

April  
May  
June  
2011



# the gathering place

A Caring Community for Those Touched by Cancer

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## Ladies and Gentlemen... Yes, Gentlemen!

At The Gathering Place, we have been serving those with cancer for 11 years, yet some people have the misconception that we only serve women. However, our statistics show that men make up 25% of our participants. Surprised?

Some men who visit have cancer, and some are here because they love someone with cancer. They get involved on every level – joining support groups, taking classes, exercising and receiving comforting touch therapies.

Dan Feldman, who has been coping with a stage IV brain tumor since last summer, has benefited from our services. While many people in his life encouraged him to visit The Gathering Place, he says



*"I did not think this was necessary. However, as the reality of brain surgery, daily radiation, and aggressive chemotherapy began settling in, it became increasingly clear that this husband and father of 3 young children (4, 2, and 5 months) needed additional help in many facets of my new life. So scared, with a heavy heart and racing mind, I dropped by. My family and I have taken advantage of many of the services offered. The Gathering Place has become a cornerstone in my battle with cancer."*



One group that is specific to men's cancer is our [Prostate Partners](#), run by the husband and wife team of Nat and Nancy Cook. These men share openly, with compassion and laughter, with longer-term group members sharing their hard-won knowledge with the newly diagnosed. In the coming months, Prostate Partners will be learning about nutrition, treatment side effects, and robotic surgery!



A new class being offered in this calendar for men is [Strength Training for Those with Prostate Cancer](#). Men with prostate cancer will learn safe effective strength training activities, developing a strong core foundation while practicing the best exercises for bone health. See page 10 for program details.

*The Gathering Place is a caring community that supports, educates and empowers individuals and families touched by cancer through programs and services provided free of charge.*



Lead Sponsors:

Anthem



MEDICAL MUTUAL OF OHIO



University Hospitals  
Seidman Cancer Center

to benefit

the gathering place

Sunday, June 5th, 2011

5K or 1 mile

at Beachwood Place (Rain or Shine)

Celebrate National Cancer Survivors Day\*

**START YOUR  
TEAM TODAY!**

To register or for more information:  
Website: [www.touchedbycancer.org](http://www.touchedbycancer.org)  
Call: The Gathering Place  
216.595.9546

7:30am .....Registration  
8:00am .....Celebration Village Opens  
Fun Family Activities  
9:00am .....Cancer Survivor Ceremony  
9:15am .....5K and 1 mile Begin  
10:30am .....Awards Ceremony

telephone: 216.595.9546 • fax: 216.595.9581 • e-mail: [info@touchedbycancer.org](mailto:info@touchedbycancer.org) • web: [www.touchedbycancer.org](http://www.touchedbycancer.org)

# the gathering place – programs and events

Adults (over 18) touched by cancer are invited to attend a Welcoming Orientation session to learn about our free programs and services.

No registration required but childcare can only be arranged with prior notification.

**TGP East:** Mondays at 6:30pm, Tuesdays at 1:30pm and Saturdays at 10:30am

**TGP West:** Tuesdays at 1:30pm & Thursdays at 6:30pm

## ADULT GROUPS

### **\*Look Good...Feel Better®**

Women undergoing cancer treatment can learn to cope with appearance related side effects and learn new techniques using cosmetics and skin care products. Sponsored by the American Cancer Society and the National Cosmetology Association. Presenters: Stevi Gutin, RN and Marsha Grove.

Advance registration required.

**TGP East:** Mondays, April 25<sup>th</sup>, May 23<sup>rd</sup> & June 27<sup>th</sup>, 3:00-5:00pm

### **\*Support Group for Those with Cancer**

Weekly group where persons with any kind of cancer come together for mutual support and the opportunity to connect with others. Potential group members are asked to make a commitment to consistent attendance.

Advance registration required.

**TGP East:** Tuesdays, 6:30-8:00pm. Register with Betsy Kohn, MA, PC

**TGP West:** Mondays, 6:30-8:00pm. Register with Ellen Heyman, RN, MSN, CS

### **\*Support Group for Family Members and Friends of Those with Cancer**

Weekly group for those who are supporting a loved one with cancer. Potential group members are asked to make a commitment to consistent attendance.

Advance registration required.

**TGP East:** Tuesdays, 6:30-8:00pm. Register with Ellen Heyman, RN, MSN, CS

**TGP West:** Mondays, 6:30-8:00pm. Register with Susan Marinac, LISW-S, OSW-C, MT-BC

### **\*Grief Support Group**

Twice-monthly group for those who have lost an adult loved one to cancer.

Advance registration with Mary Fisher Bornstein, LISW-S required.

**TGP East:** Tuesdays, April 12<sup>th</sup> & 26<sup>th</sup>, May 10<sup>th</sup> & 24<sup>th</sup> & June 14<sup>th</sup> & 28<sup>th</sup>, 6:30-8:00pm

### **Group for Older Adults with Cancer**

Group for older adults who are coping with a cancer diagnosis to come together for mutual support and an opportunity to discuss issues important to older adults. Facilitator: Betsy Kohn, MA, PC

**TGP East:** Wednesdays, April 20<sup>th</sup>, May 18<sup>th</sup> & June 15<sup>th</sup>, 10:00-11:30am

**TGP West:** Fridays, April 22<sup>nd</sup>, May 27<sup>th</sup> & June 24<sup>th</sup>, 11:00am-12:30pm

### **Group for Young Adults with Cancer (ages 18 and up)**

Explore the unique dimensions of living with cancer as a young adult.

Facilitator: Kathy Maxwell, LISW-S

**TGP East:** Thursdays, April 7<sup>th</sup>, May 5<sup>th</sup> & June 2<sup>nd</sup>, 6:30-8:00pm

### **Sister Circle**

Drawing on the strength, courage and support of each other, find your place in the journey through cancer. A group for African American women with any type of cancer. Facilitator: Kris Austin, LSW, MSED

**TGP East:** Thursday, April 21<sup>st</sup>, 6:30-8:00pm

No meeting in May or June. Join our Walking towards Healing program.



## CANCER SPECIFIC GROUPS

These cancer specific groups are drop-in groups where those facing cancer can gain information, gather for support, and share their concerns.

### **BLOOD RELATED CANCERS**

The blood related cancer groups are co-sponsored by The Leukemia & Lymphoma Society. Family members are welcome to attend these groups.

#### **Group for Those with Blood Cancers**

For those diagnosed with leukemia, lymphoma or myeloma and their family members. Facilitators: Mary Fisher Bornstein, LISW-S and Stevi Gutin, RN

**TGP East:** Mondays, April 18<sup>th</sup>, May 16<sup>th</sup> & June 20<sup>th</sup>, 6:30-8:00pm

### **BRAIN CANCER**

#### **\*3rd Annual Brain Cancer Symposium**

Learn about the latest treatments for brain cancer and strategies for stress reduction and coping. For those facing primary brain cancer and members of their support network. Presented in collaboration with staff from University Hospitals and the Cleveland Clinic. Featured physician speakers: Samuel Chao, MD, Glen Stevens, DO, PhD, Andrew Sloan, MD and Lisa Rogers, MD.

Continental breakfast and lunch are provided. Advance registration required.

**TGP East:** Saturday, June 25<sup>th</sup>, 9:00am-3:30pm

### **BREAST CANCER**

#### **Group for Women with Breast Cancer**

Facilitator: Mary Fisher Bornstein, LISW-S

**TGP East:** Thursdays, April 28<sup>th</sup>, May 26<sup>th</sup> & June 23<sup>rd</sup>, 6:30-8:00pm

#### **Group for Young Women with Breast Cancer**

Facilitator: Susan Marinac, LISW-S, OSW-C, MT-BC

**TGP West:** Tuesdays, April 5<sup>th</sup>, May 3<sup>rd</sup> & June 7<sup>th</sup>, 6:30-8:00pm

### **PROSTATE CANCER**

#### **Prostate Partners**

A group offering information and support for men facing prostate cancer. Family members are welcome at all Prostate Partners group meetings.

#### **Hands-on Cooking Class**

Presenter: Beth Roth, PT, MA, MS, RD/LD

**TGP East:** Thursday, April 14<sup>th</sup>, 6:30-8:30pm

#### **Prostate Cancer: A Conversation**

Presenter: William Larchian, MD

**Fairview Hospital:** Monday, April 25<sup>th</sup>, 6:30-8:30pm

#### **Robotic Surgery**

Presenter: Rabii Madi, MD

**TGP East:** Thursday, May 12<sup>th</sup>, 6:30-8:30pm

#### **Managing Treatment Side Effects**

Presenter: Jean Ellsworth Wolk, RN, OCN & Haley Campana, RN

**Fairview Hospital:** Monday, May 23<sup>rd</sup>, 6:30-8:30pm

#### **\*Prostate Cancer Forum**

An all-day program featuring presentations by prostate cancer experts.

