

SEPTEMBER 2010

monday

tuesday

wednesday

thursday

friday

saturday



Newcomers Meeting 11:00 am
(RSVP required)

Teen Night 5:30 pm
(RSVP required)

1

Gentle Stretch Yoga 12 Noon
(YMCA at the Athenaeum)

Relaxation & Visualization 5:45 pm

Anna's Group: Young adults 6:30 pm
with cancer networking group at
Cancer Support Community
(RSVP required)

2



**Labor Day
Holiday**
CANCER SUPPORT COMMUNITY
will be
CLOSED

6

Gentle Stretch Yoga 6:00 pm

Newcomers Meeting 6:30 pm
(RSVP required)

7

Newcomers Meeting 11:00 am
(RSVP required)

Tai Chi Easy 12 Noon

Kids/Parents Connect 5:00 pm
(RSVP required)

Relaxation & Visualization 6:00 pm
at Community South (RSVP required)

Encourage Group 7:00 pm
(RSVP required)

8

Gentle Stretch Yoga 12 Noon
(YMCA at the Athenaeum)

Relaxation & Visualization 5:45 pm

Ask The Doctor: 6:00 pm
High Dosage Prostate Treatment
presented by Jnanan Graybill, MD
(RSVP required)

9

Crafters Circle 1:00 pm
Metal Embossing (RSVP required)

10

SPECIAL WORKSHOP:
Finding Strength Together 9:00 am
for couples affected by breast cancer
(RSVP required)

11

Gentle Stretch Yoga 12 Noon

Leukemia & Lymphoma Group 6:00 pm

Bladder Cancer Group 6:00 pm
(RSVP required)

Cinema Wellness: The Boy 6:00 pm
in the Striped Pajamas (RSVP required)

Bereavement Group 6:30 pm

13

Gentle Stretch Yoga 6:00 pm

Newcomers Meeting 6:30 pm
(RSVP required)

14

Newcomers Meeting 11:00 am
(RSVP required)

Ovarian Cancer Group 6:00 pm

Healing Moments Portraits 4:30 pm
with **Carrie Furry** (RSVP required)

Relaxation & Visualization 6:00 pm
at Community East
(RSVP required)

15

Gentle Stretch Yoga 12 Noon
(YMCA at the Athenaeum)

Relaxation & Visualization 5:45 pm

Relaxation & Visualization 6:00 pm
at Community North (RSVP required)

Anna's Group: 6:30 pm
Young adults networking group
Meeting Location: Bowling
(RSVP required)

16

Carcinoid Cancer Group 10:00 am

17

18



Gentle Stretch Yoga 12 Noon

Look Good Feel Better 1:30 pm
(RSVP required)

Ovarian Cancer Group 4:00 pm

Cooking for Wellness 6:30 pm
Quick & Healthy Meals On The Go
(RSVP required)

20

Gentle Stretch Yoga 6:00 pm

Newcomers Meeting 6:30 pm
(RSVP required)

21

Newcomers Meeting 11:00 am
(RSVP required)

Tai Chi Easy 12 Noon

Kids/Parents Connect 5:00 pm
(RSVP required)

Healing Meditation 6:00 pm
(RSVP required)

Special Thyroid Cancer Group 6:30 pm
with Irene Minor, MD
(RSVP required)

22

Gentle Stretch Yoga 12 Noon
(YMCA at the Athenaeum)

Relaxation & Visualization 5:45 pm

Survivorship Program 6:00 pm
led by Kim Wagler Ziner, RN, PhD
(RSVP required)

23

Creative Expressions 1:00 pm
Soul Collage (RSVP required)

24

25



Gentle Stretch Yoga 12 Noon

Bereavement Group 6:30 pm

27

Gentle Stretch Yoga 6:00 pm

Newcomers Meeting 6:30 pm
(RSVP required)

28

Newcomers Meeting 11:00 am
(RSVP required)

29

Gentle Stretch Yoga 12 Noon
(YMCA at the Athenaeum)

Relaxation & Visualization 5:45 pm

30

All special programs marked in RED require pre-registration. Please Call 317.257.1505 to RSVP

