

Adult Support Groups

The Leukemia & Lymphoma Society Support Group

Art & Expression Workshops

Jackie's Craft
Laurie's Spring Craft
Linda & Lynn's Card Making Crafts
Rocky's Craft Pastels
Rocky's Craft

Health and Wellness Workshops in the Nancy G. Hoffman Wellness Studio

Art Therapy
Guided Meditation with Mia
Imagery and Energy Hour
Reiki with Mia & Linda
Reiki with Vanessa
Yoga

Social Activities

Appetizers and Chat
Book Club; *How Luck Happens* by Janice Kaplan
(Read Section 3)
Family Bingo & Dinner
Game Afternoon
Share your Story: Oral, Head Neck & Throat Cancer

Children & Teen Activities

Kids' St Patrick's Day Fest with Corrin

Monthly Highlights

Art Therapy with Kristy Walter
Share your Story: Oral, Head, Neck, & Throat Cancer
Simple Smoothies with Corrin
Reiki with Mia & Linda
Reiki: What it is all about? With Vanessa Beggs

Spotlight Workshops

Guided Meditation with Mia
Join us for a relaxing guided meditation using visualization for healing, clarity, and strength with loving energy.

Living Life Post Cancer Treatment
Living Life Post Cancer Treatment is for adults of any cancer diagnosis who have completed treatment within the last 2 years. The free 9- week program covers the benefits of exercise, nutrition, emotional support and medical management, and will help you bridge the gap between cancer treatment and life following cancer. Each class offers 20 minutes of exercise, a light meal, and a presentation from experts. First class begins Tuesday March 19th, 2019.

To register or for more information please contact:
Collen at 412 338-1919 or cdwyer@ourclubhouse.org

Yoga for the Grieving Heart
Join us for this six week journey through the heart to facilitate healing from the loss of your loved one to cancer. Through gentle yoga poses, you will be guided to explore, express, process, and release long held grief. In addition, we will use meditations, Reiki, dialogue, and art therapy as a source of comfort to support you during this challenging time.

First class begins Thursday, April 25th, 2019 4:00-6:00pm.
Pre-registration required.

Please register by contacting: Maureen Ceidro,
mceidro@excelahealth.org. 724-689-1925

Volunteer Orientation

It is volunteers who make the daily activities of Our Clubhouse possible. Our Clubhouse welcomes individual and group volunteers to join our team.

Tuesday March 26th, 2:00- 3:00 pm Please call Our Clubhouse at 724.221.6182 to register.

For questions about our programming or to learn more about Our Clubhouse please contact Program Coordinator Amy Fratto at afratto@ourclubhouse.org or 724.221.6182

MARCH 2019

Program Calendar

Westmoreland Cancer Support



We provide free cancer support for those living with cancer at any age, as well as the family & friends who care for them.

4893 Route 30 | Greensburg, PA 15601
724-221-6182 | www.ourclubhouse.org

MARCH 2019

For more details or to register for an activity, visit www.ourclubhouse.org/events or call 724-221-6182

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please check online calendar for most recent updates.		Our Clubhouse Westmoreland Hours of Operation Tuesday*: 12:30pm-8:00pm Thursday*: 12:30pm-8:00pm *Hours may vary depending on programming, please consult calendar. In the event of bad weather, please call ahead, check our website, or check KDKA, WTAE, or WPXI for closing status.			1 10:00-10:50 Yoga	2 CLUBHOUSE CLOSED
		3 10:00-10:50 Yoga	4 10:00-10:50 Yoga	5 1:00-1:30 Guided Meditation with Mia 1:30-3:00 Reiki with Mia & Linda 6:00-8:00 Rocky's Craft Pastels	6 CLUBHOUSE CLOSED	7 12:30-1:30 Share your Story: Oral, Head, Neck, & Throat Cancer 2:00-3:00 Art Therapy with Kristy Walter 6:00- 8:00 In the Kitchen: Simple Smoothies
10 10:00-10:50 Yoga	11 10:00-10:50 Yoga	12 4:30-5:30 Kids' St Patrick's Day Fest with Corrin 6:00-8:00 Laurie's Spring Craft	13 CLUBHOUSE CLOSED	14 12:30-1:30 Imagery & Energy Hour 3:00-4:30 Book Club: How Luck Happens by Janice Kaplan 6:00- 8:00 Family Bingo & Dinner	15 10:00-10:50 Yoga	16 CLUBHOUSE CLOSED
17 10:00-10:50 Yoga	18 10:00-10:50 Yoga	19 12:30-1:00 Guided Meditation with Mia 1:00-3:00 Reiki with Mia & Linda 5:30-8:00 Living Life Post Cancer Treatment Group 6:00-8:00 Linda & Lynn's Card Making Craft	20 CLUBHOUSE CLOSED	21 1:00- 2:30 The Leukemia & Lymphoma Society Support Group 6:00-8:00 Rocky's Craft 6:00-8:00 Reiki with Vanessa	22 10:00-10:50 Yoga	23 CLUBHOUSE CLOSED
24 10:00-10:50 Yoga	25 10:00-10:50 Yoga	26 2:00-3:00 Volunteer Orientation 5:30-8:00 Living Life Post Cancer Treatment Group 6:00-8:00 Jackie's Craft	27 CLUBHOUSE CLOSED	28 4:00-6:00 Game Afternoon 6:00-8:00 Appetizers and Chat 6:00-6:30 Reiki: What is it all about? With Vanessa Beggs	29 10:00-10:50 Yoga	30 CLUBHOUSE CLOSED
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