Advanced registration required.

**Corporate College East:** Saturday, June 11<sup>th</sup>, 8:30am-4:00pm

#### **Group for Those with Advanced Prostate Cancer**

##### **Discussion Group**

Facilitator: Ellen Heyman, RN, MSN, CS

**TGP East:** Thursday, April 21<sup>st</sup>, 6:30-8:00pm

##### **Spiritual Dimensions of Cancer**

Facilitator: Kathy Maxwell, LISW-S

**TGP East:** Thursday, May 19<sup>th</sup>, 6:30-8:00pm

## CHILDREN AND FAMILY PROGRAMS

### \*Bridges Bereavement Group for Families

Twice-monthly group for parents and children ages 6-18 where there has been a death of an adult loved one from cancer. Includes expressive age specific group activities and a concurrent support group for parents.

*Advance registration with Kathleen McCue, MA, LSW, CCLS required.*

**TGP West:** Wednesdays, April 13<sup>th</sup> & 27<sup>th</sup>, May 11<sup>th</sup> & 25<sup>th</sup> & June 8<sup>th</sup> & 22<sup>nd</sup>, 6:30-8:00pm

### \*Parachutes

Group for children who need ongoing support related to the cancer diagnosis of an adult family member.

*Advance registration with Kathleen McCue, MA, LSW, CCLS required.*

**TGP West:** Wednesdays, April 6<sup>th</sup> & 20<sup>th</sup>, May 4<sup>th</sup> & 18<sup>th</sup> & June 1<sup>st</sup> & 15<sup>th</sup>, 6:30-8:00pm

### \*Healthy Girls on the Move

Four sessions for girls ages 10-16 who have an adult loved one presently facing cancer or have lost someone to cancer. Through this series of creative activities, girls learn about self-care, nutrition and exercise, feeling good about themselves, and valuing their uniqueness. Participants will have the opportunity to walk or run as a team in *Race for the Place* on June 5<sup>th</sup>.

This annual event supports the work of The Gathering Place while honoring family members touched by cancer. *Advance registration required.*

**TGP East:** Wednesdays, May 18<sup>th</sup> & 25<sup>th</sup> & June 1<sup>st</sup> & 8<sup>th</sup>, 6:00-7:30pm

### \*KidShop

Three-hour workshop for children of all ages who have an adult family member with cancer. This support program, utilizing art, play, and discussion, provides creative opportunities for children and their parents to interact with families in similar situations. *No KidShop in June.*

*Advance registration with Kathy Maxwell, LISW-S required.*

**TGP East:** Saturdays, April 16<sup>th</sup> & May 21<sup>st</sup>, 2:00-5:00pm

### \*Teen Talk

Monthly group for teens who have or have had cancer, ages 13-18, to gather with other young people in a fun and supportive environment to talk about life and the cancer experience.

*Advance registration with Kathy Maxwell, LISW-S required.*

**TGP East:** Thursday, April 28<sup>th</sup>, 6:30-8:00pm

**TGP West:** Thursdays, May 26<sup>th</sup> & June 23<sup>rd</sup>, 6:30-8:00pm

### \*Mother/Daughter Tea

Spend time together creating an art project and enjoying a cup of tea, pink lemonade and treats. For children ages 6-12 and mothers and/or grandmothers. Facilitators: Betsy Kohn, MA, PC and Kathleen McCue, MA, LSW, CCLS. *Advance registration required.*

**TGP East:** Friday, May 6<sup>th</sup>, 4:00-5:30pm

### \*Disney Desserts

Come for an afternoon of Disney magic and scrumptious delicacies. Meet Captain Hook, Peter Pan, Snow White, Cinderella and others who will perform your favorite songs and be available for photos & autographs. Send your wishes to the Fairy Godmother's Wishing Well. In cooperation with Beachwood Community Theater. *Advance registration required.*

**TGP East:** Saturday, May 14<sup>th</sup>, 2:00-3:30pm

### Family Consultation

Our children's specialists, Kathleen McCue, MA, LSW, CCLS and Kathy Maxwell, LISW-S, are available to meet with parents or other family members to discuss concerns about issues with children. Children's specialists are also available to provide short term counseling for children and teens. *Call for an appointment.*

## EXPRESSIVE ARTS

*Please note that for all multiple week expressive art sessions, participants are encouraged to attend all sessions. Priority will be given to those who are new to art therapy. Waiting lists will be maintained for previous participants.*

### ART

#### \*Mandala In Clay

Use journals and clay works to focus on your ability to become more empowered as you journey through the cancer experience.

Facilitator: Maureen Moses, ATR-BC. *Advance registration required.*

**TGP West:** Tuesdays, April 5<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>, & May 3<sup>rd</sup>, 12:30-2:00pm  
(no class on April 12<sup>th</sup>)

#### \*Creative Fridays

These interactive sessions will help you to tap into your creativity and enhance your healing process. Sign up for any or all Creative Fridays.

Facilitator: Susan Marinac, LISW-S, OSW-C, MT-BC

*Advance registration required.*

#### \*Vision Board

Explore your vision for the future using this creative collage technique.

**TGP West:** Friday, April 15<sup>th</sup>, 1:00-2:30pm

#### \*Choosing Your Element

Explore the elements of fire, air, earth and water and create mixed media art.

**TGP West:** Friday, May 20<sup>th</sup>, 1:00-2:30pm

#### \*Journey through Music

Music inspires, lifts us up, helps us relax and can be a powerful tool in the healing process. Explore the various ways music can have a positive effect on your health.

**TGP West:** Friday, June 17<sup>th</sup>, 1:00-2:30pm

#### \*Watercolor for Reflection and Relaxation

This creative process will combine watercolor and collage techniques to create a memorable art experience using the healing garden as inspiration.

*Advance registration required.*

Facilitator: Laurie Linden, LISW-S, ATR-BC

**TGP East:** Tuesdays, May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup>, 6:30-8:00pm

Facilitator: Maureen Moses, ATR-BC

**TGP East:** Thursdays, June 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>, 1:30-3:00pm

**TGP West:** Tuesdays, June 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup>, 6:30-8:00pm

## HORTICULTURE

#### \*Planning Your Herb Garden

Come learn how to select and grow herbs and reap the healthy benefits of these plants to use in teas and cooking. Facilitator: Karen Kennedy, HTR.

*Advance registration required.*

**TGP East:** Monday, May 2<sup>nd</sup>, 1:00-2:30pm

**TGP West:** Monday, May 9<sup>th</sup>, 1:00-2:30pm

#### \*Thriving in the Garden

Explore the qualities of survivorship through plants that thrive in spite of tough challenges. Workshop includes journaling, goal setting, discussion and exploration of Norma's Garden. Rain or Shine. Facilitator: Karen Kennedy, HTR

*Advance registration required and attendance at all 4 sessions is encouraged.*

**TGP East:** Tuesdays, May 31<sup>st</sup>, June 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup>, 6:30-8:00pm

#### \*Planting Day!

Enjoy a relaxing morning of planting in our edible garden and learn how to select and plant your own garden at home. Rain or shine.

