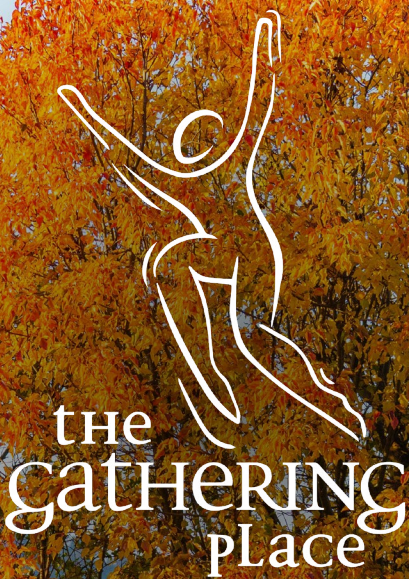




SUPPORTING THOSE TOUCHED BY CANCER

2026 Program Guide

Oct | Nov | Dec

**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 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.

All Free of Charge

Our Offices

Phone: 216-595-9546

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

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

B 2nd Saturday of the month: October 10, November 14, December 12

W 3rd Saturday of the month: October 17, November 21, December 19

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

Offices Closed: November 26 & 27, December 24, 25 & 31, January 1

Adjusted Hours: 10:00am-12:30pm December 21

10:00am-3:00pm Dec 22-23 & 28-30

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
- 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 EST 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
gilmore@touchedbycancer.org
216-455-1516



Sarah Bowers MS, RDN, LD
Nutrition Staff
sarahb@touchedbycancer.org
216-455-1522



Stephen Cerne
NSCA-CPT, ACSM/ACS-CET
Movement/Exercise Staff
cerne@touchedbycancer.org
216-455-1503



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



Sandy Conochan ATC, PTA, CES
Movement/Exercise Staff
conochan@touchedbycancer.org
216-455-1529



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



Bess Kaple MSW, LSW
bess@touchedbycancer.org
216-455-1501



Mary Fisher-Bornstein LISW-S
bornstein@touchedbycancer.org
216-455-1506



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



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



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



G Spangler MSW, LISW
spangler@touchedbycancer.org
216-455-1525



Erin VanDorsten MS, CCLS
Children & Family Program Lead
vandorsten@touchedbycancer.org
216-455-1533

Individual Services

Individual Short-Term Cancer-Focused Support

Our mental health professionals will walk alongside you during your cancer journey to offer support as you navigate cancer during treatment, into survivorship or end of life.

Wig Salon Appointments

Our Regina Brett Wig Salons provide a free wig to women with cancer related hair loss.

Financial and Legal Consults

We are fortunate to work with local, professional volunteers who can address questions and concerns around the financial and legal burdens of cancer.

Medical Library Services

Our medical library staff are available to help you understand pathology reports, blood work and scans, as well as assist with locating clinical trials and other resources.

Reiki and Reflexology

Reiki is a Japanese healing technique used for stress reduction and relaxation. It is administered by "gentle touch" and is based on the idea that everything living is made up of energy. Reiki is a simple, natural and safe method to help bring a sense of peace and wellbeing.

Reflexology is a practice involving pressure points on the feet and hands. The belief is that areas of the foot and hand correspond to organs and systems of the body and by massaging those points one can bring relaxation to matching areas of the body.

Ongoing Adult Support Groups

Support groups require registration and a call 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.

* 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.

Whitney Hadley
Mondays, 6:30-8:00pm

Oct 5 & 19, Nov 2, 16, & 30, Dec 14 **W**
Oct 12 & 26, Nov 9 & 23, Dec 7 **Online**

Sarah Axner Gilmore
Thursdays, 6:30-8:00pm
Oct 1, 15 & 29, Nov 12, Dec 3 & 17 **Online**
Oct 8 & 22, Nov 5 & 19, Dec 10 **B**

Life After Cancer Treatment Group
For those in maintenance treatment or those who have completed treatment.

Mary Fisher Bornstein
Oct 13, Nov 10, Dec 8, 6:30-8:00pm **B**

Susan Marinac
Oct 19, Nov 16, 6:30-8:00pm **W**
* (No December meeting)

Karelys Ortiz Santiago
Oct 20, Nov 17, Dec 15, 12:30-1:30pm **Online**

LGBTQ+ Group

Brittani Davis
Oct 20, Nov 17, Dec 15, 6:00-7:00pm **Online**

Cancer Specific

Blood Cancer Group
Mary Fisher Bornstein
Stevi Gutin
Oct 26, Nov 23, 5:30-7:00pm **B** **Online**
* (No December meeting)

Lung Cancer Support Group
Susan Marinac
For those with a lung cancer diagnosis.
Oct 27, Nov 24, 2:00-3:30pm **W**
* (No December meeting)

Breast Cancer Support Group
Group for those diagnosed with breast cancer. All ages.
Eileen Coan
Oct 13, Nov 10, Dec 8, 6:30-8:00pm **Online**

Susan Marinac
Oct 19, Nov 16, 2:00-3:30pm **W**
* (No December meeting)

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.
Oct 6, Nov 3, Dec 1, 6:30-8:00pm **Online**

Metastatic Breast Cancer Group
Sarah Axner Gilmore
Oct 20, Nov 17, Dec 15, 6:00-7:30pm **B**

