

# Winter 2025

JANUARY • FEBRUARY • MARCH



## WELCOME!

New to The Gathering Place?  
Call **216-455-1507** to learn more  
about our programs and services.

### PROGRAMS FOR:

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

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

*provided free of charge.*





# DID YOU KNOW?

Support through The Gathering Place is available for anyone coping with cancer in their lives, including the person with cancer, their friends and family, and those grieving a loss. Specialized support is available for families with children and teens. See all we have to offer in the pages of this guide, including the areas highlighted below.

## SUPPORT GROUPS

Support groups offer a space to participants of all ages to ask questions, share hopes, fears and concerns, and connect with others who “get it.”



## NUTRITION PROGRAMS AND SERVICES

Our Registered Dietician provides individual support and group programs to help participants gain knowledge and confidence to support their health before, during, and after treatment through nutrition.



## MOVEMENT PROGRAMS

For individuals with cancer, regular exercise can improve physical function, reduce treatment side effects, boost immune function, improve mental health, reduce the risk of recurrence, and support long-term health.

For those supporting a loved one with cancer or for those who are grieving, exercise can help reduce stress and anxiety, improve sleep, and support one’s physical and mental health.



## INDIVIDUAL SERVICES

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

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



VIRTUAL



BEACHWOOD



WESTLAKE



WELLNESS CENTER



OFF SITE

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

## MEET THE CLINICAL TEAM

### CHIEF PROGRAM OFFICER



**KAREN HATFIELD**  
MMT, MT-BC, CHPCA  
hatfield@touchedbycancer.org  
216-455-1517

### PROGRAM STAFF



**SARAH AXNER GILMORE**  
MSSA, LSW  
gilmore@touchedbycancer.org  
216-455-1516



**EILEEN COAN**  
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**BRITTANI DAVIS**  
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216-455-1528



**MARY FISHER-BORNSTEIN**  
LISW-S  
bornstein@touchedbycancer.org  
216-455-1506



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



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



**KARELYS ORTIZ SANTIAGO**  
MSW, LSW  
santiago@touchedbycancer.org  
216-455-1508

### MOVEMENT & NUTRITION



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



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



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

### TGP KIDS



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



**ADELLE GATES**  
MA, CCLS  
gates@touchedbycancer.org  
216-455-1523



**MICHELLE MILLER**  
LISW-S, ACHP-SW  
miller@touchedbycancer.org  
216-455-1521

# ONGOING MOVEMENT PROGRAMS

PROGRAM DETAILS KEY:



VIRTUAL



BEACHWOOD



WESTLAKE



WELLNESS CENTER



OFF SITE

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

## BALANCE FOR IMPROVED FUNCTION

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

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

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

## CHAIR ONE FITNESS

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

THURSDAYS: 11:00-11:45AM

Anita Bartel

## CORE FOR MORE STABILITY & BALANCE

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

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

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

## EXERCISE CLASSES \*NEW NAMES BUT SAME GREAT 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 & THURSDAYS: 6:30-7:15PM \*RECORDINGS AVAILABLE

### CIRCUIT FUSION WITH SANDY

TUESDAYS: 12:00-12:45PM

### FUNCTIONAL MOVEMENT WITH STEPHEN

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

THURSDAYS: 12:00-12:45PM

### BODY BALANCE BOOTCAMP WITH SANDY

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

## OPEN GYM

Attend an orientation and work out on your own.

THURSDAYS: 9:00-10:30AM

SATURDAYS: 10:00AM-11:00AM

JAN 11 & 25, FEB 8 & 22, MAR 8 & 22

## QIGONG-TAI CHI

Reduce stress & improve balance.

SATURDAYS: 10:00-11:00AM

Jeannie Koran

## RESTORATIVE MOTION

A slow flow stretching and yoga-based program.

FRIDAYS: 12:30-1:00PM \*RECORDINGS AVAILABLE

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

## YOGA

A gentle flow class appropriate for all levels.

TUESDAYS: 10:00-11:00AM

TUESDAYS: 6:00-7:00PM

THURSDAYS: 11:00AM-12:00PM

SATURDAYS: 9:00-10:00AM

## ZUMBA GOLD

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

MONDAYS: 11:00-11:45AM

Higo Gabarron

# ONGOING ADULT SUPPORT GROUPS

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

Register by visiting our website at [touchedbycancer.org/calendar](https://touchedbycancer.org/calendar) or call our Participant Navigators at 216-455-1507.

## NEWLY DIAGNOSED?

Meet with other newly diagnosed patients to learn about and discuss the basics of treatment, side effects, emotions, and questions to ask.

