balance for Improved Function ● 5:30PM Moving Forward
Westlake 6:30PM Adults With Cancer Group ● 6:30PM Caregiver Group	Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion 6:00PM Yoga 6:00PM Preparing For Mastectomy	Westlake 10:00AM Qigong-Tai Chi
Online 6:30PM Exercise: Warrior Workout	Online 12:00PM Exercise: Functional Movement 1:00PM Core for More	Online 6:30PM Exercise: Warrior Workout
	Offsite 2:30PM Hike and Snack	

Thursday	Friday	Saturday
Beachwood 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement 6:30PM YA Singing Bowls ●	Beachwood 9:00AM Independent Workout 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout	Online 9:00AM Yoga 10:00AM Qigong-Tai Chi
Westlake 10:00AM Yoga 11:00AM Yoga	Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion	
Online 12:00PM Full Body Bootcamp 6:30PM Adults with Cancer Group 6:30PM Caregiver Group	Offsite 1:00PM Aquatic Exercise	
	Offices Close at 2:00pm	
Beachwood 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement 5:15PM Prostate Partner's Partners 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Adults with Cancer Group	Beachwood 9:00AM Independent Workout 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout	Beachwood 9:30AM Sibling Grief Group 9:30AM Family Grief Group 11:00AM Family Support
Westlake 10:00AM Yoga 11:00AM Yoga	Westlake 11:00AM Singing Bowls ● 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion	Online 9:00AM Yoga 10:00AM Qigong-Tai Chi
Online 12:00PM Full Body Bootcamp	Offsite 1:00PM Aquatic Exercise	
		Beachwood Office Closes at 1:00pm
Beachwood 9:00AM Independent Workout 11:00AM Chair One Fitness ● 12:00PM Exercise: Functional Movement	Beachwood 9:00AM Independent Workout 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout	Online 9:00AM Yoga 10:00AM Qigong-Tai Chi
Westlake 10:00AM Yoga 11:00AM Yoga 6:30PM YA Singing Bowls ●	Westlake 10:30AM Older Adults Group 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion	Westlake 11:00AM Cooking With Seasonal Produce
Online 12:00PM Full Body Bootcamp 6:30PM Adults with Cancer Group 6:30PM Caregiver Group	Online 12:00PM Oral, Head & Neck Group	
Offsite 11:00AM Wellness Throughout Your Cancer Journey		Westlake Office Closes at 1:00pm
Beachwood 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	Beachwood 9:00AM Independent Workout 11:00AM Chair Zumba ● 12:30PM Restorative Motion ● 1:00PM Independent Workout	Online 9:00AM Yoga 10:00AM Qigong-Tai Chi
Westlake 10:00AM Yoga 11:00AM Yoga 3:00PM Art Studio	Westlake 12:00PM Exercise: Circuit Fusion 1:00PM Exercise: Circuit Fusion	
Online 12:00PM Full Body Bootcamp 3:30PM Pancreatic Cancer Group		

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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Permit #769

Inside! Program Guide

July | August | September

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.



Ways to Connect.

216-595-9546
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