Oral, Head & Neck Cancer Support Group

Brittani Davis
Oct 16, Nov 20, Dec 18, 12:00-1:00pm **Online**

Ovarian Cancer Support Group
Susan Marinac
Oct 21, Nov 18, Dec 16, 2:00-3:30pm **Online**

Pancreatic Cancer Group
Bess Kaple
Oct 22, Nov 19*, Dec 17*, 3:30-4:30pm **Online**

Grief & Loss

Adult Grief Support
Karelys Ortiz Santiago
Support to help cope with the death of a loved one due to cancer.
Oct 13, Nov 10, Dec 8, 2:00-3:30pm **W**
Oct 27, Nov 24, 6:00-7:30pm **W**

Older Adults Group

Karen Hatfield
Oct 16, Nov 20, Dec 18, 10:30am-12:00pm **W**

Sister Circle: African American Women with Cancer

Sydney Roberts
Oct 6, Nov 3, Dec 1, 6:30-8:00pm **B** **Online**

Caregivers

Group for Caregivers
Bess Kaple
Mondays, 6:30-8:00pm
Oct 5 & 19, Nov 2, 16, & 30, Dec 14 **W**
Oct 12 & 26, Nov 9 & 23, Dec 7 **Online**

Karelys Ortiz Santiago
Thursdays, 6:30-8:00pm
Oct 1, 15 & 29, Nov 12, Dec 3 & 17 **Online**
Oct 8, Nov 5, Dec 10 **B** ***NEW**

Prostate Partners

Mary Fisher Bornstein
For individuals diagnosed with prostate cancer and their loved ones.
Oct 8, Nov 12, Dec 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

Mary Fisher Bornstein
Support to help cope with the death of a loved one due to cancer beyond the first two years.
Oct 21, Nov 18, Dec 16, 11:00am-12:30pm **B**
Support to help those newly grieving the death of a loved one due to cancer.
Oct 20*, Nov 17*, Dec 15*, 6:30-8:00pm **B**

Information & Education

Program Details Key:

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

Loss Along the Way: What is Anticipatory Grief?

Bess Kaple, MSW, LSW

- Put a name to difficult feelings from anticipating what might happen and changes to come during difficult times
- Explore coping exercises with this type of grief

For caregivers:

Thurs, Oct 1, 4:00-5:00pm **W**

For adults with cancer & survivors:

Thurs, Oct 8, 4:00-5:00pm **W**

Rare Cancers: You Are Not Alone

Eileen Coan, MA, MLS

Learning you have a rare cancer type adds uncertainty and isolation to an already frightening diagnosis. Maybe your doctor has not seen someone like you before, and maybe you have not met others with your cancer type.

- Come learn about coping with a unique cancer type and engage with others in similar situations
- Examples of rare cancer include neuroendocrine, Leiomyosarcoma and others. Contact Eileen at coan@touchedbycancer.org to find out if your cancer type will be addressed

Tues, Oct 27, 6:00-7:30pm **W**

Thurs, Oct 29, 6:00-7:30pm **B**

Exercising Through Treatment

Sandy Conochan, ATC, PTA, CES

- Discuss how exercise helps mitigate common side effects of cancer treatments & learn current exercise recommendations for patients

Wed, Oct 28, 2:00-3:00pm **●**

Caregiver Appreciation: A Moment for You

Bess Kaple, MSW, LSW

Karelys Ortiz Santiago, MSW, LSW

- November is National Family Caregivers Month. Join us for a special event for caregivers only, recognizing the compassion, strength, and love they provide loved ones affected by cancer.
- Enjoy self-care activities, Reiki sessions, and time to connect, relax and feel appreciated
- Refreshments will be provided

Nov 5, 12:00-1:30pm **W**

Nov 19, 6:30-8:00pm **B**

Optimizing Bone Health in Women Receiving Endocrine (hormone) Therapy to Treat Breast Cancer

Sabashini Ramchand, MD

Staff Physician, Department of Endocrinology

Associate Professor, Lerner College of Medicine of Case Western Reserve University

- Learn why we need healthy bones
- Learn about hormone therapy and why bones are affected
- Learn how to make changes to support bone health

Tues, Oct 27, 6:30-8:00pm **●**



Coping with Chemotherapy-Induced Neuropathy and Other Conditions of the Feet

Nicholas Garcia, MD
Elevate Foot & Ankle

- Discuss painful side effects of some chemotherapies and what can be done for relief
- Learn about the role of podiatry as part of your care team

Thurs, Nov 5, 6:00-7:00pm **B**

Wed, Nov 11, 6:00-7:00pm **W**



Unlocking the Power of Breath

Dipali Desai, MD
UH Southwest Internal Medicine

- Learn how to start a breathwork practice
- Improve body awareness
- Reduce stress and anxiety

Sat, Nov 21, 11:15am-12:30pm **W**



Planning for Peace of Mind

Bess Kaple, MSW, LSW

- Learn about different types of advanced care planning documents, what each one does and requirements for filling them out
- Address ways to start conversations about advanced care planning with your loved ones
- Leave with a packet of documents ready to complete and knowledge of how to complete them

Thurs, Nov 12, 3:30-5:00pm **W**

Support During The Holidays

Finding Peace During the Holidays

Susan Marinac, LISW-S

- Explore practical strategies for managing holiday-related stress
- Learn how to set realistic expectations
- Prioritize self-care and increase meaningful connection

Wed, Nov 4, 11:00am-12:00pm **W**

Grief During the Holidays

Susan Marinac, LISW-S

Eileen Coan, MA, MLS

Mary Fisher Bornstein, LISW-S

- The holiday season can be difficult when you're grieving the death of a loved one
- Learn about grief, share experiences, and create an ornament in memory of your loved one. Supplies will be provided.