Facilitator: Karen Kennedy, HTR. *Advance registration required.*

**TGP East:** Saturday, June 4<sup>th</sup>, 9:30am-12:30pm

*Programs and Events continued on page 10...*

### THE GATHERING PLACE STAFF

*Executive Director:* Eileen Saffran, LISW-S

*Outreach Coordinator:* Cheryl Apisdorf, MBA

*Director of Community Relations and Marketing:*

Kristina Austin, MEd, LSW

*Program Staff:* Stephen Cerne, BS, NSCA-CPT

*Medical Librarian:* Eileen Coan, MA, MLS

*Director of Development:* Beth Darmstadter, MPH

*Program Staff:* Mary Fisher Bornstein, LISW-S

*Director of Programming:* Ellen Heyman,

MSN, RN, CS

*Director of Volunteers/Program Staff:*

Betsy Kohn, MA, PC

*Assistant Director of Volunteers:* Liz Krantz

*Director of Operations:* Benjamin Light, MA

*Operations Assistant:* Lynn Lubben

*Program Staff:* Susan Marinac,

LISW-S, OSW-C, MT-BC

*Program Staff:* Kathy Maxwell, LISW-S

*Director of Children's Programming:*

Kathleen McCue, MA, LSW, CCLS

*Development Assistant:* Maureen Paez, BA

*Program Staff:* Beth Roth, PT, MA, MS, RD/LD

*Administrative Coordinator:* Sue Shane, BS

**\*These programs require pre-registration. Participants requiring childcare need to call several days in advance.  
Call 216.595.9546 for appointment times for massage, reiki, and reflexology.**

MONDAY		TUESDAY		WEDNESDAY				
<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p><b>Welcoming Orientation</b>                      An opportunity for adults (over 18) touched by cancer to learn about our FREE programs and services.  <b>TGP East:</b> Mondays, 6:30pm, Tuesdays, 1:30pm and Saturdays, 10:30am  <b>TGP West:</b> Tuesdays, 1:30pm &amp; Thursdays, 6:30pm</p> </div>				<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p><b>The Gathering Place East (E): Blue</b>                      23300 Commerce Park • Beachwood, OH 44122  <b>The Gathering Place Wellness Center (WC): Orange</b>                      23295 Commerce Park • Beachwood, OH 44122  <b>The Gathering Place West (W): Green</b>                      800 Sharon Drive • Westlake, OH 44145  <b>Off-Site Programs (O): Red</b>                      Check program description for location</p> </div>				
6:30p-7:45p 6:30p 6:30p-7:30p 6:30p-8:00p	Yoga (E) <b>Welcoming Orientation (E)</b> *Exercise Class (W) *Support Groups (W)	<b>4</b>	9:00a-5:00p 11:00a-12:15p 1:30p 6:30p-8:00p 12:30p-1:30p 1:30p-2:30p 6:30p-7:30p 12:30p-2:00p 1:30p 6:30p-8:00p 6:30p-7:45p	Labyrinth Walk (E) Yoga (E) <b>Welcoming Orientation (E)</b> *Support Groups (E) *Exercise Class Level 1 (WC) *Exercise Class Level 2 (WC) *Exercise Class (WC) *Mandalas in Clay #1 (W) <b>Welcoming Orientation (W)</b> Group for Young Women w/ Breast Cancer (W) Yoga (W)	<b>5</b>	2:00p-3:15p 7:00p-8:00p 1:30p-2:30p 6:30p-8:00p	Tai Chi (E) Healthy Steps® (E) *Exercise Class (W) *Parachutes (W)	<b>6</b>
1:00p-2:30p 6:30p-7:45p 6:30p 6:30p-7:30p 6:30p-8:00p	Knitting Circle (E) Yoga (E) <b>Welcoming Orientation (E)</b> *Exercise Class (W) *Support Groups (W)	<b>11</b>	9:00a-5:00p 11:00a-12:15p 1:30p 6:30p-8:00p 6:30p-8:00p 12:30p-1:30p 1:30p-2:30p 6:30p-7:30p 1:30p 6:30p-7:45p	Labyrinth Walk (E) Yoga (E) <b>Welcoming Orientation (E)</b> *Grief Support Group (E) *Support Groups (E) *Exercise Class Level 1 (WC) *Exercise Class Level 2 (WC) *Exercise Class (WC) <b>Welcoming Orientation (W)</b> Yoga (W)	<b>12</b>	2:00p-3:15p 7:00p-8:00p 1:30p-2:30p 6:30p-8:00p	Tai Chi (E) Healthy Steps® (E) *Exercise Class (W) *Bridges Bereavement Group for Families (W)	<b>13</b>
6:30p-7:45p 6:30p-8:00p 6:30p 6:30p-7:30p 6:30p-8:00p	Yoga (E) Group for Those w/ Blood Cancers (E) <b>Welcoming Orientation (E)</b> *Exercise Class (W) *Support Groups (W)	<b>18</b>	9:00a-5:00p 11:00a-12:15p 1:30p 6:30p-8:00p 12:30p-1:30p 1:30p-2:30p 6:30p-7:30p 7:30p-8:30p 12:30p-2:00p 1:30p 6:30p-7:45p	Labyrinth Walk (E) Yoga (E) <b>Welcoming Orientation (E)</b> *Support Groups (E) *Exercise Class Level 1 (WC) *Exercise Class Level 2 (WC) *Exercise Class (WC) *Strength Training for Those w/ Prostate Cancer #1 (WC) *Mandalas in Clay #2 (W) <b>Welcoming Orientation (W)</b> Yoga (W)	<b>19</b>	10:00a-11:30a 12:00p-1:00p 2:00p-3:15p 7:00p-8:00p 1:30p-2:30p 6:30p-8:00p	Group for Older Adults w/ Cancer (E) *Osteoporosis and Exercise #1 (E) Tai Chi (E) Healthy Steps® (E) *Exercise Class (W) *Parachutes (W)	<b>20</b>
1:00p-2:30p 3:00p-5:00p 6:30p-7:45p 6:30p 6:30p-7:30p 6:30p-8:00p 6:30p-8:30p	Knitting Circle (E) *Look Good...Feel Better® (E) Yoga (E) <b>Welcoming Orientation (E)</b> *Exercise Class (W) *Support Groups (W) Prostate Partners: A Conversation Fairview Hospital (O)	<b>25</b>	9:00a-5:00p 11:00a-12:15p 1:30p 6:30p-8:00p 6:30p-8:00p 12:30p-1:30p 1:30p-2:30p 6:30p-7:30p 7:30p-8:30p 12:30p-2:00p 1:30p 6:30p-7:45p	Labyrinth Walk (E) Yoga (E) <b>Welcoming Orientation (E)</b> *Grief Support Group (E) *Support Groups (E) *Exercise Class Level 1 (WC) *Exercise Class Level 2 (WC) *Exercise Class (WC) *Strength Training for Those w/ Prostate Cancer #2 (WC) *Mandalas in Clay #3 (W) <b>Welcoming Orientation (W)</b> Yoga (W)	<b>26</b>	12:00p-1:00p 2:00p-3:15p 6:30p-8:00p 7:00p-8:00p 1:30p-2:30p 3:00p-5:00p 6:30p-8:00p	*Osteoporosis and Exercise #2 (E) Tai Chi (E) *Where's the Beef? (E) Healthy Steps® (E) *Exercise Class (W) *Qigong (W) *Bridges Bereavement Group for Families (W)	<b>27</b>

**APRIL, 2011 ~ The Gathering Place**

**HOURS:** Monday -Thursday: 9:00a-6:30p, Friday: 9:00a-5:00p, Saturday: 9:00a-1:00p (EAST ONLY). Only open evenings for scheduled programs.