Eileen Coan, MA, MLS

Jan 21, Feb 18, Mar 18, 5:00-6:00pm

## ALL CANCERS

### GROUP FOR ADULTS WITH CANCER

Brittani Davis, 216-455-1528

Mondays, 6:30-8:00pm

### GROUP FOR ADULTS WITH CANCER

Sarah Axner Gilmore, 216-455-1516

Thursdays, 6:30-8:00pm

Jan 2, 16 & 30, Feb 13 & 27, Mar 13 & 27

Jan 9 & 23, Feb 6 & 20, Mar 6 & 20

### GROUP FOR CAREGIVERS

Susan Marinac, 216-455-1512

Mondays, 6:30-8:00pm

Jan 6 & 20, Feb 3 & 17, Mar 3, 17, & 31

Jan 13 & 27, Feb 10 & 24, Mar 10 & 24

Karelys Ortiz Santiago 216-455-1508

Thursdays, 6:30-8:00pm

### FOR CAREGIVERS: LIFE AFTER CANCER TREATMENT

Sydney Roberts, 216-455-1520

Fridays, 12:00-1:00pm

Jan 10, Feb 14, Mar 14

### GROUP FOR YOUNG ADULTS

Whitney Hadley, 216-455-1522

Jan 9, Feb 13, Mar 13, 6:30-7:30pm

Jan 23, Feb 27, Mar 27, 6:30-8:00pm

### LGBTQ+ GROUP

Brittani Davis, 216-455-1528

Jan 21, Feb 18, Mar 18, 6:00-7:00pm

### LIFE AFTER CANCER TREATMENT GROUP

Sydney Roberts, 216-455-1520

Jan 14, Feb 11, Mar 11, 6:30-8:00pm

Whitney Hadley, 216-455-1522

Jan 20, Feb 17, Mar 17, 6:30-8:00pm

### OLDER ADULTS GROUP

Karen Hatfield, 216-455-1517

Jan 17, Feb 21, Mar 21, 10:30am-12:00pm

### SISTER CIRCLE: FOR AFRICAN AMERICAN WOMEN WITH CANCER

Sydney Roberts, 216-455-1520

Jan 7, Feb 4, Mar 4, 6:30-8:00pm

## CANCER SPECIFIC

### BLOOD CANCER GROUP

Mary Fisher Bornstein, 216-455-1506

Stevie Gutin

Jan 27, Feb 24, Mar 24, 5:30-7:00pm

### BREAST CANCER SUPPORT GROUP

Eileen Coan, 216-455-1504

Jan 14, Feb 11, Mar 11, 6:30-7:30pm

### GROUP FOR YOUNG ADULTS WITH BREAST CANCER

Susan Marinac, 216-455-1512

Jan 7, Feb 4, Mar 4, 6:30-8:00pm

### LUNG CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512

Jan 28, Feb 25, Mar 25, 2:00-3:30pm

### METASTATIC BREAST CANCER GROUP

Sarah Axner Gilmore, 216-455-1516

Jan 21, Feb 18, Mar 18, 6:00-7:30pm

### ORAL, HEAD AND NECK CANCER SUPPORT GROUP

Brittani Davis, 216-455-1528

Jan 17, Feb 21, Mar 21, 12:00-1:00pm

### OVARIAN CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512

Jan 15, Feb 19, Mar 19, 2:00-3:30pm

### PANCREATIC CANCER GROUP

Sydney Roberts, 216-455-1520

Jan 22, Feb 26, Mar 26, 3:30-4:30pm

### PROSTATE PARTNERS

Support and information for individuals diagnosed with prostate cancer and their loved ones. Contact facilitator for details about program schedule and topics.

**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)

Mary Fisher Bornstein, 216-455-1506

Jan 9, Feb 13, Mar 13, 6:30-8:00pm

## GRIEF & LOSS

### ADULT GRIEF SUPPORT

Karelys Ortiz Santiago, 216-455-1508

Jan 14, Feb 11, Mar 11, 2:00-3:30pm

### ADULT GRIEF SUPPORT

Karelys Ortiz Santiago, 216-455-1508

Jan 28, Feb 25, Mar 25, 6:00-7:30pm

### ADULT GRIEF SUPPORT

Brittani Davis, 216-455-1528

Jan 15, Feb 19, Mar 19, 11:00am-12:30pm

### ADULT GRIEF SUPPORT

Brittani Davis, 216-455-1528

Jan 28, Feb 25, Mar 25, 6:30-8:00pm

### YOUNG ADULTS GRIEF GROUP \*NEW SERIES

Whitney Hadley, 216-455-1522

Feb 4, 11, 18 & 25, 6:30-7:30pm

Mar 5, 6:30-7:30pm

# INFORMATION & EDUCATION

PROGRAM DETAILS KEY:



ALL PROGRAMS ARE EDT TIME



## All programs require registration.

Visit our website or call our Participant Navigators to register.

## WELLNESS PASSPORT 2025

This is an opportunity to try 25 different programs at The Gathering Place involving movement, nutrition, stress management, art, education, and more. By participating, you will be building healthy lifestyle behaviors and coping strategies to help support your health when impacted by cancer. You will receive a stamp in your Wellness Passport after attending programs – for every 5 stamps you collect, your name will be entered into a raffle to win a prize at the end of the winter calendar.

STEPHANIE HOPKINS, MS, RDN, LD  
SARAH AXNER GILMORE, MSSA, LSW

JAN - MAR 31   

## COFFEE & CONVERSATION

Join us to discuss a different topic each month in a relaxed setting.

### NEW YEAR, NEW INTENTIONS

FRI, JAN 10, 10:00-11:00AM  

### COZY CONVERSATIONS

FRI, FEB 14, 10:00-11:00AM  

### THINK SPRING!

FRI, MAR 14, 10:00-11:00AM  

WHITNEY HADLEY, MA, MSW, LSW, OSW-C    
KAREN HATFIELD, MMT, MT-BC, CHPCA 

## HOW TO IMPROVE YOUR SLEEP

Sleep plays a vital role in our physical and mental health. Cancer and treatment for cancer can cause fatigue and make it difficult to get a good night of sleep. This presentation will include an overview of common sleep problems and ways to improve sleep and manage fatigue during and after cancer treatment.

MELISSA WALT, PSY.D

Clinical Health Psychologist, Taussig Cancer Center

SAT, JAN 18, 11:00AM-12:30PM 

## SISTER TO SISTER: BREAST CANCER FACTS AND SUPPORT

Join us to learn about what to expect during and after breast cancer radiation treatment, financial resources during treatment, and how The Gathering Place can support you during cancer treatment. Cancer patients, care/support partners, and anyone wanting to learn more are welcome.

SYDNEY ROBERTS, MA, NCC, LPC, CPPN

MON, JAN 20, 12:00-1:00PM 

Location: UH Bedford 88 Center Rd Ste 250A, Bedford, OH 44146

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

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

Location: UH Glenville, 10527 Orville Ave, Cleveland, OH 44106

## LEGAL CLINIC: DISABILITY INSURANCE

Hear from an attorney about disability insurance when dealing with a cancer diagnosis.

LARRY FRIEDLANDER, ESQ

WED, JAN 22, 12:00-1:00PM 

## THE GATHERING STAGE

**Adults** - Whether you're ready to share your talent or be in the audience, join us for show and tell. Do you play an instrument, sing or dance? Are you a comedian, write poetry, or have any other creative outlet you'd like to share with us? This is your time. Contact Brittani Davis to be added to the list of talent for the evening.

**Parents** - We will have activities for your children while you enjoy the show!

SARAH AXNER GILMORE, MSSA, LSW

BRITTANI DAVIS, MA, LPCC-S, LICDC

FRI, JAN 31, 6:00-8:00PM 

## HOW TO HIBERNATE

Come explore the comfort of slowing down, the beauty of napping, the restorative effects of doing nothing. Stay for a soup lunch.

EILEEN COAN, MA, MLS

SAT, FEB 1, 11:00AM-1:00PM 

SAT, FEB 15, 11:00AM-1:00PM 

## PET THERAPY: PET PALS

Pet therapy has been found to have benefits for children and adults. It can reduce stress, promote healing, lower blood pressure, and lift spirits. In addition, pet therapy provides a comforting source of healing touch during illness. Learn more about the health benefits of having a pet and enjoy a visit with a therapy dog.

DIANE PEKAREK, CAIS, C-AAIS, CPDT-KA

Animal-Assisted Intervention Specialist

Marion C. Risman & Family Endowed

University Hospitals, Cleveland Medical Center

SAT, FEB 8, 12:00-1:00PM 

## MOVING FORWARD

A 6-week program for individuals currently in treatment or who have finished treatment in the last year. It involves a weekly support group, twice-weekly fitness training, and 4 healthy interactive nutrition sessions.

Full schedule provided upon registration.