To register for the Southwest session call **440.816.4037** or email communitynurses3@swgeneral.com

Mon, Dec 7, 11:00am- 12:00pm **●**

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

Tues, Dec 15, 4:00-5:30pm **B**

Holiday Remembrance: Honoring Our Loved Ones

Karelys Ortiz Santiago, MSW, LSW

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

Fri, Dec 18, 1:00-2:30pm **W**

Coping with Cognitive Changes

Kayla Wilson, MOT, OTR/L, CIDN
Senior Occupational Therapist
University Hospitals

- Identify and learn strategies to negotiate possible deficits in cognition throughout the cancer journey
- Find a sense of community in common challenges
- Discuss resources and options for further assistance navigating cognitive changes

Wed, Dec 2, 6:00-7:00pm **●**

Creative Arts & Meditation

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 **●**

Oct 5 & 19, Nov 2 & 16, Dec 7

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

Daytime Classes

Fri, Oct 9, 11:00am-12:00pm **B** **●**

Fri, Nov 13, 11:00am-12:00pm **W** **●**

Fri, Dec 11, 11:00am-12:00pm **B** **●**

Evening Classes

Thurs, Oct 22, 6:00-7:00pm **W** **●**

Julie Hutter, RN
Certified Sound Practitioner

Sat, Nov 21, 10:00-11:00am **W**

Writing for Resilience

Margrita Colabuno

- Discover how to use journaling as a self-care practice to support overall well-being. Explore three writing techniques that focus on fostering personal reflection and insight.

- Materials will be provided

Sat, Oct 10, 10:00am-12:30pm **B**

Horticulture Therapy: Digging Deep for Inner Resources

Karen Kennedy, HTR

- There are plants that are great examples of stashing resources to enable them to flourish and bloom
- Join us for some intriguing personal and horticultural discovery along with planting resourceful plants to take home and nurture

Wed, Nov 4, 6:00-7:30pm **W**

Fri, Nov 6, 1:00-2:30pm **B**

Art Therapy

Art for Healing & Growth Therapy Group for 18 and Older

Mackenzie McCormick, LPC, ATR-P

- **October:** The Art of Release
- **November:** Gratitude Mandala
- **December:** Through My Own Eyes

Wednesdays, 11:00am-12:30pm **W**

Oct 14, Nov 11, Dec 9

Survivorship Trees: Strength, Growth, and the Journey Ahead

Bri Love, LPAT, ATR-BC

- A reflective and creative art experience exploring resilience, and support systems that help us navigate the cancer journey
- Through the creation of a personal Survivorship Tree, participants will reflect on the experiences that have shaped them, the people and resources that have supported them, and the strengths they have discovered along the way using a variety of mixed-media materials

Wed, Nov 18, 6:30-8:00pm **W**

Allowing Space for Anger

Gabrielle Cooper, LPC, ATR-P

- Anger can be an emotion that we often suppress when cancer has touched our lives
- We will begin with mindfulness techniques to ground us and utilize air-dry clay to explore anger safely

Wed, Dec 9, 6:30-8:00pm **B**

Singing Circle

G Spangler, MSW, LSW

- 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!

- Send song requests to spangler@touchedbycancer.org no later than one week before program

Tues, Nov 3, 2:00-3:00pm **B**

Opportunities for relaxation, mindfulness and self-expression

Mindfulness Retreat

Sarah Axner Gilmore MSSA, LSW
G Spangler, MSW, LSW

- Discover the foundations of mindfulness and explore practical ways to bring greater awareness, calm, and balance into everyday life. This program combines mindful movement, breathwork, gentle slow-flow yoga, and guided meditation to help participants reduce stress, improve focus, and cultivate overall well-being. Suitable for all experience levels.

Sat, Nov 14, 10:00am-1:00pm **B**

Art Studio

Discover your creativity. No experience needed!

Ultimate Paint Party

Debbie Morich

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

Tues, Oct 13, 11:30am-1:00pm **B**

Kintsugi Class

Sarah Axner Gilmore, MSSA, LSW

- 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.
- All materials provided.

Tues, Dec 8, 11:30am-1:00pm **B**

Reiki for Self-Care

Mary Fisher Bornstein, LISW-S

- Learn principles of the ancient practice of Reiki
- Learn simple Reiki techniques for enhanced well-being

Sat, Dec 12, 10:00-11:30am **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

Hands-on Cooking Classes: When needed, priority will be given to those who have not yet participated.