THURSDAY		FRIDAY		SATURDAY/SUNDAY	
<div style="border: 2px solid purple; padding: 5px; text-align: center;"> <p><i>*These programs require pre-registration. Participants requiring childcare need to call several days in advance. Call 216.595.9546 for appointment times for massage, reiki, and reflexology.</i></p> </div>		11:00a-12:15p	Yoga (E) <b>1</b>	9:00a-1:00p	<b>OPEN for Drop-ins (E)</b> <b>2</b> <b>Welcoming Orientation (E)</b>
					<b>3</b>
11:00a-12:15p 6:30p-8:00p 12:30p-1:30p 1:30p-2:30p 6:30p-7:30p 12:00p-1:15p 6:30p-7:45p 6:30p	Tai Chi (E) <b>7</b> Group for Young Adults w/ Cancer (E) *Exercise Class Level 1 (WC) *Exercise Class Level 2 (WC) *Exercise Class (WC) Yoga (W) Tai Chi (W) <b>Welcoming Orientation (W)</b>	11:00a-12:15p <b>12:30p</b>	Yoga (E) <b>8</b> <b>Closed (E &amp; W)</b>	9:00a-1:00p 10:30a	<b>OPEN for Drop-ins (E)</b> <b>9</b> <b>Welcoming Orientation (E)</b>
					<b>10</b>
11:00a-12:15p 6:30p-8:30p 12:30p-1:30p 1:30p-2:30p 6:30p-7:30p 12:00p-1:15p 6:30p-7:45p 6:30p	Tai Chi (E) <b>14</b> Prostate Partners (E) *Exercise Class Level 1 (WC) *Exercise Class Level 2 (WC) *Exercise Class (WC) Yoga (W) Tai Chi (W) <b>Welcoming Orientation (W)</b>	11:00a-12:15p 1:00p-2:30p  1:00p-2:30p	Yoga (E) <b>15</b> *Meaning-Centered Group for Those w/ Advanced Cancer #1 (E) *Vision Board (W)	9:00a-1:00p 10:30a 11:00a-12:00p 2:00p-5:00p	<b>OPEN for Drop-ins (E)</b> <b>16</b> <b>Welcoming Orientation (E)</b> *Zumba (E) *KidShop (E)
					<b>17</b>
11:00a-12:15p 6:30p-8:00p 6:30p-8:00p 12:30p-1:30p 1:30p-2:30p 6:30p-7:30p 9:00a-5:00p 12:00p-1:15p 6:30p-7:45p 6:30p	Tai Chi (E) <b>21</b> Group w/ Advanced Prostate Cancer (E) Sister Circle (E) *Exercise Class Level 1 (WC) *Exercise Class Level 2 (WC) *Exercise Class (WC) Labyrinth Walk (W) Yoga (W) Tai Chi (W) <b>Welcoming Orientation (W)</b>	11:00a-12:15p 1:00p-2:30p  11:00a-12:30p	Yoga (E) <b>22</b> *Meaning-Centered Group for Those w/ Advanced Cancer #2 (E) Group for Older Adults w/ Cancer (W)	9:00a-1:00p 10:30a	<b>OPEN for Drop-ins (E)</b> <b>23</b> <b>Welcoming Orientation (E)</b>
					<b>24</b>
11:00a-12:15p 6:30p-8:00p 6:30p-8:00p 12:30p-1:30p 1:30p-2:30p 6:30p-7:30p 12:00p-1:15p 6:30p-7:45p 6:30p-8:00p 6:30p	Tai Chi (E) <b>28</b> *Teen Talk (E) Group for Women w/ Breast Cancer (E) *Exercise Class Level 1 (WC) *Exercise Class Level 2 (WC) *Exercise Class (WC) Yoga (W) Tai Chi (W) *Where's the Beef (W) <b>Welcoming Orientation (W)</b>	11:00a-12:15p 1:00p-2:30p	Yoga (E) <b>29</b> *Meaning-Centered Group for Those w/ Advanced Cancer #3 (E)	9:00a-1:00p 10:30a	<b>OPEN for Drop-ins (E)</b> <b>30</b> <b>Welcoming Orientation (E)</b>
		<div style="border: 2px solid purple; padding: 10px; background-color: #e91e63; color: white;"> <p><b>HELP US SPREAD THE WORD ABOUT RACE FOR THE PLACE</b> By taking Race brochures to locations in your community If you can help please contact Cheryl Apisdorf: P: 216-595-9546 • E: <a href="mailto:apisdorf@touchedbycancer.org">apisdorf@touchedbycancer.org</a></p> </div>			

MONDAY		TUESDAY		WEDNESDAY	
1:00p-2:30p 6:30p-7:45p 6:30p 6:30p-7:30p 6:30p-8:00p	*Planning Your Herb Garden (E) <b>2</b> Yoga (E) <b>Welcoming Orientation (E)</b> *Exercise Class (W) *Support Groups (W)	9:00a-5:00p 11:00a-12:15p 1:30p 6:30p-8:00p 6:30p-8:00p 12:30p-1:30p 1:30p-2:30p 6:30p-7:30p 7:30p-8:30p  12:30p-2:00p 1:30p 6:30p-7:45p 6:30p-8:00p	Labyrinth Walk (E) <b>3</b> Yoga (E) <b>Welcoming Orientation (E)</b> *Support Groups (E) *Watercolor #1 (E) *Exercise Class Level 1 (WC) *Exercise Class Level 2 (WC) *Exercise Class (WC) *Strength Training for Those w/ Prostate Cancer #3 (WC) *Mandalas in Clay #4 (W) <b>Welcoming Orientation (W)</b> Yoga (W) Group for Young Women w/ Breast Cancer (W)	12:00p-1:00p 1:00p-2:00p 2:00p-3:15p 7:00p-8:00p 1:30p-2:30p 6:30p-8:00p	*Osteoporosis and Exercise #3 (E) <b>4</b> *Post-Mastectomy Wellness Series #1 (E) Tai Chi (E) Healthy Steps® (E) *Exercise Class (W) *Parachutes (W)
1:00p-2:30p 6:30p-8:00p 6:30p-7:45p 6:30p 1:00p-2:30p 6:30p-7:30p 6:30p-8:00p	Knitting Circle (E) <b>9</b> *Skip the Chips-n-Dip (E) Yoga (E) <b>Welcoming Orientation (E)</b> *Planning Your Herb Garden (W) *Exercise Class (W) *Support Groups (W)	9:00a-5:00p 11:00a-12:15p 1:30p 6:30p-8:00p 6:30p-8:00p 6:30p-8:00p 12:30p-1:30p 1:30p-2:30p 6:30p-7:30p 7:30p-8:30p  1:30p 6:30p-7:45p	Labyrinth Walk (E) <b>10</b> Yoga (E) <b>Welcoming Orientation (E)</b> *Grief Support Group (E) *Support Groups (E) *Watercolor #2 (E) *Exercise Class Level 1 (WC) *Exercise Class Level 2 (WC) *Exercise Class (WC) *Strength Training for Those w/ Prostate Cancer #4 (WC) <b>Welcoming Orientation (W)</b> Yoga (W)	12:00p-1:00p 1:00p-2:00p 2:00p-3:15p 7:00p-8:00p 1:30p-2:30p 6:30p-8:00p	*Osteoporosis and Exercise #4 (E) <b>11</b> *Post-Mastectomy Wellness Series #2 (E) Tai Chi (E) Healthy Steps® (E) *Exercise Class (W) *Bridges Bereavement Group for Families (W)
6:30p-7:45p 6:30p-8:00p  6:30p 6:30p-7:30p 6:30p-8:00p	Yoga (E) <b>16</b> Group for Those w/ Blood Cancers (E) <b>Welcoming Orientation (E)</b> *Exercise Class (W) *Support Groups (W)	9:00a-5:00p 11:00a-12:15p 1:30p 6:30p-8:00p 6:30p-8:00p 12:30p-1:30p 1:30p-2:30p 6:30p-7:30p 7:30p-8:30p  1:30p 6:30p-7:45p	Labyrinth Walk (E) <b>17</b> Yoga (E) <b>Welcoming Orientation (E)</b> *Support Groups (E) *Watercolor #3 (E) *Exercise Class Level 1 (WC) *Exercise Class Level 2 (WC) *Exercise Class (WC) *Strength Training for Those w/ Prostate Cancer #5 (WC) <b>Welcoming Orientation (W)</b> Yoga (W)	10:00a-11:30a 1:00p-2:00p 2:00p-3:15p 6:00p-7:30p 7:00p-8:00p 1:30p-2:30p 6:30p-8:00p	Group for Older Adults w/ Cancer (E) <b>18</b> *Post-Mastectomy Wellness Series #3 (E) Tai Chi (E) *Healthy Girls on the Move #1 (E) Healthy Steps® (E) *Exercise Class (W) *Parachutes (W)
1:00p-2:30p 3:00p-5:00p 6:30p-7:45p 6:30p 6:30p-7:30p 6:30p-8:00p 6:30p-8:30p	Knitting Circle (E) <b>23</b> *Look Good...Feel Better® (E) Yoga (E) <b>Welcoming Orientation (E)</b> *Exercise Class (W) *Support Groups (W) Prostate Partners: Managing Treatment Side Effects Fairview Hospital (O)	9:00a-5:00p 11:00a-12:15p 1:30p 2:30p-4:00p 6:30p-8:00p 6:30p-8:00p 6:30p-8:00p 12:30p-1:30p 1:30p-2:30p 6:30p-7:30p 7:30p-8:30p  1:30p 6:30p-7:45p	Labyrinth Walk (E) <b>24</b> Yoga (E) <b>Welcoming Orientation (E)</b> *Renewing Your Spirit #1 (E) *Grief Support Group (E) *Support Groups (E) *Watercolor #4 (E) *Exercise Class Level 1 (WC) *Exercise Class Level 2 (WC) *Exercise Class (WC) *Strength Training for Those w/ Prostate Cancer #6 (WC) <b>Welcoming Orientation (W)</b> Yoga (W)	1:00p-2:00p 2:00p-3:15p 6:00p-7:30p 7:00p-8:00p 1:30p-2:30p 6:30p-8:00p	*Post-Mastectomy Wellness Series #4 (E) <b>25</b> Tai Chi (E) *Healthy Girls on the Move #2 (E) Healthy Steps® (E) *Exercise Class (W) *Bridges Bereavement Group for Families (W)
<b>MEMORIAL DAY HOLIDAY - CLOSED</b> <b>30</b> 9:30a-11:00a	Yoga in the Garden Fundraiser by Evolution Yoga (E) To Support The Gathering Place	9:00a-5:00p 11:00a-12:15p 1:30p 2:30p-4:00p 6:30p-8:00p 6:30p-8:00p 12:30p-1:30p 1:30p-2:30p 6:30p-7:30p 1:30p 6:30p-7:45p	Labyrinth Walk (E) <b>31</b> <b>NO YOGA (E)</b> <b>Welcoming Orientation (E)</b> *Renewing Your Spirit #2 (E) *Support Groups (E) *Thriving in the Garden #1 (E) *Exercise Class Level 1 (WC) *Exercise Class Level 2 (WC) *Exercise Class (WC) <b>Welcoming Orientation (W)</b> Yoga (W)	<div style="border: 2px solid purple; padding: 10px; width: fit-content; margin: 0 auto;"> <p><i>*These programs require pre-registration. Participants requiring childcare need to call several days in advance. Call 216.595.9546 for appointment times for massage, reiki, and reflexology.</i></p> </div>	