OCTOBER 2010

monday

tuesday

wednesday

thursday

friday

saturday



All special programs marked in **RED** require pre-registration.
Please Call 317.257.1505 to RSVP



monday	tuesday	wednesday	thursday	friday	saturday
<p>All special programs marked in RED require pre-registration. Please Call 317.257.1505 to RSVP</p>					
<p>Gentle Stretch Yoga 12 Noon</p> <p>Book Club 6:00 pm <i>The Help</i>, by Kathrynne Stockett (RSVP required)</p> <p style="text-align: right;">4</p>	<p>Gentle Stretch Yoga 6:00 pm</p> <p>Newcomers Meeting 6:30 pm (RSVP required)</p> <p>SPECIAL PROGRAM: 6:00 pm Process of Bereavement with Linda Severino (RSVP required)</p> <p style="text-align: right;">5</p>	<p>Newcomers Meeting 11:00 am (RSVP required)</p> <p>Teen Night 5:30 pm (RSVP required)</p> <p style="text-align: right;">6</p>	<p>Gentle Stretch Yoga 12 Noon (YMCA at the Athenaeum)</p> <p>Relaxation & Visualization 5:45 pm</p> <p>Anna's Group: 6:30 pm Young adults with cancer networking group at Cancer Support Community (RSVP required)</p> <p style="text-align: right;">7</p>	<p style="text-align: center;">1</p> <p style="text-align: center;"></p> <p style="text-align: right;">8</p>	<p style="text-align: center;">2</p> <p style="text-align: right;">9</p>
<p>Gentle Stretch Yoga 12 Noon</p> <p>Leukemia & Lymphoma Group 6:00 pm</p> <p>Bladder Cancer Group 6:00 pm (RSVP required)</p> <p>Bereavement Group 6:30 pm</p> <p style="text-align: right;">11</p>	<p>Gentle Stretch Yoga 6:00 pm</p> <p>Newcomers Meeting 6:30 pm (RSVP required)</p> <p style="text-align: right;">12</p>	<p>Newcomers Meeting 11:00 am (RSVP required)</p> <p>Tai Chi Easy 12 Noon</p> <p>Kids/Parents Connect 5:00 pm (RSVP required)</p> <p>Relaxation & Visualization at Community South 6:00 pm (RSVP required)</p> <p>Encourage Group 7:00 pm (RSVP required)</p> <p style="text-align: right;">13</p>	<p>Gentle Stretch Yoga 12 Noon (YMCA at the Athenaeum)</p> <p>Relaxation & Visualization 5:45 pm</p> <p>Frankly Speaking About Cost of Cancer Care 6:00 pm led by Bob Vahary, LCSW (RSVP required)</p> <p style="text-align: right;">14</p>	<p>Crafters Circle 1:00 pm Pumpkin Painting (RSVP required)</p> <p style="text-align: right;">15</p>	<p>Carcinoid Cancer Group 10:00 am</p> <p style="text-align: right;">16</p>
<p>Gentle Stretch Yoga 12 Noon</p> <p>Ovarian Cancer Group 4:00 pm</p> <p>Cooking for Wellness 6:30 pm <i>Using Fall Produce</i> (RSVP required)</p> <p style="text-align: right;">18</p>	<p>Gentle Stretch Yoga 6:00 pm</p> <p>Newcomers Meeting 6:30 pm (RSVP required)</p> <p style="text-align: right;">19</p>	<p>Newcomers Meeting 11:00 am (RSVP required)</p> <p>Ovarian Cancer Group 6:00 pm</p> <p>Relaxation & Visualization at Community East 6:00 pm (RSVP required)</p> <p>Ask The Expert: Triple Negative Breast Cancer 6:30 pm led by Sara Campbell, RN (RSVP required)</p> <p style="text-align: right;">20</p>	<p>Gentle Stretch Yoga 12 Noon (YMCA at the Athenaeum)</p> <p>Relaxation & Visualization 5:45 pm</p> <p>Relaxation & Visualization at Community North 6:00 pm (RSVP required)</p> <p>Anna's Group: Young adults 6:30 pm networking group - Haunted Hayride (RSVP required)</p> <p style="text-align: right;">21</p>	<p>Creative Expressions 1:00 pm Masks (RSVP required)</p> <p style="text-align: right;">22</p>	<p style="text-align: right;">23</p>
<p>Gentle Stretch Yoga 12 Noon</p> <p>Bereavement Group 6:30 pm</p> <p style="text-align: right;">25</p>	<p>Gentle Stretch Yoga 6:00 pm</p> <p>Newcomers Meeting 6:30 pm (RSVP required)</p> <p style="text-align: right;">26</p>	<p>Newcomers Meeting 11:00 am (RSVP required)</p> <p>Tai Chi Easy 12 Noon</p> <p>Kids/Parents Connect 5:00 pm (RSVP required)</p> <p>Healing Meditation (RSVP) 6:00 pm</p> <p>Thyroid Cancer Group 6:30 pm</p> <p style="text-align: right;">27</p>	<p>Gentle Stretch Yoga 12 Noon (YMCA at the Athenaeum)</p> <p>Relaxation & Visualization 5:45 pm</p> <p>SPECIAL PRESENTATION: 6:30 pm Latest Advances in Breast Cancer Surgery Guest Speaker: Thomas Schmidt, MD (RSVP required)</p> <p style="text-align: right;">28</p>	<p style="text-align: right;">29</p>	<p style="text-align: right;">30</p>