Pumpkin Spice & Everything Nice (Hands-on Cooking Class)

Sarah Bowers, MS, RDN, LD

- Join us for this fall inspired class where we will learn about the many great health benefits of pumpkin and squash
- Practice your cooking skills and sample fall food focused recipes

Wed, Oct 14, 6:00-7:30pm B

Sat, Oct 17, 11:00am-12:30pm W

Hunger Cues During the Holidays

Sarah Bowers, MS, RDN, LD

- Embracing mindful eating can help you to enjoy your holidays with less stress
- Discover the principles of mindful eating and how to apply them year-round, but especially during the holidays

Wed, Nov 18, 3:30-4:30pm

Immunity Boosting Foods (Hands-on Cooking Class)

Sarah Bowers, MS, RDN, LD

- Discover how nutrition can help boost your immune system this winter
- Prepare for cold and flu season with immunity boosting recipes

Wed, Nov 11, 6:00-7:30pm B

Sat, Nov 14, 11:00am-12:30pm W

Q&A with a Dietitian

Sarah Bowers, MS, RDN, LD

- Join us for a cancer-related nutrition discussion
- Learn common cancer nutrition myths and misconceptions
- Ask your nutrition questions

Wed, Dec 16, 3:30-4:30pm

If you have questions ahead of time, please submit them to sarahb@touchedbycancer.org upon registration to ensure they get addressed during the session.



Contact Sarah for questions about nutrition during your cancer journey.

Sarah Bowers, MS, RDN, LD

sarahb@touchedbycancer.org 216-455-1522

Movement

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, exercise helps to maintain physical and mental health, reduce stress and anxiety and improve sleep. A health and fitness screening is required before attending movement classes.

Program Details Key:

B Beachwood W Westlake Online Off Site Recordings available

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

Ashley Sanchez, ISSA, CPT

Fridays: 11:15am-12:15pm Oct 2-Oct 30

UH Avon

1997 Healthway Dr., Avon, OH 44011

Lauren Carver, ACSM Certified Exercise Physiologist

Fridays: 1:00-2:00pm Oct 16-Nov 13

King David Aquatic Center

27300 Cedar Rd, Cleveland, OH 44122

*Classes are subject to change. Please check the calendar and our website for actual dates. When needed, priority will be given to those currently in treatment and/or those who have not yet participated.

Yoga Series at UH Brunner Fitness Center

Kimberly Wright, PhD, CYT 200, CYTYIN

- Utilize physical postures and movement to improve strength, mobility, range of motion, balance, circulation and breathing. Modifications offered to accommodate all levels.

Thursdays: 10:00-11:00am

Oct 22-Nov 19

UH Brunner Fitness Center

8655 Market St., Mentor, OH 44060

Ongoing Movement Programs

Mondays

Independent Workout 9:00-10:00am OR 10:00-11:00am B

Zumba with Higo 11:00-11:45am B

Warrior Workout with Kelsey 6:30-7:15pm *

Tuesdays

Independent Workout 9:00-10:00am OR 10:00-11:00am B

Yoga with Lisa 10:00-11:00am B

Functional Movement with Stephen 12:00-12:45pm *

Circuit Fusion with Sandy 12:00-12:45pm & 1:00-1:45pm W

Core for More: Balance & Stability with Stephen 1:00-1:30pm *

Yoga with Murray 6:00-7:00pm W

Wednesdays

Independent Workout 9:00-10:00am OR 10:00-11:00am B

Tai Chi with Jeannie 10:00-11:00am W

Balance for Improved Function with Stephen 12:30-1:00pm B *

Independent Workout 1:00-2:00pm B

Warrior Workout with Kelsey 6:30-7:15pm *

Thursdays

Independent Workout 9:00-10:00am OR 10:00-11:00am B

Yoga with Jen 10:00-11:00am & 11:00-11:45am W

Chair One Fitness with Anita 11:00-11:45am B

Full-Body Bootcamp with Sandy 12:00-12:45pm *

Functional Movement with Stephen 12:00-12:45pm B

Fridays

Independent Workout 9:00-10:00am OR 10:00-11:00am B

Chair Zumba with Higo 11:00-11:45am B

Circuit Fusion with Stori 12:00-12:45pm & 1:00-1:45pm W

Restorative Motion with Stephen 12:30-1:00pm B *

Independent Workout 1:00-2:00pm B

Saturdays

Yoga with Lisa 9:00-10:00am

Qigong-Tai Chi with Jeannie 10:00-11:00am

Balance for Improved Function focuses on exercises that build balance, stability, and body awareness.

Chair One Fitness is a fun, chair-based dance class that helps to improve posture, lubricate joints, strengthen shoulders, and increase your heart rate!

Chair Zumba is a fun, chair-based workout that utilizes Latin-inspired music and movements that improve heart health, flexibility and strength all while remaining seated.

Circuit Fusion is a strength-based circuit class that includes balance, coordination, and endurance exercise.

Core for More addresses the muscles that are responsible for proper posture, balance, stability, and functional movement.

Full-Body Bootcamp is a strength-based exercise class that also touches on balance, coordination, and endurance.

Functional Movement combines simple strength, endurance, core, balance, and flexibility exercises to help improve daily living.

Independent Workout is supervised, self-guided time in the fitness studio where you can utilize our cardio machines, weight machines, free weights, and other exercise equipment.

Restorative Motion is a slow flow stretching and yoga-based program.

Tai Chi works to reduce stress and improve balance.

Warrior Workout is a strength-based class that also includes balance and flexibility to help you feel your best no matter what stage of treatment you are in.