**MAY, 2011 ~ The Gathering Place**

**HOURS:** Monday -Thursday: 9:00a-6:30p, Friday: 9:00a-5:00p, Saturday: 9:00a-1:00p (EAST ONLY). Only open evenings for scheduled programs.

<b>THURSDAY</b>		<b>FRIDAY</b>		<b>SATURDAY/SUNDAY</b>	
11:00a-12:15p 6:30p-8:00p 12:30p-1:30p 1:30p-2:30p 6:30p-7:30p 12:00p-1:15p 6:30p-7:45p 6:30p	Tai Chi (E) <b>5</b> Group for Young Adults w/ Cancer (E) *Exercise Class Level 1 (WC) *Exercise Class Level 2 (WC) *Exercise Class (WC) Yoga (W) Tai Chi (W) <b>Welcoming Orientation (W)</b>	11:00a-12:15p 1:00p-2:30p 4:00p-5:30p	Yoga (E) <b>6</b> *Meaning-Centered Group for Those w/ Advanced Cancer #4 (E) *Mother-Daughter Tea (E)	9:00a-1:00p 10:30a	<b>OPEN for Drop-ins (E)</b> <b>7</b> <b>Welcoming Orientation (E)</b>
					<b>8</b>
11:00a-12:15p 6:30p-8:30p 12:30p-1:30p 1:30p-2:30p 6:30p-7:30p 12:00p-1:15p 6:30p-7:45p 6:30p-8:00p 6:30p	Tai Chi (E) <b>12</b> Prostate Partners East (E) *Exercise Class Level 1 (WC) *Exercise Class Level 2 (WC) *Exercise Class (WC) Yoga (W) Tai Chi (W) *Skip the Chips-n-Dip (W) <b>Welcoming Orientation (W)</b>	11:00a-12:15p 1:00p-2:30p	Yoga (E) <b>13</b> Knitting Circle (W)	9:00a-1:00p 9:30a-4:30p 10:30a 11:00a-12:00p 2:00p-3:30p	<b>OPEN for Drop-ins (E)</b> <b>14</b> *Healing Through Photography #1 (E) <b>Welcoming Orientation (E)</b> *Zumba (E) *Disney Desserts (E)
				9:30a-4:30p	*Healing Through Photography #2 (E) <b>15</b>
11:00a-12:15p 6:30p-8:00p 12:30p-1:30p 1:30p-2:30p 6:30p-7:30p 9:00a-5:00p 12:00p-1:15p 2:00p-3:30p 6:30p-7:45p 6:30p	Tai Chi (E) <b>19</b> Group for Those w/ Advanced Prostate Cancer (E) *Exercise Class Level 1 (WC) *Exercise Class Level 2 (WC) *Exercise Class (WC) Labyrinth Walk (W) Yoga (W) *Learning from the Labyrinth (W) Tai Chi (W) <b>Welcoming Orientation (W)</b>	11:00a-12:15p 1:00p-2:30p	Yoga (E) <b>20</b> *Choosing Your Element (W)	9:00a-1:00p 10:30a 2:00p-5:00p	<b>OPEN for Drop-ins (E)</b> <b>21</b> <b>Welcoming Orientation (E)</b> *KidShop (E)
					<b>22</b>
11:00a-12:15p 6:30p-8:00p 6:30p-8:00p 12:30p-1:30p 1:30p-2:30p 6:30p-7:30p 12:00p-1:15p 6:30p-7:45p 6:30p-8:00p 6:30p	Tai Chi (E) <b>26</b> *Walking Towards Healing #1 (E) Group for Women w/ Breast Cancer (E) *Exercise Class Level 1 (WC) *Exercise Class Level 2 (WC) *Exercise Class (WC) Yoga (W) Tai Chi (W) *Teen Talk (W) <b>Welcoming Orientation (W)</b>	11:00a-12:15p 1:00p-2:30p 11:00a-12:30p	Yoga (E) <b>27</b> *Meaning-Centered Group for Those w/ Advanced Cancer #5 (E) Group for Older Adults w/ Cancer (W)	<b>MEMORIAL DAY HOLIDAY - CLOSED</b> <b>28</b>	
					<b>29</b>
<div data-bbox="77 1730 526 1982" data-label="Complex-Block"> <p><b>Welcoming Orientation</b> An opportunity for adults (over 18) touched by cancer to learn about our FREE programs and services. <b>TGP East:</b> Mondays, 6:30pm, Tuesdays, 1:30pm and Saturdays, 10:30am <b>TGP West:</b> Tuesdays, 1:30pm &amp; Thursdays, 6:30pm</p> </div>				<div data-bbox="844 1730 1292 1982" data-label="Complex-Block"> <p><b>The Gathering Place East (E): Blue</b> 23300 Commerce Park • Beachwood, OH 44122 <b>The Gathering Place Wellness Center (WC): Orange</b> 23295 Commerce Park • Beachwood, OH 44122 <b>The Gathering Place West (W): Green</b> 800 Sharon Drive • Westlake, OH 44145 <b>Off-Site Programs (O): Red</b> Check program description for location</p> </div>	