MARY FISHER BORNSTEIN, LISW-S

STEPHANIE HOPKINS, MS, RDN, LD

CARL HARMON, NSCA-CPT

ORIENTATION - WED, FEB 5, 4:00-5:00PM 


MONDAYS & WEDNESDAYS, 4:00-6:00PM 

WED, FEB 19 - MON, MAR 31

## HOW TO TALK ABOUT CANCER

According to the U.S. Department of Health and Human Services, African Americans have the highest mortality rate of any racial and ethnic group for all cancers combined. Learn how to talk about, normalize, and take your power back from the "C" word to best navigate the healthcare systems for yourself and/or loved ones. Resources provided.

SYDNEY ROBERTS, MA, NCC, LPC, CPPN

TUES, FEB 11, 5:00-6:00PM 

## PROSTATE CANCER & SEX

Questions about how prostate cancer may impact your sex life? Join to find out more about ways to navigate those possible side effects. Hear from a urologist and have an opportunity to ask questions.

MICHAEL MAWHORTER, MD

University Hospitals

TUES, FEB 11, 6:00-7:30PM 

## VALENTINE'S SELF-LOVE BRUNCH

For many, Valentine's Day is known as the day for love, but do you take the time to offer the same love and care to yourself? Good nutrition is a form of self-care. Join this program to make and eat delicious and nutritious brunch recipes. We'll also define self-care and identify how to practice daily self-care.

BRITTANI DAVIS, MA LPCC-S, LICDC

STEPHANIE HOPKINS, MS, RDN, LD

FRI, FEB 14, 11:00AM-12:30PM 

## COPING WITH FEAR AND ANXIETY

It is common to experience fear and anxiety once you have been diagnosed with cancer. Sometimes these feelings are manageable and sometimes they are overwhelming. Learn to identify emotions and manage stress to better cope with them.

SUSAN MARINAC, MSSA, LISW-S

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

## FEMALE FERTILITY AND CANCER

How a cancer diagnosis and treatment affect fertility and options for family planning are often concerns while navigating a cancer diagnosis. Join to ask questions and learn more about next steps.

KATHRYN COYNE, MD

Lead of University Hospitals Fertility Preservation Program

KATHERINE DAUNOV MSN, AOCNP

Senior Nurse Practitioner, University Hospitals

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

## ONCOLOGY REHABILITATION

Join us for a webinar led by a Certified Lymphedema Therapist from the Cleveland Clinic to learn why oncology rehabilitation is essential during and after cancer treatment.

MARIA PICKSTON, OT

Cleveland Clinic

MON, MAR 17, 4:30-5:30PM 

## UNLOCKING THE BENEFITS OF PELVIC FLOOR PHYSICAL THERAPY

Up to 25% of adults have urinary incontinence, pelvic pain, pelvic pressure, sexual problems, or pelvic organ prolapse. This can be even more complicated by a cancer diagnosis. Learn how pelvic floor therapy can benefit you and get your questions answered.

MEGAN BARNES, PT, DPT

TUES, MAR 18, 6:30-8:00PM 

## UNDERSTANDING OPTIONS IN PALLIATIVE CARE AND HOSPICE

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

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

UH Seidman

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



# NUTRITION

\*RECIPES IN COOKING CLASSES MAY CONTAIN COMMON FOOD ALLERGENS

PROGRAM DETAILS KEY:

- VIRTUAL
- BEACHWOOD
- WESTLAKE
- WELLNESS CENTER
- OFF SITE

ALL PROGRAMS ARE EDT TIME



## CHAT WITH THE DIETITIAN

Adults with cancer and caregivers join this monthly nutrition discussion. We share recipes, review topics of interest, and the latest news around cancer and diet. For more information on the month's topic, please subscribe to the Snack & Chat Nutrition newsletter through The Gathering Place website.

STEPHANIE HOPKINS, MS, RDN, LD

FRI, JAN 3, 11:00AM-12:00PM

FRI, FEB 7, 11:00AM-12:00PM

FRI, MAR 7, 11:00AM-12:00PM

## WINTER SOUPS, STEWS, AND CHILIS (COOKING CLASS)

Nothing offers comfort more than a warm bowl of soup on a cold winter day. Join this hands-on cooking class to learn how to "boost your bowl" with a variety of nutritious ingredients in new recipes for soups, stews, and chilis.

STEPHANIE HOPKINS, MS, RDN, LD

WED, JAN 15, 11:00AM-12:30PM

WED, JAN 15, 6:00-7:30PM

SAT, JAN 18, 10:00-11:00AM

SAT, JAN 18, 12:00-1:30PM

## HOW TO MAKE YOUR NUTRITION AND EXERCISE RESOLUTIONS STICK

For most people, New Year resolutions are made but go unfulfilled. Many times, these resolutions center around diet and exercise. Join this program to learn about diet and exercise resolutions that can help support health as a cancer survivor and strategies on how to make these resolutions stick!

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

STEPHANIE HOPKINS, MS, RDN, LD

WED, JAN 8, 2:00-3:00PM

## UNDERSTANDING THE SPECTRUM OF PROCESSED FOODS

There is no standard definition of "processed food." This can make it confusing when deciding what to add to your grocery cart for your health goals. Join this presentation to learn how to make informed health decisions at the grocery store and dietitian approved tips when incorporating convenient and processed items into your diet.

STEPHANIE HOPKINS, MS, RDN, LD

FRI, JAN 24, 11:00AM-12:00PM

## THE ROLE OF FIBER IN MANAGEMENT OF CHRONIC DISEASE (IN PARTNERSHIP WITH INMOTION)

Dietary guidelines suggest that fiber intake should range from 25-38 grams per day. However, average intake of fiber in the standard American diet tends to be much lower than this. Learn how fiber, the indigestible part of carbohydrates, can beneficially impact health when managing chronic disease - specifically, cancer and Parkinson's disease.

STEPHANIE HOPKINS, MS, RDN, LD

THURS, FEB 6, 4:00-5:15PM

## VALENTINE'S SELF-LOVE BRUNCH

For many, Valentine's Day is known as the day for love, but do you take the time to offer the same love and care to yourself? Good nutrition is a form of self-care. Join this program to make and eat delicious and nutritious brunch recipes. We'll also define self-care and identify how to practice daily self-care.

BRITTANI DAVIS, MA LPCC-S, LICDC

STEPHANIE HOPKINS, MS, RDN, LD

FRI, FEB 14, 11:00AM-12:30PM

## FUNCTIONAL FOODS (COOKING CLASS)

A predicted nutrition trend of 2025 is emphasis on "functional foods." Functional foods are said to provide benefit to health beyond basic nutrient content. In relation to nutrition and cancer survivorship, functional foods are those that contain certain compounds that may exhibit anti-cancer properties. Join this hands-on cooking class to learn more about functional foods and ingredients like cruciferous vegetables, garlic, ginger, flax, and turmeric and how you can incorporate them in tasty recipes.