Yoga offers gentle flow and stretching that is appropriate for all levels.

Zumba is a low impact, low intensity dance class utilizing Latin rhythms.



Hot Comfort Cider

Ginger and Turmeric Cider - from the American Institute for Cancer Research Yields 1 serving

INGREDIENTS

- 1 cup apple cider
- 1 tsp. grated fresh ginger
- 1 tsp. grated fresh turmeric
- 1 strip (1/2-inch by 1/2-inch) lemon peel, white part included
- Dash cinnamon, optional

DIRECTIONS

- In a small saucepan, combine cider, ginger, turmeric and lemon peel. Over medium-high heat, heat until ring of bubbles appears around edge of pan.
- Cover pan and set aside to steep for 5 minutes.
- Pour hot-spiced cider through fine tea strainer into mug and add dash of cinnamon, if desired. Serve immediately.

NOTES

This hot cider is the perfect comfort drink for chilly fall and winter days. As an added benefit, it also offers potential anti-inflammatory and antioxidant properties.



MADE WITH LOVE

Recipe provided by the American Institute for Cancer Research

TGP Kids

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

Program Details Key:

- B

Beachwood
- W

Westlake
- Online
- Off Site

Registration required for all children and family programs.

Please email kids@touchedbycancer.org

Family Grief

- Ongoing, welcoming group for parents and children who have experienced the death of a child or an adult loved one due to cancer
- A supportive space to connect with other families who share similar experiences
- Supportive activities to encourage expression, coping, and understanding while creating space for parents to connect and explore ways to support themselves and their children through grief

Saturdays, 9:30-10:30am

B

Oct 10, Nov 14, Dec 12

Family Support

- Ongoing, welcoming group for families impacted by cancer (a child with cancer or an adult loved one with cancer)
- Time to connect with other families who understand the unique challenges of supporting each other through a cancer diagnosis
- Supportive activities to help children cope and express emotions while offering space for parents to connect and learn practical tools for supporting their kids

Saturdays, 11:00am-12:00pm

B

Oct 10, Nov 14, Dec 12

Family Forward: Family Coping & Connection - Fall Garland

Michelle Miller, LISW-S, ACHP-SW

- Celebrate the beauty of the Fall season and enjoy the simple joy of creating something together
- A whole family event where each member of the family adds their own creativity
- Leave with a lasting memory and a beautiful fall garland celebrating the unique beauty of your family system to enjoy for years to come

Wed, Nov 11, 6:00-7:00pm

W

Family Foward: Family Coping & Connection- Time Capsules

Erin VanDorsten, MS, CCLS

- Meaningful family event to reflect on favorite memories, recognize family strengths, and share hopes for the future
- All art supplies provided, however feel free to bring special mementos (pictures, letters, trinkets) to place in your time capsule

Wed, Nov 18, 6:00-7:00pm

B

Kids Only Holiday PJ Party

Erin VanDorsten, MS, CCLS

- Casual and relaxed Kids Only event to enjoy a family-friendly movie
- Lunch and drinks will be provided
- Kids only... so grown-ups, use this time to holiday prep, shop, or eat!

Sat, Dec 12, 12:00-3:00pm

B

Young Adults (YA)

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

Program Details Key:

- B

Beachwood
- W

Westlake
- Online
- Off Site



Programs in this section are tailored to our Young Adult community, but explore the rest of this guide for more opportunities to engage!

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.

Oct 6, Nov 3, Dec 1, 6:30-8:00pm

YA Rock Climbing at Cleveland Rocks

G Spangler, MSW, LISW

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

- The triumphant return of our popular young adult climbing program, this time at Cleveland Rocks in Ohio City!
- Work with our experienced volunteer belayers to transcend fears and climb to new heights!
- Participants are welcome to bring one support person who may climb or cheer on from the ground.

No experience necessary! Gear rental is included.

Thurs, Nov 12, 6:30-8:30pm

Cleveland Rocks

2831 Franklin Blvd, Cleveland, 44113

YA Mirth and Merriment

G Spangler, MSW, LISW

- Winter holidays and the longest nights of the year can bring up a wide range of emotions and experiences
- Join us by the fire for an evening of laughs, community, and cozy vibes
- Snacks, hot drinks, crafts, and games are all on the menu. Bring a friend and make some new ones!

Thurs, Dec 3, 6:00-7:30pm

B

YA Ceramic Studio

G Spangler MSW, LSW

- Come play with clay!
- We will learn the fundamentals of throwing on a pottery wheel
- No experience needed as we meet at Brick Ceramics in Waterloo Arts District for an evening of creation and connection

Each participant may keep one item they create to be glazed and fired by the Brick team, then picked up from TGP. Spots are limited and will go fast – sign up today! For YA's dealing with a cancer diagnosis.

Sat, Dec 12, 4:00-6:00pm

Brick Ceramics in Waterloo

420 E 161st St, Cleveland, OH 44110



Fun for Kids & Young Adults alike!

TGP Kids and YA Family Tie Dye Party

G Spangler, MSW, LSW | Erin VanDorsten, MS, CCLS

- Bring your creative selves and your kids to dye fabric, discuss acceptance and control, and celebrate beauty even when it looks different than how we expected
- All materials will be provided; each participant is welcome to bring one additional small, white, natural fiber item (cotton bandana, tshirt, etc) from home to dye as well.