MONDAY		TUESDAY		WEDNESDAY	
<div style="border: 2px solid black; padding: 10px;"> <p><b>Welcoming Orientation</b> An opportunity for adults (over 18) touched by cancer to learn about our FREE programs and services.</p> <p><b>TGP East:</b> Mondays, 6:30pm, Tuesdays, 1:30pm and Saturdays, 10:30am</p> <p><b>TGP West:</b> Tuesdays, 1:30pm &amp; Thursdays, 6:30pm</p> </div>		<div style="border: 2px solid black; padding: 10px;"> <p><b>The Gathering Place East (E): Blue</b> 23300 Commerce Park • Beachwood, OH 44122</p> <p><b>The Gathering Place Wellness Center (WC): Orange</b> 23295 Commerce Park • Beachwood, OH 44122</p> <p><b>The Gathering Place West (W): Green</b> 800 Sharon Drive • Westlake, OH 44145</p> <p><b>Off-Site Programs (O): Red</b> Check program description for location</p> </div>		<p>2:00p-3:15p Tai Chi (E) <b>1</b></p> <p>6:00p-7:30p *Healthy Girls on the Move #3 (E)</p> <p>7:00p-8:00p Healthy Steps® (E)</p> <p>1:00p-3:00p *Post-Mastectomy Class (W)</p> <p>1:30p-2:30p *Exercise Class (W)</p> <p>6:30p-8:00p *Parachutes (W)</p>	
<p>6:30p-7:45p Yoga (E) <b>6</b></p> <p>6:30p <b>Welcoming Orientation (E)</b></p> <p>6:30p-7:30p *Exercise Class (W)</p> <p>6:30p-8:00p *Support Groups (W)</p>	<p>9:00a-5:00p Labyrinth Walk (E) <b>7</b></p> <p>11:00a-12:15p Yoga (E)</p> <p>1:30p <b>Welcoming Orientation (E)</b></p> <p>6:30p-8:00p *Thriving in the Garden #2 (E)</p> <p>6:30p-8:00p *Support Groups (E)</p> <p>12:30p-1:30p *Exercise Class Level 1 (WC)</p> <p>1:30p-2:30p *Exercise Class Level 2 (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>1:30p <b>Welcoming Orientation (W)</b></p> <p>6:30p-7:45p Yoga (W)</p> <p>6:30p-8:00p *Watercolor for Reflection &amp; Relaxation #1 (W)</p> <p>6:30p-8:00p Group for Young Women w/ Breast Cancer (W)</p>	<p>2:00p-3:15p Tai Chi (E) <b>8</b></p> <p>6:00p-7:30p *Healthy Girls on the Move #4 (E)</p> <p>7:00p-8:00p Healthy Steps® (E)</p> <p>1:30p-2:30p *Exercise Class (W)</p> <p>6:30p-8:00p *Bridges Bereavement Group for Families (W)</p>			
<p>8:45a-4:00p *Animal Camp (E) <b>13</b></p> <p>1:00p-2:30p Knitting Circle (E)</p> <p>6:30p-7:45p Yoga (E)</p> <p>6:30p <b>Welcoming Orientation (E)</b></p> <p>6:30p-7:30p *Exercise Class (W)</p> <p>6:30p-8:00p *Support Groups (W)</p>	<p>9:00a-4:00p *Animal Camp (E) <b>14</b></p> <p>9:00a-5:00p Labyrinth Walk (E)</p> <p>11:00a-12:15p Yoga (E)</p> <p>1:30p <b>Welcoming Orientation (E)</b></p> <p>6:30p-8:00p *Thriving in the Garden #3 (E)</p> <p>6:30p-8:00p *Grief Support Group (E)</p> <p>6:30p-8:00p *Support Groups (E)</p> <p>12:30p-1:30p *Exercise Class Level 1 (WC)</p> <p>1:30p-2:30p *Exercise Class Level 2 (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>1:30p <b>Welcoming Orientation (W)</b></p> <p>6:30p-7:45p Yoga (W)</p> <p>6:30p-8:00p *Watercolor for Reflection &amp; Relaxation#2 (W)</p>	<p>9:00a-4:00p *Animal Camp (E) <b>15</b></p> <p>10:00a-11:30a Group for Older Adults w/ Cancer (E)</p> <p>2:00p-3:15p Tai Chi (E)</p> <p>6:30p-7:30p *Guided Imagery (E)</p> <p>7:00p-8:00p Healthy Steps® (E)</p> <p>1:30p-2:30p *Exercise Class (W)</p> <p>6:30p-8:00p *Parachutes (W)</p>			
<p>6:30p-7:45p Yoga (E) <b>20</b></p> <p>6:30p-8:00p Group for Those w/ Blood Cancers (E)</p> <p>6:30p <b>Welcoming Orientation (E)</b></p> <p>6:30p-7:30p *Exercise Class (W)</p> <p>6:30p-8:00p *Support Groups (W)</p>	<p>9:00a-5:00p Labyrinth Walk (E) <b>21</b></p> <p>11:00a-12:15p Yoga (E)</p> <p>1:30p <b>Welcoming Orientation (E)</b></p> <p>6:30p-8:00p *Thriving in the Garden #4 (E)</p> <p>6:30p-8:00p *Support Groups (E)</p> <p>12:30p-1:30p *Exercise Class Level 1 (WC)</p> <p>1:30p-2:30p *Exercise Class Level 2 (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>1:30p <b>Welcoming Orientation (W)</b></p> <p>6:30p-7:45p Yoga (W)</p> <p>6:30p-8:00p *Watercolor for Reflection &amp; Relaxation#3 (W)</p>	<p>2:00p-3:15p Tai Chi (E) <b>22</b></p> <p>7:00p-8:00p Healthy Steps® (E)</p> <p>3:00p-4:00p *Exercise Class (W)</p> <p>6:30p-8:00p *Bridges Bereavement Group for Families (W)</p>			
<p>1:00p-2:30p Knitting Circle (E) <b>27</b></p> <p>3:00p-5:00p *Look Good...Feel Better® (E)</p> <p>6:30p-7:45p Yoga (E)</p> <p>6:30p <b>Welcoming Orientation (E)</b></p> <p>6:30p-7:30p *Exercise Class (W)</p> <p>6:30p-8:00p *Support Groups (W)</p>	<p>9:00a-5:00p Labyrinth Walk (E) <b>28</b></p> <p>11:00a-12:15p Yoga (E)</p> <p>1:30p <b>Welcoming Orientation (E)</b></p> <p>6:30p-8:00p *Grief Support Group (E)</p> <p>6:30p-8:00p *Support Groups (E)</p> <p>12:30p-1:30p *Exercise Class Level 1 (WC)</p> <p>1:30p-2:30p *Exercise Class Level 2 (WC)</p> <p>6:30p-7:30p *Exercise Class (WC)</p> <p>1:30p <b>Welcoming Orientation (W)</b></p> <p>6:30p-7:45p Yoga (W)</p> <p>6:30p-8:00p *Watercolor for Reflection &amp; Relaxation #4 (W)</p>	<p>2:00p-3:15p Tai Chi (E) <b>29</b></p> <p>6:30p-7:30p *Introduction to Dragon Boating (E)</p> <p>7:00p-8:00p Healthy Steps® (E)</p> <p>3:00p-4:00p *Exercise Class (W)</p>			

**JUNE, 2011 ~ The Gathering Place**

**HOURS:** Monday -Thursday: 9:00a-6:30p, Friday: 9:00a -5:00p, Saturday: 9:00a-1:00p (EAST ONLY). Only open evenings for scheduled programs.

<b>THURSDAY</b>		<b>FRIDAY</b>	<b>SATURDAY/SUNDAY</b>	
11:00a-12:15p Tai Chi (E) <b>2</b> 6:30p-8:00p *Walking Towards Healing #2 (E) 6:30p-8:00p Group for Young Adults w/ Cancer (E)  12:30p-1:30p *Exercise Class Level 1 (WC) 1:30p-2:30p *Exercise Class Level 2 (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p Yoga (W) 6:30p-7:45p Tai Chi (W) 6:30p <b>Welcoming Orientation (W)</b>	11:00a-12:15p <b>NO YOGA (E)</b> <b>3</b> 1:00p-2:30p *Meaning-Centered Group for Those w/ Advanced Cancer #6 (E)	9:00a-1:00p <b>OPEN for Drop-ins (E)</b> <b>4</b> 9:30a-12:30p *Planting Day (E) 10:30a <b>Welcoming Orientation (E)</b>	7:30a-11:00a <b>Race for The Place at Beachwood Place</b> <b>5</b> 	
11:00a-12:15p Tai Chi (E) <b>9</b> 1:30p-3:00p *Watercolor for Reflection and Relaxation #1 (E)  6:30p-8:00p *Walking Towards Healing #3 (E) 12:30p-1:30p *Exercise Class Level 1 (WC) 1:30p-2:30p *Exercise Class Level 2 (WC) 6:30p-7:30p *Exercise Class (WC) 9:00a-5:00p Labyrinth Walk (W) 12:00p-1:15p Yoga (W) 6:30p-7:45p Tai Chi (W) 6:30p <b>Welcoming Orientation (W)</b>	11:00a-12:15p Yoga (E) <b>10</b> 1:00p-2:30p *Meaning-Centered Group for Those w/ Advanced Cancer #7 (E) 6:30p-8:00p *Music and Nature (E) 1:00p-2:30p Knitting Circle (W)	9:00a-1:00p <b>OPEN for Drop-ins (E)</b> <b>11</b> 10:30a <b>Welcoming Orientation (E)</b> 11:00a-12:00p *Zumba (E) 8:00a-4:00p *Prostate Cancer Forum Corporate College East (O) 4400 Richmond Rd, Warrensville, OH 44128	<b>12</b>	
9:00a-4:00p *Animal Camp (E) <b>16</b> 11:00a-12:15p Tai Chi (E) 1:30p-3:00p *Watercolor for Reflection and Relaxation #2 (E)  6:30p-7:30p *Celebrating the Summer Solstice (E) 6:30p-8:00p *Walking Towards Healing #4 (E) 12:30p-1:30p *Exercise Class Level 1 (WC) 1:30p-2:30p *Exercise Class Level 2 (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p Yoga (W) 1:30p-2:30p *Guided Imagery (W) 6:30p-7:45p Tai Chi (W) 6:30p <b>Welcoming Orientation (W)</b>	9:00a-4:00p *Animal Camp (E) <b>17</b> 11:00a-12:15p Yoga (E) 1:00p-2:30p *Meaning-Centered Group for Those w/ Advanced Cancer #8 (E) 1:00p-2:30p *Journey through Music (W)	9:00a-1:00p <b>OPEN for Drop-ins (E)</b> <b>18</b> 10:30a <b>Welcoming Orientation (E)</b>	<b>19</b>	
11:00a-12:15p Tai Chi (E) <b>23</b> 1:30p-3:00p *Watercolor for Reflection and Relaxation #3 (E)  6:30p-8:00p Group for Women w/ Breast Cancer (E) 12:30p-1:30p *Exercise Class Level 1 (WC) 1:30p-2:30p *Exercise Class Level 2 (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p Yoga (W) 6:30p-7:45p Tai Chi (W) 6:30p-8:00p *Teen Talk (W) 6:30p <b>Welcoming Orientation (W)</b>	11:00a-12:15p Yoga (E) <b>24</b> 11:00a-12:30p Group for Older Adults w/ Cancer (W)	9:00a-1:00p <b>OPEN for Drop-ins (E)</b> <b>25</b> 9:00a-3:30p *Brain Cancer Symposium (E) 10:30a <b>Welcoming Orientation (E)</b>	<b>26</b>	
11:00a-12:15p Tai Chi (E) <b>30</b> 1:30p-3:00p *Watercolor for Reflection and Relaxation #4 (E)  12:30p-1:30p *Exercise Class Level 1 (WC) 1:30p-2:30p *Exercise Class Level 2 (WC) 6:30p-7:30p *Exercise Class (WC) 12:00p-1:15p Yoga (W) 6:30p-7:45p Tai Chi (W) 6:30p <b>Welcoming Orientation (W)</b>				