STEPHANIE HOPKINS, MS, RDN, LD

SAT, FEB 8, 10:00-11:00AM

SAT FEB 8, 12:00-1:30PM

WED, FEB 12, 6:00-7:30PM

## SPRING MEAL PREP (COOKING CLASS)

With the first day of spring comes spring cleaning. Start fresh this season and consider spring cleaning old meal prep habits. Join this hands-on cooking class to learn about efficient ways to prep and plan meals so healthy eating doesn't feel like a challenge.

STEPHANIE HOPKINS, MS, RDN, LD

SAT, MAR 8, 10:00-11:00AM

SAT, MAR 8, 12:00-1:30PM

WED, MAR 12, 6:00-7:30PM

## NUTRITION AND TREATMENT SIDE EFFECTS

Chemotherapy, radiation, immunotherapy, and surgery can all cause potential side effects that impact eating such as nausea, taste changes, and diarrhea. Learn dietary tips and strategies to maintain your nutrition status during treatment.

MIKE PANDY, MS, RDN, LD

SAT, MAR 15, 12:00-1:30PM

# MOVEMENT

See page 3 for ongoing movement classes.



## FOUNDATIONS OF AQUATIC EXERCISE SERIES

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

ASHLEY SANCHEZ, ISSA, CPT

THURSDAYS, 10:00-11:00AM

JAN 9, 16, 23 & 30, FEB 6

Location: University Hospitals, Avon Fitness Center 1997 Healthway Dr, Avon, OH 44011

JOY NOWELS, EXERCISE SPECIALIST, ACSM

Certified, Ai Chi Certified, Arthritis Foundation, Certified Aquatic Program Leader

FRIDAYS, 1:00-2:00PM

JAN 17, 24 & 31, FEB 7 & 14

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

## DRAGONFLY HIIT

This hour of HIIT (High-Intensity Interval Training) will help prepare you for the Dragon Boat season as you work on your cardiovascular endurance and full body strength! HIIT involves doing short bursts of high-intensity exercise followed by a short rest or recovery. Have fun getting to know other participants on the Dragon Boat team during this off-season training session!

JAN TIEDEMANN, USDBF Level I Coach

THURSDAYS 6:30-7:30PM

JAN 2, 16, 23 & 30, FEB 6, 20 & 27, MARCH 6, 20 & 27

## BALANCE SCREENING

Do you have a fear of falling or worried that your balance is not as good as it used to be? Meet with a Physical Therapist for a balance screening to see if physical therapy might be an option to help you improve your stability.

JOANN LAVRISHA, PT, DPT, Clinical Specialist, Certified Exercise Expert for the Aging Adult, APTA Certified Falls Prevention Specialist

MON, FEB 3, 2:00-5:00PM

SHELLEY ALBERT, PT, DPT, Board Certified Clinical Specialist in Orthopedic Physical Therapy and Certified in REVITAL Oncology Rehabilitation

FRI, FEB 7, 11:00AM-1:00PM

## EXERCISE SAMPLER

Movement and exercise are important during and after cancer treatment. Join us to explore various exercise options including Yoga, Zumba, Chair One Fitness, Exercise Classes, Balance for Improved Function, Restorative Motion, and Core for More. Wear comfortable clothing so you can fully engage and know that any exercise can be modified or based on your comfort level.

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

SANDY CONOCHAN, ATC, PTA, CES

MON, JAN 13 2:00-3:30PM

## LINE DANCING

Line dancing is a fun, energetic class where you'll learn choreographed routines set to popular country, pop or rock music. This class is great for all skill levels as the moves are broken down step by step. It's a fantastic way to improve coordination and boost fitness. No partner is required - just bring your enthusiasm and a pair of comfortable shoes.

BETH LARAWAY ARAA, Group Exercise Certificate

TUESDAYS: 5:00 - 6:00PM

FEB 11, 18 & 25, MAR 4 & 11

Location: University Hospitals, Avon Fitness Center, 1997 Healthway Dr, Avon, OH 44011

All TGP programs and services are *free of charge*.

PROGRAM DETAILS KEY:


-  VIRTUAL
-  BEACHWOOD
-  WESTLAKE
-  WELLNESS CENTER
-  OFF SITE

ALL PROGRAMS ARE EDT TIME




## HIBERNATION DAY CAMP

School's out and we're going on an adventure! Day will include a theater adventure with visitors from The Beck Center, lego fun, and more!



WHITNEY HADLEY, MA, MSW, LSW, OSW-C  
 MICHELLE MILLER, LISW-S, ACHP-SW  
**MON, JAN 20, 8:30AM-2:30PM** 

Join your TGP friends on a tropical escape including yoga, sand tray fun, and more! Bring a beach towel and your imagination as we imagine a day on the beach together.

ADELLE GATES, MA, CCLS  
 WHITNEY HADLEY, MA, MSW, LSW, OSW-C  
**MON, FEB 17, 8:30AM-2:30PM** 


## DAY CAMP AFTER HOURS

Can't do 2:30pm pick up? The Day Campers will continue the fun with a movie fort and Inside Out.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C  
**MON, JAN 20, 2:30-5:00PM**   
**MON, FEB 17, 2:30-5:00PM** 

## CONNECTIONS: SUPPORT FOR FAMILIES AFFECTED BY CHILDHOOD CANCER

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

ADELLE GATES, MA, CCLS  
**SATURDAYS, 11:00AM-12:00PM**   
**JAN 11 - TOPIC: INTENTIONS**  
**FEB 8 - TOPIC: CONNECTING**  
**MAR 8 - TOPIC: MINDFUL MOVEMENT**


## CONNECTIONS: PARENT GROUP

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

ADELLE GATES, MA, CCLS  
**TUESDAYS, 7:30-8:30PM**   
**JAN 7 & 21, FEB 4 & 18, MAR 4 & 18**

## SIBLING GRIEF GROUP


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

MICHELLE MILLER, LISW-S, ACHP-SW  
**SATURDAYS, 9:30-10:30AM**   
**JAN 11, FEB 8, MAR 8**

## FAMILY SUPPORT GROUP

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

TORI MATEJKA, MA, CCLS  
 MICHELLE MILLER, LISW-S, ACHP-SW  
**SATURDAYS, 11:00AM-12:00PM**   
**JAN 11 - TOPIC: INTENTIONS**  
**FEB 8 - TOPIC: CONNECTING**  
**MAR 8 - TOPIC: MINDFUL MOVEMENT**