Wed, Oct 21, 6:00-7:00pm

B



Supporting Survivors



Survivorship Symposium

The Next Chapter: Life Beyond Cancer

Sat, Nov 7, 9:00am-1:30pm

W

Join us for a supportive and educational day to connect with others on the survivorship journey

- Featuring a livestream presentation by **Dr. Wayne B. Jonas**, co-author of Healing and Cancer: A Guide to Whole Person Care
- Lunch will be provided



Ongoing Survivorship Support

Life After Cancer Treatment Group

For those in maintenance treatment or those who have completed treatment.

Mary Fisher Bornstein

Oct 13, Nov 10, Dec 8, 6:30-8:00pm

B

Susan Marinac

Oct 19, Nov 16, 6:30-8:00pm

W

Karelys Ortiz Santiago

Oct 20, Nov 17, Dec 15, 12:30-1:30pm

October 2026

All programs are in EST
● 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
			Beachwood9:00AMIndependent Workout11:00AMChair One Fitness ●12:00PMExercise: Functional Movement Westlake10:00AMYoga11:00AMYoga4:00PMLoss & Anticipatory Grief Online12:00PMFull Body Bootcamp6:30PMAdults with Cancer Group6:30PCaregiver Group	Beachwood9:00AMIndependent Workout11:00AMChair Zumba ●12:30PMRestorative Motion ●1:00PMIndependent Workout Westlake12:00PMExercise: Circuit Fusion1:00PMExercise: Circuit Fusion Offsite11:15AMAquatic Exercise, Avon	Online9:00AMYoga10:00AMQigong-Tai Chi
Beachwood9:00AMIndependent Workout11:00AMZumba Gold ● Westlake6:30PMAdults with Cancer Group6:30PCaregiver Group Online6:30PMExercise: Warrior Workout6:30PMGuided Meditation	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	Beachwood9:00AMIndependent Workout12:30PMBalance for Improved Function ●1:00PMIndependent Workout Westlake10:00AMQigong-Tai Chi Online6:30PMExercise: Warrior Workout	Beachwood9:00AMIndependent Workout11:00AMChair One Fitness ●12:00PMExercise: Functional Movement5:15PMProstate Partner's Partners5:15PMProstate Partners Info Session6:30PMProstate Partners Group6:30PMAdults with Cancer Group6:30PCaregiver Group Westlake10:00AMYoga11:00AMYoga4:00PMLoss & Anticipatory Grief Online12:00PMFull Body Bootcamp	Beachwood9:00AMIndependent Workout11:00AMSinging Bowls ●11:00AMChair Zumba ●12:30PMRestorative Motion ●1:00PMIndependent Workout Westlake12:00PMExercise: Circuit Fusion1:00PMExercise: Circuit Fusion Offsite11:15AMAquatic Exercise, Avon	Beachwood9:30AMFamily Grief Group10:00AMWriting Workshop11:00AMFamily Support Online9:00AMYoga10:00AMQigong-Tai Chi
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November 2026

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Monday			Tuesday			Wednesday		
Beachwood	9:00AM	Independent Workout	Beachwood	9:00AM	Independent Workout	Beachwood	9:00AM	Independent Workout
	11:00AM	Zumba Gold ●		10:00AM	Yoga ●		12:30PM	Balance for Improved Function ●
				2:00PM	Singing Circle		1:00PM	Independent Workout
Westlake	6:30PM	Adults with Cancer Group	Westlake	12:00PM	Exercise: Circuit Fusion	Westlake	11:00AM	Finding Peace During Holidays
	6:30PM	Caregiver Group		1:00PM	Exercise: Circuit Fusion		10:00AM	Qigong-Tai Chi
Online	6:30PM	Exercise: Warrior Workout		6:00PM	Yoga		6:00PM	Horticulture Therapy
	6:30PM	Guided Meditation	Online	12:00PM	Exercise: Functional Movement	Online	6:30PM	Exercise: Warrior Workout
				1:00PM	Core for More			
				6:30PM	YA Breast Cancer Group			
Beachwood	9:00AM	Independent Workout	Beachwood	9:00AM	Independent Workout	Beachwood	9:00AM	Independent Workout
	11:00AM	Zumba Gold ●		10:00AM	Yoga ●		12:30PM	Balance for Improved Function ●
				6:30PM	Life After Cancer Treatment		1:00PM	Independent Workout
Online	6:30PM	Exercise: Warrior Workout	Westlake	12:00PM	Exercise: Circuit Fusion	Westlake	10:00AM	Qigong-Tai Chi
	6:30PM	Adults with Cancer Group		1:00PM	Exercise: Circuit Fusion		11:00AM	Art Therapy
	6:30PM	Caregiver Group		2:00PM	Grief Group		6:00PM	Coping with Neuropathy
				6:00PM	Yoga		6:00PM	Family Forward: Fall Garland
			Online	12:00PM	Exercise: Functional Movement	Online	6:30PM	Exercise: Warrior Workout
				1:00PM	Core for More			
				6:30PM	Breast Cancer Group			
Beachwood	9:00AM	Independent Workout	Beachwood	9:00AM	Independent Workout	Beachwood	9:00AM	Independent Workout
	11:00AM	Zumba Gold ●		10:00AM	Yoga ●		11:00AM	Grief Group
				6:00PM	Metastatic Breast Cancer Group		12:30PM	Balance for Improved Function ●
Westlake	2:00PM	Breast Cancer Group	Westlake	6:30PM	Grief Group	Westlake	1:00PM	Independent Workout
	6:30PM	Adults with Cancer Group		12:00PM	Exercise: Circuit Fusion		6:00PM	Family Forward: Time Capsule
	6:30PM	Caregiver Group		1:00PM	Exercise: Circuit Fusion	Westlake	10:00AM	Qigong-Tai Chi
	6:30PM	Life After Cancer Treatment		6:00PM	Yoga		6:30PM	Art Therapy
Online	6:30PM	Exercise: Warrior Workout	Online	12:00PM	Exercise: Functional Movement	Online	2:00PM	Ovarian Cancer Group
	6:30PM	Guided Meditation		12:30PM	Life After Cancer Treatment		3:30PM	Hunger Cues During Holidays
				1:00PM	Core for More		6:30PM	Exercise: Warrior Workout
				6:00PM	LGBTQ+ Group			
Beachwood	9:00AM	Independent Workout	Beachwood	9:00AM	Independent Workout	Beachwood	9:00AM	Independent Workout
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				1:00PM	Core for More			
Beachwood	9:00AM	Independent Workout	Beachwood	9:00AM	Independent Workout	Beachwood	9:00AM	Independent Workout
	11:00AM	Zumba Gold ●		10:00AM	Yoga ●		12:30PM	Balance for Improved Function ●
							1:00PM	Independent Workout
Westlake	6:30PM	Adults with Cancer Group	Westlake	12:00PM	Exercise: Circuit Fusion	Westlake	10:00AM	Qigong-Tai Chi
	6:30PM	Caregiver Group		1:00PM	Exercise: Circuit Fusion			
Online	6:30PM	Exercise: Warrior Workout		2:00PM	Lung Cancer Group	Online	6:30PM	Exercise: Warrior Workout
				6:00PM	Grief Group			