*\*These programs require pre-registration. Participants requiring childcare need to call several days in advance. Call 216.595.9546 for appointment times for massage, reiki, and reflexology.*

**KNITTING**

**Knitting Circle**

A group for those who have some experience knitting or crocheting. Participants will have the opportunity to reflect on their cancer journey as they create comfort shawls or chemo caps.

Facilitator: Kathy Maxwell, LISW-S

**TGP East:** Mondays, April 1<sup>st</sup> & 25<sup>th</sup>, May 9<sup>th</sup> & 23<sup>rd</sup> & June 13<sup>th</sup> & 27<sup>th</sup>, 1:00-2:30pm

Facilitator: Betsy Kohn, MA, PC

**TGP West:** Fridays, May 13<sup>th</sup> & June 10<sup>th</sup>, 1:00-2:30pm

**HEALING ARTS**

Call for an appointment for our 30 minute, fully clothed healing touch therapies. Children under 18 must have a signed consent form from a parent or legal guardian and an adult present during the healing sessions.

**\*Reiki (unlimited number of sessions)**

A Japanese healing tradition that provides nurturing and stress reduction. This hands-on healing allows a person to heal by balancing the energy that flows through all living things.

**\*Massage (3 sessions/year)**

Promotes relaxation and stress management.

**\*Reflexology (3 sessions/year)**

Pressure is applied to reflex points in the feet and hands to ease tension and stress.

**GENTLE MOVEMENT**

**Labyrinth Walks**

Walking the labyrinth is a simple way to bring quiet and stillness in the midst of the cancer journey. Drop in anytime for self-guided reflective walks on our outdoor labyrinth at TGP East. Our indoor labyrinth is available weekly on Tuesdays at TGP East and monthly on Thursdays at TGP West.

**TGP East:** Tuesdays from 9:00am-5:00pm

**TGP West:** Thursdays, April 21<sup>st</sup>, May 19<sup>th</sup> & June 9<sup>th</sup>, 9:00am-5:00pm

**Tai Chi**

Focus on wellness and what you can do to boost your energy, open up and release tension. Movements are done in a standing and seated position and you may sit at anytime. Tai chi increases leg strength, balance and flexibility.

**TGP East:** Wednesdays, 2:00-3:15pm, Susan Cady

Thursdays, 11:00am-12:15pm, Charlene Nevans

**TGP West:** Thursdays, 6:30-7:45pm, Michael Stadul

**Yoga**

A gentle restorative exercise that helps increase energy and improve muscle tone and flexibility. Anyone can experience the soothing effect of yoga movements. *For hygiene purposes, please bring your own mat to yoga classes. We will have a few available for first timers.*

**TGP East:** Mondays, 6:30-7:45pm, Nancy Burgard

Tuesdays & Fridays, 11:00am-12:15pm, Dymrna Ferrante

**TGP West:** Tuesdays, 6:30-7:45pm, Fabienne Bernard

Thursdays, 12:00-1:15pm, Nancy Burgard

**\*Qigong**

Qigong combines the use of breathing, sound, movement and meditation to enhance the flow of energy in the body. This introductory workshop will offer the basics of qigong and teach tools you can use at home.

Presenter: Michael Stadul. *Advance registration required.*

**TGP West:** Wednesday, April 27<sup>th</sup>, 3:00-5:00pm

**\*Learning from the Labyrinth**

Come learn the many ways the labyrinth can help you on your healing journey. Take your teachings from the labyrinth to another level with the use of art, music and imagery. Presenters: Susan Marinac, LISW-S, OSW-C, MT-BC & Eileen Coan, MA, MLS *Advance registration required.*

**TGP West:** Thursday, May 19<sup>th</sup>, 2:00-3:30pm

**EXERCISE**

*All programs listed below are designed for individuals in treatment or coping with side effects of cancer treatment.*

*Our exercise classes on the east side are held across the street at The Gathering Place **Richman Family Wellness Center** 23295 Commerce Park, Beachwood, OH 44122*

**\*Exercise Classes**

Twice-weekly exercise classes include resistance training using light weights, bands and balls, and strength equipment. Instructor: Stephen Cerne, BS, NSCA-CPT *Written medical authorization from your physician is required. New participants must contact Beth Roth for a fitness assessment before attending exercise classes.*

**TGP Wellness Center:** Tuesdays & Thursdays, 12:30-1:30pm (Level 1) 1:30-2:30pm (Level 2) & 6:30-7:30pm (Levels 1 & 2)

**TGP West:** Mondays, 6:30-7:30pm & Wednesdays, 1:30-2:30pm (Beginning Wednesdays, June 22<sup>nd</sup>, 3:00-4:00pm)

**Healthy Steps®**

A very gentle, low intensity program combining movement with music to help reduce fatigue while improving stamina and balance coordination for individuals with cancer. Instructor: Anne Baldwin, OT/L

**TGP East:** Wednesdays, 7:00-8:00pm

**\*Zumba**

This introductory class combines Latin dance music with easy to follow steps for beginners. Instructor: Cristel Turner. *Advance registration required for each class*

**TGP East:** Saturdays, April 16<sup>th</sup>, May 14<sup>th</sup> & June 11<sup>th</sup>, 11:00 am-12:00pm

**\*Strength Training for Those with Prostate Cancer**

Men with prostate cancer will learn safe effective strength training activities during this 6-week program. Develop a strong core foundation while practicing the best exercises for bone health!

Instructor: Stephen Cerne, BS, NSCA-CPT. *Advance registration with Beth Roth and written authorization from your physician is required.*

**TGP Wellness Center:** Tuesdays, April 19<sup>th</sup>, 26<sup>th</sup>, & May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 7:30-8:30pm

**\*Osteoporosis and Exercise**

Bring your mat to this gentle exercise program designed for those diagnosed with cancer and who have osteoporosis. Participants will learn how to integrate functional strength, balance and flexibility into every day activities.