ADELLE GATES, MA, CCLS  
**MONDAYS, 6:30PM-7:30PM**   
**JAN 6 - TOPIC: MY STRENGTH SHIELD**  
**FEB 3 - TOPIC: LOVE MONSTERS**  
**MAR 3 - TOPIC: HELPING HANDS**

## FAMILY GRIEF GROUP

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

ADELLE GATES, MA, CCLS  
 TORI MATEJKA, MA, CCLS  
**SATURDAYS, 9:30-10:30AM**   
**JAN 11 - TOPIC: INTENTIONS**  
**FEB 8 - TOPIC: CONNECTING**  
**MAR 8 - TOPIC: MINDFUL MOVEMENT**  
**THURSDAYS, 6:30PM-7:30PM**   
**JAN 16 - TOPIC: INTENTIONS**  
**FEB 20 - TOPIC: CONNECTING**  
**MAR 20 - TOPIC: MINDFUL MOVEMENT**

## FAMILY FUN DAY: INSIDE OUT EDITION

Act like your favorite characters from Inside Out with friends from The Beck Center.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C  
**SAT, MAR 15, 10:30AM-12:00PM** 

## FAMILY SKILL BUILDING


### BUILD YOUR COPING KIT

Identify tools and create a kit of the things that bring you comfort and strength when you need help coping. Learn ways to talk about what you need.

MICHELLE MILLER, LISW-S, ACHP-SW  
**TUES, JAN 7, 6:30-7:30PM** 


### FAMILY GAME NIGHT

Join us for a night of game invention while strengthening family communication skills.

ADELLE GATES, MA, CCLS  
**TUES, FEB 25, 6:30-7:30PM** 

### VIRTUAL ESCAPE ROOM

Work together to communicate and find a way out of our virtual escape room!

TORI MATEJKA, MA, CCLS  
**WED, MAR 19, 6:30-7:30PM** 

## INDIVIDUAL SERVICES ★


- Child Life Specialist Consultations
- Family coping support
- School Support

# ADOLESCENTS & YOUNG ADULTS (YA)

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



## YA WITH BREAST CANCER GROUP

SUSAN MARINAC, MSSA, LISW-S  
**THURSDAYS, 6:30-8:00PM**  
**JAN 7, FEB 4, MAR 4** 

## ELEPHANTS AND TEA EVENT

Come participate in workshops hosted by Elephants and Tea with your peers from the adolescent and young adult cancer community. With workshops from 12:00-4:30pm, there's something for everyone!

WHITNEY HADLEY, MA, MSW, LSW, OSW-C  
**SAT, JAN 18, 12:00-4:30PM** 



## YA GROUP

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

WHITNEY HADLEY, MA, MSW, LSW, OSW-C  
**VIRTUAL GROUP**  
**THURS, JAN 9, FEB 13, MAR 13, 6:30-7:30PM** 



**INTENTION SETTING AND REMEMBRANCE**  
**THURS, JAN 23, 6:30-7:30PM** 

**IMPROV WITH THE BECK CENTER**  
**THURS, FEB 27, 6:30-7:30PM** 

**BUILDING YOUR COPING KIT**  
 MICHELLE MILLER, LISW-S, ACHP-SW  
**THURS, MAR 27, 6:30-7:30PM** 


## YA GRIEF SERIES

For individuals in their 20s, 30s, and 40s grieving the loss of a loved one to cancer. Discuss the four sources of meaning as a tool for coping with loss amongst a group of your peers.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C  
**TUESDAYS, 6:30-7:30PM**   
**FEB 4, 11, 18, & 25**  
**TUES, MAR 4, 6:30-7:30PM** 

## YA BOOK CLUB

Virtual book club featuring "Too Young for Cancer". Join to discuss the book with the author, Katie Coleman. Register by January 24th to ensure you receive your free book.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C  
**MON, MAR 3, 6:30-8:00PM** 



# CREATIVE ARTS & MEDITATION

PROGRAM DETAILS KEY:

- VIRTUAL
- BEACHWOOD
- WESTLAKE
- WELLNESS CENTER
- OFF SITE

ALL PROGRAMS ARE EDT TIME



## GUIDED MEDITATION

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

EILEEN COAN, MA, MLS

MONDAYS, 6:30-7:15PM

JAN 6, FEB 3, MAR 3

MONDAYS, 1:00-1:45PM

JAN 20, FEB 17, MAR 17

MONDAYS, 6:30-7:15PM\*

MAR 10

MAR 24

\*Please note that there are no in-person sessions in Jan or Feb

## SINGING BOWLS (SOUND BATH)

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

BECKY HOPP, CERTIFIED SOUND HEALER

FRI, JAN 10, 11:00AM-12:00PM

FRI, FEB 14, 2:00-3:00PM \*NEW TIME

FRI, MAR 14, 11:00AM-12:00PM



## TGP IN CLE

TGP in CLE aims to raise awareness of our services in the city of Cleveland and surrounding areas by offering our services, programs, and education to underserved and underrepresented communities. Why do this, you may ask? According to the American Cancer Society, Black women are 41% more likely to die from breast cancer than White women; Black men are twice as likely to die from prostate cancer than White Men; and colon cancer is the third leading cause of death in Black men and women. With this in mind, please connect with me to lead programs or workshops in your community. Together, we can help people access the support and resources they deserve!

*Peace & Blessings, Sydney Roberts*

## HOW TO TALK ABOUT CANCER

According to the U.S. Department of Health and Human Services, African Americans have the highest mortality rate of any racial and ethnic group for all cancers combined. Learn how to talk about, normalize, and take your power back from the "C" word to best navigate the healthcare systems for yourself and/or loved ones. Resources provided.

SYDNEY ROBERTS, MA, NCC, LPC, CPPN

TUES, FEB 11, 5:00-6:00PM

## VISION BOARD WORKSHOP

Create a collage to celebrate the new year and bring good energy into your life. No art experience necessary.

EILEEN COAN, MA, MLS

MON, JAN 13, 6:00-7:00PM

SUSAN MARINAC, MSSA, LISW-S

THURS, JAN 16, 12:00-1:30PM

## ART STUDIO

Discover your creativity. No experience needed!

### BEGINNERS PAINTING

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

SARAH AXNER GILMORE, MSSA, LSW

TUES, JAN 14, 11:30AM-1:00PM

### HEART ART

Create your own Valentine's Day cards.

SARAH AXNER GILMORE, MSSA, LSW

TUES, FEB 11, 11:30AM-1:00PM

### ULTIMATE BEGINNERS PAINT PARTY

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

DEBBIE MORICH

TUES, MAR 11, 11:30AM-1:00PM

## ART THERAPY: GUIDED IMAGERY AND RESPONSE ART

A relaxation and guided imagery exercise will be facilitated followed by participants completing a piece of artwork using watercolor paint in response. This workshop will be conducted with relaxing music playing. Best for people comfortable with silence and looking for a reflective experience. No art experience necessary.