Thursday			Friday			Saturday																																																																																																																																																																																																																																				
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	11:00AM	Chair One Fitness ●		12:00PM	Exercise: Functional Movement		11:00AM	Chair Zumba ●	10:00AM	Qigong-Tai Chi	6:00PM	Coping with Neuropathy	12:30PM	Restorative Motion ●	Westlake	9:00AM	Survivorship Symposium	6:30PM	Adults with Cancer Group	1:00PM	Independent Workout	6:30PM	Caregiver Group	1:00PM	Horticulture Therapy			Westlake	10:00AM	Yoga	Westlake	12:00PM	Exercise: Circuit Fusion				11:00AM	Yoga	1:00PM	Exercise: Circuit Fusion	12:00PM	Caregiver Appreciation			Online	12:00PM	Full Body Bootcamp	Offsite	1:00PM	Aquatic Exercise, KD			Offsite	10:00AM	Yoga at UH Brunner			Beachwood	9:00AM	Independent Workout	Beachwood	9:00AM	Independent Workout	Beachwood	9:30AM	Family Grief Group	11:00AM	Chair One Fitness ●	11:00AM	Chair Zumba ●	10:00AM	Mindfulness Retreat	12:00PM	Exercise: Functional Movement	12:30PM	Restorative Motion ●	11:00AM	Family Support	5:15PM	Prostate Partner's Partners	1:00PM	Independent Workout	Westlake	11:00AM	Immunity Boosting Foods	5:15PM	Prostate Partners Info Session	Westlake	11:00AM	Singing Bowls ●	Online	9:00AM	Yoga	6:30PM	Prostate Partners Group	12:00PM	Exercise: Circuit Fusion	10:00AM	Qigong-Tai Chi	6:30PM	Prostate Partners Group	1:00PM	Exercise: Circuit Fusion			Westlake	10:00AM	Yoga	Offsite	1:00PM	Aquatic Exercise, KD			11:00AM	Yoga			3:30PM	Planning for Peace of Mind			Online	12:00PM	Full Body Bootcamp	Beachwood	9:00AM	Independent Workout	Westlake	10:00AM	Singing Bowls	6:30PM	Caregiver Group	11:00AM	Chair Zumba ●	11:15AM	Unlocking the Power of Breath	6:30PM	Adults with Cancer Group	12:30PM	Restorative Motion ●	Online	9:00AM	Yoga	Offsite	10:00AM	Yoga at UH Brunner	1:00PM	Independent Workout	10:00AM	Qigong-Tai Chi	6:30PM	YA Climbing: Cleveland Rocks					Beachwood	9:00AM	Independent Workout	Beachwood	9:00AM	Independent Workout				11:00AM	Chair One Fitness ●	11:00AM	Chair Zumba ●	12:00PM	Exercise: Functional Movement	12:30PM	Restorative Motion ●	6:30PM	Adults with Cancer Group	1:00PM	Independent Workout	6:30PM	Caregiver Appreciation	Westlake	10:30AM	Older Adults Group	Westlake	10:00AM	Yoga	12:00PM	Exercise: Circuit Fusion	11:00AM	Yoga	1:00PM	Exercise: Circuit Fusion	Online	12:00PM	Full Body Bootcamp	Online	12:00PM	Oral, Head & Neck Cancer			3:30PM	Pancreatic Cancer Group			Offsite	10:00AM	Yoga at UH Brunner			26			27			28			Offices Closed			Offices Closed			Online 9:00AM Yoga 10:00AM Qigong-Tai Chi										
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December 2026