Instructor: Beth Roth, PT, MA, MS, RD/LD *Participants are encouraged to attend all 4 sessions. Advance registration required.*

**TGP East:** Wednesdays, April 20<sup>th</sup> & 27<sup>th</sup>, May 4<sup>th</sup> & 11<sup>th</sup> 12:00-1:00pm

**\*Post-Mastectomy Wellness Series**

This 4-week educational exercise series for women within 1 year post surgery will address the psychosocial and physical aspects of post-mastectomy healing. In addition to a weekly exercise session, discussion topics include body image, posture, safe effective core exercises, nutrition, and menopausal weight gain. Facilitators: Susan Marinac, LISW-S, OSW-C, MT-BC & Beth Roth, PT, MA, MS, RD/LD *Participants are encouraged to attend all 4 sessions. Advance registration and written authorization from your physician is required.*

**TGP East:** Wednesdays, May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>, 1:00-2:00pm

**\*Post-Mastectomy Class**

Discuss the physical and psychosocial aspects of post-mastectomy healing as well as participate in helpful exercises that target muscles affected by the surgery. Facilitators: Susan Marinac, LISW-S, OSW-C, MT-BC & Beth Roth, PT, MA, MS, RD/LD. *Advance registration required and written authorization from your physician is required.*

**TGP West:** Wednesday, June 1<sup>st</sup>, 1:00-3:00pm

## NUTRITION

### \*Nutrition Consultations

Beth Roth, PT, MA, MS RD/LD our exercise specialist and registered dietitian, is available for 1:1 consultations. *Call to schedule an appointment.*

### \*Where's the Beef?

**Protein:** How much do we need and where do we get it? Discover easy and affordable healthy, delicious meat-alternatives in this hands-on cooking class. *Advance registration required.*

**TGP East:** Wednesday, April 27<sup>th</sup>, 6:30-8:00pm

**TGP West:** Thursday, April 28<sup>th</sup>, 6:30-8:00pm

### \*Skip the Chips-n-Dip

Discover healthy and delicious plant based crowd pleasing appetizers in this hands-on cooking class. *Advance registration required.*

**TGP East:** Monday, May 9<sup>th</sup>, 6:30-8:00pm

**TGP West:** Thursday, May 12<sup>th</sup>, 6:30-8:00pm

## ONE TO ONE SERVICES

### Breast Cancer Connection

This 1:1 peer telephone support program pairs individuals diagnosed with breast cancer with trained volunteers who are breast cancer survivors.

*To be matched call 440-442-4433.*

### Mt. Sinai Community Partners and the Reinberger Foundation Education Centers

Eileen Coan, our professional medical librarian, is available to help you find the information you need in our lending libraries located east and west. *Stop by to browse our collection.*

### \*One-to-One Counseling

Licensed clinicians on our staff are available for 1:1 sessions with individuals or families touched by cancer for short-term counseling. *Call for an appointment.*

### \*Life Planning Consultation

1:1 help assessing your needs in the areas of estate planning, power of attorney documents, living wills, guardianship, or other basic legal and/or financial planning issues related to your cancer experience. *Call for a complimentary one-time consultation with a professional advisor.*

### \*Medical Bill Consultation

Medical bill professionals are available for 1:1 consultation on managing the medical bill maze. Bring your bills and explanations of benefits for step-by-step guidance through the process of resolving your medical bills. *Call for a complimentary one-time consultation with a professional advisor.*

### \*Job Consultation

1:1 help with job related concerns including resumes, cover letters and networking options. *Call for a complimentary one time consultation with a professional advisor.*

### \*Relaxation and Imagery

Our staff is available to help you unwind and learn a variety of relaxation exercises and imagery techniques. *Call for an appointment.*



## LECTURES, WORKSHOPS, & SPECIAL PROGRAMS

### \*Meaning-Centered Group for Those with Advanced Cancer

Through structured learning experiences, this group will help participants find meaning and purpose, even as their prognosis may be changing.

*Participants are encouraged to attend all 8 sessions. Advance registration with Kathleen McCue, MA, LSW, CCLS required.*

**TGP East:** Fridays, April 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>, May 6<sup>th</sup> & 27<sup>th</sup> &

June 3<sup>rd</sup>, 10<sup>th</sup>, & 17<sup>th</sup> 1:00-2:30pm (no meeting on May 13<sup>th</sup> & 20<sup>th</sup>)

### \*Healing through Photography

Join us for a unique 2-day workshop that uses photography, writing and the power of community to help teach us how cancer has impacted our lives. Our Norma's Garden is the backdrop for the photography. No prior experience necessary. Bring a digital camera with a cleared memory card. Lunch is provided. Facilitator: Connie Reider of Inscope

*Participants must attend both days. Priority is given to those who have not previously attended this workshop. Advance registration required.*

**TGP East:** Saturday and Sunday, May 14<sup>th</sup> & 15<sup>th</sup>, 9:30am-4:30pm

### \*Renewing Your Spirit: Tools for Reflection and Peace

Participants will explore their inner life and learn techniques for self-reflection and healing that can help bring purpose and meaning during the cancer journey. Facilitators: Mary Fisher Bornstein, LISW-S & Kathy Maxwell, LISW-S.

*Participants are encouraged to attend both sessions.*

*Advance registration required.*

**TGP East:** Tuesdays, May 24<sup>th</sup> & 31<sup>st</sup>, 2:30-4:00pm

### \*Walking towards Healing

This 4-week program will combine walking, journaling and meditation to help cope with the emotional impact of a cancer diagnosis. For African American women diagnosed with any type of cancer. Come dressed to walk. Facilitator: Kris Austin, MEd, LSW. *Please note that Sister Circle will not meet in May and June. Advance registration required.*

**TGP East:** Thursdays, May 26<sup>th</sup>, June 2<sup>nd</sup>, 9<sup>th</sup> & 16<sup>th</sup>, 6:30-8:00pm

### \*Music and Nature

Come experience peace, inspiration and calmness as Greg Slawson and Candice Lee share their meditative nature films with beautiful piano accompaniments. Dessert reception will follow.

Presenters: Greg Slawson and Candice Lee of GC Creative Studio

*Advance registration required.*

**TGP East:** Friday, June 10<sup>th</sup>, 6:30-8:00pm

### \*Guided Imagery: A Personalized Approach

Learn how to enhance your guided imagery beyond breathing and clearing your mind. Presenter: Eileen Coan, MA, MLS. *Advance registration required.*

**TGP East:** Wednesday, June 15<sup>th</sup>, 6:30-7:30pm

**TGP West:** Thursday, June 16<sup>th</sup>, 1:30-2:30pm

### \*Celebrating the Summer Solstice

The summer solstice is the longest day of the year when we celebrate the light. Join us for a meditative walk on our lovely outdoor labyrinth to meditate on the meaning of light within. Facilitator: Kathy Maxwell, LISW-S.

*Advance registration required.*

**TGP East:** Thursday, June 16<sup>th</sup>, 6:00-7:30pm

### \*Introduction to Dragon Boating

Come to an information session on June 29<sup>th</sup> and learn about Dragon Boat racing for cancer survivors. See what fun, fitness and friendships may develop through paddling on the Cuyahoga River. A 4-week land based exercise program at *The Gathering Place Wellness Center will begin Wednesday, July 6<sup>th</sup>.*

Weekly practice will then move to the water at the Cleveland Dragon Boat Association site in the flats. Paddles Up! *Participants are required to attend land based and on the water sessions in order to join our team at the Dragon Boat Fest on September 17<sup>th</sup>.*

**TGP East:** Wednesday June 29<sup>th</sup>, 6:30-7:30pm

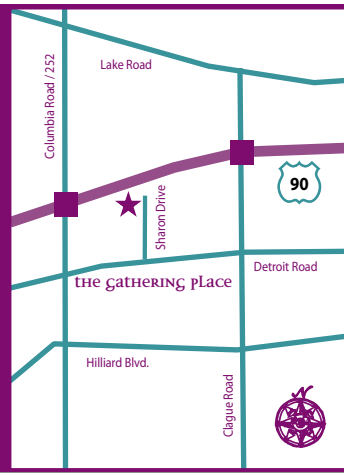
## The Gathering Place East

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



## The Gathering Place West

800 Sharon Dr., Westlake, OH 44145



### Open for drop-ins & scheduled programs:

Monday – Thursday: 9:00a - 6:30p

Friday: 9:00a - 5:00p

Saturday: 9:00a-1:00p (EAST ONLY)

*Only open evenings for scheduled programs.*

The Gathering Place welcomes the opportunity to speak with your organization, religious institution or group about our programs and services. Our professional staff and volunteers can also provide presentations on specific topics related to the cancer experience.

Contact: Kristina Austin  
Director of Community Relations and Marketing  
**216.595.9546**  
austin@touchedbycancer.org

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*\*\*In Loving Memory*

Thank you for your help. If you received duplicate copies of this mailing or are no longer interested in receiving any of our mailings, please contact **Sue Shane at 216.595.9546 or shane@touchedbycancer.org** to update our records.

Please remember that you can designate The Gathering Place to be a recipient of your United Way or Combined Federal Campaign donation.

**THE GATHERING PLACE**  
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216-595-9546 • www.touchedbycancer.org  
**April • May • June • 2011**  
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