GABRIELLE COOPER, LPC, ATR-P

WED, JAN 22, 6:30-8:00PM

## HORTICULTURE THERAPY: GARDEN INSPIRED SELF-CARE

Manage feelings of grief and loss by creating self-care from the garden. Yes, even in the winter, nurturing a new plant and creating a self-care ritual inspired by the garden can help cultivate new coping strategies.

KAREN KENNEDY, HTR

TUES, FEB 11, 6:00-7:30PM

FRI, FEB 28, 12:00-1:30PM

## ART THERAPY: POSITIVE AFFIRMATION CARDS

This session emphasizes the power of positive self-talk by guiding participants to create cards featuring uplifting messages to support them through the challenges of a cancer diagnosis. Participants can either select personally meaningful words or phrases or choose from a list of suggestions. The cards can be carried, displayed in visible spaces, or shared with others for support and encouragement.

GABRIELLE COOPER, LPC, ATR-P

WED, MAR 5, 6:30-8:00PM

## VIRTUAL BOOK GROUP

A continuation of "The Well-Gardened Mind" by Sue Stuart-Smith. We will examine the healing power of nature in chapters 2 & 3. Pages will be sent to you when you register. New members welcome!

EILEEN COAN, MA, MLS

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

## DRUM CIRCLE

Experience the health benefits of drumming. No experience needed and drums are provided.

KAREN HATFIELD, MMT, MT-BC, CHPCA

WED, MAR 19, 6:00-7:00PM



## SYDNEY ROBERTS

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

## SISTER TO SISTER: BREAST CANCER FACTS AND SUPPORT

Join us to learn about what to expect during and after breast cancer radiation treatment, financial resources during treatment, and how The Gathering Place can support you during cancer treatment. Cancer patients, care/support partners, and anyone wanting to learn more are welcome.

SYDNEY ROBERTS, MA, NCC, LPC, CPPN

MON, JAN 20, 12:00-1:00PM

Location: UH Bedford 88 Center Rd Ste 250A, Bedford, OH 44146

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

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

Location: UH Glenville, 10527 Orville Ave, Cleveland, OH 44106

## BOOST YOUR BOWL

Learn healthy ways to make your pantry staples stretch. Join us as to find how simple additions can boost the nutrient content of the meals you prepare for yourself and loved ones.

STEPHANIE HOPKINS, MS, RDN, LD

SYDNEY ROBERTS, MA, NCC, LPC, CPPN

THURS, FEB 27, 2:00-3:00PM

Location: NEON Barth House, 931 Nye Rd Cleveland



# JANUARY

## PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: \*IN-PERSON AND VIRTUAL

BEACHWOOD  
WESTLAKE  
VIRTUAL ONLY

OFFSITE  
WELLNESS CENTER

ADVANCE REGISTRATION REQUIRED.

216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR



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

MON	TUES	WED	THURS	FRI	SAT	
<p><b>WELLNESS PASSPORT 2025</b> JANUARY - MARCH Beachwood, Westlake &amp; Virtual</p>			<p><b>1</b></p> <p>9:00AM <b>Open Gym</b> 11:00AM <b>Yoga</b> 11:00AM <b>Chair One Fitness*</b> 12:00PM Exercise: Body Balance 12:00PM <b>Exercise: Functional Movement</b> 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM <b>Caregiver Group</b> 6:30PM <b>Dragonfly HIIT</b></p>	<p><b>2</b></p> <p>11:00AM <b>Chat with the Dietitian*</b> 12:30PM Restorative Motion</p> <p>OFFICES CLOSE AT 12:00PM</p>	<p><b>3</b></p> <p>9:00AM Yoga 10:00AM Qigong-Tai Chi</p>	
	<p><b>6</b></p> <p>11:00AM <b>Zumba Gold*</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group*</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Family Support Group</b> 6:30PM Guided Meditation</p>	<p><b>7</b></p> <p>10:00AM <b>Yoga*</b> 12:00PM <b>Exercise: Circuit Fusion</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:00PM <b>Yoga</b> 6:30PM <b>Sister Circle*</b> 6:30PM <b>Build Your Coping Kit</b> 6:30PM <b>YA Breast Cancer Group</b> 7:30PM Connections: Parent Group</p>	<p><b>8</b></p> <p>12:30PM Balance for Improved Function 2:00PM <b>How to Make Resolutions Stick*</b></p>	<p><b>9</b></p> <p>9:00AM <b>Open Gym</b> 10:00AM <b>Aquatic Exercise</b> 11:00AM <b>Yoga</b> 11:00AM <b>Chair One Fitness*</b> 12:00PM Exercise: Body Balance 12:00PM <b>Exercise: Functional Movement</b> 5:15PM <b>Prostate Partner's Partners</b> 5:15PM <b>Prostate Partners Info Session</b> 6:30PM <b>Prostate Partners Group</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>YA Virtual Group</b></p>	<p><b>10</b></p> <p>10:00AM <b>Coffee &amp; Conversation</b> 10:00AM <b>Coffee &amp; Conversation</b> 11:00AM <b>Singing Bowls (Sound Bath)*</b> 12:30PM Restorative Motion 12:00PM For Caregivers</p>	<p><b>11</b></p> <p>9:00AM Yoga 9:30AM <b>Family Grief Group</b> 9:30AM <b>Sibling Grief Group</b> 10:00AM Qigong-Tai Chi 10:00AM <b>Open Gym</b> 11:00AM <b>Connections</b> 11:00AM <b>Family Support Group</b></p>
	<p><b>13</b></p> <p>11:00AM <b>Zumba Gold*</b> 2:00PM <b>Exercise Sampler*</b> 6:00PM <b>Vision Board Workshop</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group*</b> 6:30PM <b>Caregiver Group</b></p>	<p><b>14</b></p> <p>10:00AM <b>Yoga*</b> 11:30AM <b>Art Studio</b> 12:00PM <b>Exercise: Circuit Fusion</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM <b>Grief Group</b> 6:00PM <b>Yoga</b> 6:30PM <b>Life After Cancer Group</b> 6:30PM <b>Breast Cancer Group</b></p>	<p><b>15</b></p> <p>11:00AM <b>Grief Group</b> 11:00AM <b>Winter Soups, Stews &amp; Chilis</b> 12:30PM Balance for Improved Function 2:00PM <b>Ovarian Cancer Group</b> 6:00PM <b>Winter Soups, Stews &amp; Chilis</b></p>	<p><b>16</b></p> <p>9:00AM <b>Open Gym</b> 10:00AM <b>Aquatic Exercise</b> 11:00AM <b>Yoga</b> 11:00AM <b>Chair One Fitness*</b> 12:00PM Exercise: Body Balance 12:00PM <b>Exercise: Functional Movement</b> 12:00PM <b>Vision Board Workshop</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Family Grief Group</b> 6:30PM <b>Dragonfly HIIT</b></p>	<p><b>17</b></p> <p>10:30AM <b>Older Adults Group</b> 12:00PM Oral, Head &amp; Neck Cancer Group 12:30PM Restorative Motion 1:00PM <b>Aquatic Exercise</b></p>	<p><b>18</b></p> <p>9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM <b>Winter Soups, Stews &amp; Chilis</b> 11:00AM <b>How to Improve Your Sleep</b> 12:00PM <b>Winter Soups, Stews &amp; Chilis</b> 12:00PM <b>Elephants &amp; Tea Event</b></p>
	<p><b>20</b></p> <p>8:30AM <b>Hibernation Day Camp</b> 11:00AM <b>Zumba Gold*</b> 12:00PM <b>Sister to Sister</b> 1:00PM Guided Meditation 2:30PM <b>Day Camp After Hours</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group*</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Life After Cancer Group</b></p>	<p><b>21</b></p> <p>10:00AM <b>Yoga*</b> 12:00PM <b>Exercise: Circuit Fusion</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More 5:00PM <b>Newly Diagnosed?</b> 6:00PM <b>Yoga</b> 6:00PM <b>LGBTQ+ Group</b> 6:00PM <b>Metastatic Group</b> 7:30PM Connections: Parent Group</p>	<p><b>22</b></p> <p>12:00PM <b>Legal Clinic: Disability Insurance</b> 12:30PM Balance for Improved Function 3:30PM <b>Pancreatic Cancer Group</b> 6:30PM <b>Art Therapy: Guided Imagery</b></p>	<p><b>23</b></p> <p>9:00AM <b>Open Gym</b> 10:00AM <b>Aquatic Exercise</b> 11:00AM <b>Yoga</b> 11:00AM <b>Chair One Fitness*</b> 12:00PM Exercise: Body Balance 12:00PM <b>Exercise: Functional Movement</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>YA Group</b> 6:30PM <b>Dragonfly HIIT</b></p>	<p><b>24</b></p> <p>11:00AM <b>Understanding Processed Foods</b> 12:30PM Restorative Motion 1:00PM <b>Aquatic Exercise</b></p> <p>YA Book Club Registration Deadline</p>	<p><b>25</b></p> <p>9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM <b>Open Gym</b></p>
	<p><b>27</b></p> <p>11:00AM <b>Zumba Gold*</b> 5:30PM <b>Blood Cancer Group</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group*</b> 6:30PM <b>Caregiver Group</b></p>	<p><b>28</b></p> <p>10:00AM <b>Yoga*</b> 12:00PM <b>Exercise: Circuit Fusion</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM <b>Lung Cancer Group</b> 6:00PM <b>Yoga</b> 6:00PM <b>Grief Group</b> 6:30PM <b>Grief Group</b></p>	<p><b>29</b></p> <p>12:30PM Balance for Improved Function</p>	<p><b>30</b></p> <p>9:00AM <b>Open Gym</b> 10:00AM <b>Aquatic Exercise</b> 11:00AM <b>Yoga</b> 11:00AM <b>Chair One Fitness*</b> 12:00PM Exercise: Body Balance 12:00PM <b>Exercise: Functional Movement</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Dragonfly HIIT</b></p>	<p><b>31</b></p> <p>12:30PM Restorative Motion 1:00PM <b>Aquatic Exercise</b> 6:00PM <b>The Gathering Stage</b></p>	