All programs are in EST
● 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
	1 Beachwood9:00AMIndependent Workout 10:00AMYoga ● 6:30PMSister Circle ● Westlake12:00PMEExercise: Circuit Fusion 1:00PMEExercise: Circuit Fusion 6:00PMEYoga Online12:00PMEExercise: Functional Movement 1:00PMECore for More 6:30PMEYA Breast Cancer Group	2 Beachwood9:00AMIndependent Workout 12:30PMBalance for Improved Function ● 1:00PMEIndependent Workout Westlake10:00AMQigong-Tai Chi Online6:00PMECoping with Cognitive Changes 6:30PMEExercise: Warrior Workout
7 Beachwood9:00AMIndependent Workout 11:00AMZumba Gold ● Online6:30PMEAdults with Cancer Group 6:30PMEExercise: Warrior Workout 6:30PMECaregiver Group 6:30PMEGuided Meditation Offsite11:00AMGrief During the Holidays	8 Beachwood9:00AMIndependent Workout 10:00AMYoga ● 11:30AMArt Studio: Kintsugi 6:30PMLife After Cancer Treatment Westlake12:00PMEExercise: Circuit Fusion 1:00PMEExercise: Circuit Fusion 2:00PMEGrief Group 6:00PMEYoga Online12:00PMEExercise: Functional Movement 1:00PMECore for More 6:30PMEBreast Cancer Group	9 Beachwood9:00AMIndependent Workout 12:30PMBalance for Improved Function ● 1:00PMEIndependent Workout 6:30PMEArt Therapy Westlake10:00AMQigong-Tai Chi 11:00AMArt Therapy Online6:30PMEExercise: Warrior Workout
14 Beachwood9:00AMIndependent Workout 11:00AMZumba Gold ● Westlake6:30PMEAdults With Cancer Group 6:30PMECaregiver Group Online6:30PMEExercise: Warrior Workout	15 Beachwood9:00AMIndependent Workout 10:00AMYoga ● 4:00PMEGrief During the Holidays 6:00PMEMetastatic Breast Cancer Group 6:30PMEGrief Group Westlake12:00PMEExercise: Circuit Fusion 1:00PMEExercise: Circuit Fusion 6:00PMEYoga Online12:00PMEExercise: Functional Movement 12:30PMELife After Cancer Treatment 1:00PMECore for More 6:00PMELGBTQ+ Group	16 Beachwood9:00AMIndependent Workout 11:00AMGrief Group 12:30PMBalance for Improved Function ● 1:00PMEIndependent Workout Westlake10:00AMQigong-Tai Chi Online2:00PMEOvarian Cancer Group 3:30PMEQ&A with Dietitian 6:30PMEExercise: Warrior Workout
21 Beachwood10:00AMIndependent Workout 11:00AMZumba Gold ● Online6:30PMEExercise: Warrior Workout Office Hours: 10:00am-12:30pm	22 Beachwood10:00AMIndependent Workout 10:00AMYoga ● Westlake12:00PMEExercise: Circuit Fusion 1:00PMEExercise: Circuit Fusion Online12:00PMEExercise: Functional Movement 1:00PMECore for More Office Hours: 10:00am-3:00pm	23 Beachwood10:00AMIndependent Workout 12:30PMBalance for Improved Function ● 1:00PMEIndependent Workout Westlake10:00AMQigong-Tai Chi Online6:30PMEExercise: Warrior Workout Office Hours: 10:00am-3:00pm
28 Office Hours: 10:00am-3:00pm	29 Office Hours: 10:00am-3:00pm	30 Office Hours: 10:00am-3:00pm

Thursday	Friday	Saturday
3 Beachwood9:00AMIndependent Workout 11:00AMChair One Fitness ● 12:00PMEExercise: Functional Movement 6:00PMEYA Mirth and Merriment Westlake10:00AMYoga 11:00AMYoga Online12:00PMEFull Body Bootcamp 6:30PMEAdults with Cancer Group 6:30PMECaregiver Group	4 Beachwood9:00AMIndependent Workout 11:00AMChair Zumba ● 12:30PMERestorative Motion ● 1:00PMEIndependent Workout Westlake12:00PMEExercise: Circuit Fusion 1:00PMEExercise: Circuit Fusion	5 Online9:00AMYoga 10:00AMQigong-Tai Chi
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24 Offices Closed	25 Offices Closed	26 Online10:00AMQigong-Tai Chi
31 Offices Closed	1 Offices Closed	2

The Gathering Place

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

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October | November | December

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.

the
gathering
place



Vintage Furnishings
Warehouse

Sale dates (Warehouse is open only during sale dates & times)

Saturdays & Sundays: 10:00am – 1:00pm

Oct 11 & 12, Nov 7 & 8, Dec 5 & 6

4911 Commerce Parkway, Warrensville Heights

Contact **Ellen Velez** for more information at
TGPWarehouse@touchedbycancer.org

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