# FEBRUARY

## PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: \*IN-PERSON AND VIRTUAL

BEACHWOOD  
WESTLAKE  
VIRTUAL ONLY

OFFSITE  
WELLNESS CENTER

ADVANCE REGISTRATION REQUIRED.  
216-595-9546  
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Scan the QR code with your smartphone camera to register for our upcoming programs and events.

MON	TUES	WED	THURS	FRI	SAT
					9:00AM Yoga 10:00AM Qigong-Tai Chi 11:00AM How to Hibernate <b>1</b>
11:00AM Zumba Gold* <b>3</b> 2:00PM Balance Screening 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Family Support Group 6:30PM Guided Meditation	10:00AM Yoga* <b>4</b> 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:00PM Yoga 6:30PM Sister Circle* 6:30PM YA Breast Cancer Group 6:30PM YA Grief Series 7:30PM Connections: Parent Group	12:30PM Balance for Improved Function 4:00PM Moving Forward Orientation <b>5</b>	9:00AM Open Gym <b>6</b> 10:00AM Aquatic Exercise 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 4:00PM Fiber Management w/ InMotion 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Dragonfly HIIT	11:00AM Chat with the Dietitian* <b>7</b> 11:00AM Balance Screening 12:30PM Restorative Motion 1:00PM Aquatic Exercise	9:00AM Yoga <b>8</b> 9:30AM Family Grief Group 9:30AM Sibling Grief Group 10:00AM Qigong-Tai Chi 10:00AM Open Gym 10:00AM Functional Foods 11:00AM Connections 11:00AM Family Support Group 12:00PM Functional Foods 12:00PM Pet Pals
11:00AM Zumba Gold* <b>10</b> 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group	10:00AM Yoga* <b>11</b> 11:30AM Art Studio 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM Grief Group 5:00PM Line Dancing 5:00PM How to Talk About Cancer 6:00PM Yoga 6:00PM Prostate Cancer & Sex 6:00PM Horticulture Therapy 6:30PM Life After Cancer Group 6:30PM Breast Cancer Group 6:30PM YA Grief Series	12:30PM Balance for Improved Function 6:00PM Functional Foods <b>12</b>	9:00AM Open Gym <b>13</b> 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 5:15PM Prostate Partner's Partners 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM YA Virtual Group	10:00AM Coffee & Conversation <b>14</b> 10:00AM Coffee & Conversation 11:00AM Valentine's Self-Love Brunch 12:30PM Restorative Motion 12:00PM For Caregivers 1:00PM Aquatic Exercise 2:00PM Singing Bowls (Sound Bath)*	9:00AM Yoga <b>15</b> 10:00AM Qigong-Tai Chi 11:00AM How to Hibernate
8:30AM Hibernation Day Camp <b>17</b> 11:00AM Zumba Gold* 12:00PM Sister to Sister 1:00PM Guided Meditation 2:30PM Day Camp After Hours 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Life After Cancer Group	10:00AM Yoga* <b>18</b> 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 5:00PM Line Dancing 5:00PM Newly Diagnosed? 6:00PM Yoga 6:00PM LGBTQ+ Group 6:00PM Metastatic Group 6:30PM YA Grief Series 7:30PM Connections: Parent Group	11:00AM Grief Group <b>19</b> 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 4:00PM Moving Forward	9:00AM Open Gym <b>20</b> 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Coping with Fear & Anxiety 12:00PM Exercise: Functional Movement 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Family Grief Group 6:30PM Dragonfly HIIT	10:30AM Older Adults Group <b>21</b> 12:00PM Oral, Head & Neck Cancer Group 12:30PM Restorative Motion	9:00AM Yoga <b>22</b> 10:00AM Qigong-Tai Chi 10:00AM Open Gym
11:00AM Zumba Gold* <b>24</b> 4:00PM Moving Forward 5:30PM Blood Cancer Group 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group	10:00AM Yoga* <b>25</b> 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM Lung Cancer Group 5:00PM Line Dancing 6:00PM Yoga 6:00PM Grief Group 6:30PM Grief Group 6:30PM Family Game Night 6:30PM YA Grief Series	12:30PM Balance for Improved Function 3:30PM Pancreatic Cancer Group 4:00PM Moving Forward 6:00PM Female Fertility and Cancer* <b>26</b>	9:00AM Open Gym <b>27</b> 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 2:00PM Boost Your Bowl 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM YA Group 6:30PM Dragonfly HIIT	12:00PM Horticulture Therapy <b>28</b> 12:30PM Restorative Motion	

# MARCH

## PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: \*IN-PERSON AND VIRTUAL

BEACHWOOD  
WESTLAKE  
VIRTUAL ONLY

OFFSITE  
WELLNESS CENTER

ADVANCE REGISTRATION REQUIRED.

216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR



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

MON	TUES	WED	THURS	FRI	SAT
					9:00AM Yoga 10:00AM Qigong-Tai Chi <b>1</b>
11:00AM Zumba Gold* <b>3</b> 4:00PM Moving Forward 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Family Support Group 6:30PM Guided Meditation 6:30PM YA Book Club	10:00AM Yoga* <b>4</b> 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 5:00PM Line Dancing 6:00PM Yoga 6:30PM Sister Circle* 6:30PM YA Breast Cancer Group 6:30PM YA Grief Series 7:30PM Connections: Parent Group		9:00AM Open Gym <b>6</b> 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Dragonfly HIIT	11:00AM Chat with the Dietitian* <b>7</b> 12:30PM Restorative Motion	9:00AM Yoga <b>8</b> 9:30AM Family Grief Group 9:30AM Sibling Grief Group 10:00AM Qigong-Tai Chi 10:00AM Open Gym 10:00AM Spring Meal Prep 11:00AM Connections 11:00AM Family Support Group 12:00PM Spring Meal Prep
11:00AM Zumba Gold* <b>10</b> 4:00PM Moving Forward 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Guided Meditation	10:00AM Yoga* <b>11</b> 11:30AM Art Studio 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM Grief Group 5:00PM Line Dancing 6:00PM Yoga 6:30PM Life After Cancer Group 6:30PM Breast Cancer Group	12:30PM Balance for Improved Function 4:00PM Moving Forward 6:00PM Virtual Book Group 6:00PM Spring Meal Prep	9:00AM Open Gym <b>13</b> 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 5:15PM Prostate Partner's Partners 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM YA Virtual Group	10:00AM Coffee & Conversation <b>14</b> 10:00AM Coffee & Conversation 11:00AM Singing Bowls (Sound Bath)* 12:30PM Restorative Motion 12:00PM For Caregivers	9:00AM Yoga <b>15</b> 10:00AM Qigong-Tai Chi 10:30AM Family Fun Day: Inside Out 12:00PM Nutrition & Treatment Side Effects
11:00AM Zumba Gold* <b>17</b> 12:00PM Sister to Sister 1:00PM Guided Meditation 4:00PM Moving Forward 4:30PM Oncology Rehabilitation 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Life After Cancer Group	10:00AM Yoga* <b>18</b> 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 5:00PM Newly Diagnosed? 6:00PM Yoga 6:00PM LGBTQ+ Group 6:00PM Metastatic Group 6:30PM Pelvic Floor Physical Therapy 7:30PM Connections: Parent Group	11:00AM Grief Group <b>19</b> 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 4:00PM Moving Forward 6:00PM Drum Circle 6:30PM Virtual Escape Room	9:00AM Open Gym <b>20</b> 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Family Grief Group 6:30PM Dragonfly HIIT	10:30AM Older Adults Group <b>21</b> 12:00PM Oral, Head & Neck Cancer Group 12:30PM Restorative Motion	9:00AM Yoga <b>22</b> 10:00AM Qigong-Tai Chi 10:00AM Open Gym
11:00AM Zumba Gold* <b>24</b> 4:00PM Moving Forward 5:30PM Blood Cancer Group 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Guided Meditation	10:00AM Yoga* <b>25</b> 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM Lung Cancer Group 6:00PM Yoga 6:00PM Grief Group 6:30PM Grief Group	12:30PM Balance for Improved Function <b>26</b> 3:30PM Pancreatic Cancer Group 4:00PM Moving Forward 6:00PM Palliative Care*	9:00AM Open Gym <b>27</b> 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM YA Group 6:30PM Dragonfly HIIT	12:30PM Restorative Motion <b>28</b>	9:00AM Yoga <b>29</b> 10:00AM Qigong-Tai Chi
11:00AM Zumba Gold* <b>31</b> 4:00PM Moving Forward 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group					



# OUR OFFICES

Connecting with The Gathering Place is easy- just give us a call or stop by our Beachwood or Westlake office!

**PHONE:** 216-595-9546

## OFFICE HOURS

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

**Beachwood:** 2<sup>nd</sup> Saturday of the month 9:00am- 1:00pm

**Westlake:** 3<sup>rd</sup> Saturday of the month 9:00am- 1:00pm

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

## THE GATHERING PLACE EAST

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

## THE GATHERING PLACE WEST

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

## WELLNESS CENTER

Richman Family Wellness Center  
23295 Commerce Park, Beachwood, OH 44122



TGP EAST



TGP WEST



“When you’re going through something that is so difficult words cannot describe, The Gathering Place is where you want to turn for support, information, kindness, compassion. The list could go on. Very grateful for such a place. I wish everywhere would be as amazing.”

TGP PARTICIPANT



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.

Thanks to our very generous community, merchandise is always changing, and every shopping experience is incredibly unique. Visit our location in Warrensville Heights to see our exceptional selection of resale furnishings.

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



# THE GATHERING PLACE

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

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PROGRAM GUIDE

*Winter Edition*

JANUARY - FEBRUARY - MARCH

## WAYS TO *give.*

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

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



## WAYS TO CONNECT

216-595-9546  
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