

# Program Calendar

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*Providing FREE professional programs and emotional support, education and hope for people impacted by cancer, so that no one faces cancer alone.*

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## Join Us

The New Member Meeting is an opportunity to meet with staff to learn about CSCGP's programs and support groups. To schedule a "New Member Meeting" and begin taking part in our FREE programming, please call the corresponding locations phone number to schedule a time to meet with us.

## Locations

Ridgeland (Philadelphia)  
215-879-7733

Gilda's Club (Warminster)  
215-441-3290

Abington Jefferson Health  
215-481-6700

Doylestown Hospital  
215-345-2022

*It is hard to believe we have already reached the month of November! This time of year, many of us are looking towards spending time with family and loved ones over Thanksgiving and upcoming holidays. We are also looking forward to our Cancer Support Community traditions in the next few months and we truly hope you will consider bringing family and friends along with you to attend these fun and heartwarming events!*

## Turkey B-I-N-G-O

**Wednesday, November 15 • 5-7pm • Gilda's Club in Warminster**


We love continuing the 'Turkey Bingo' tradition at Gilda's Club. Attendees are asked to bring a side and we provide the turkey. After we gather together to eat, we all play bingo for some fun wacky prizes. It is such a fun event and it's a great way to reconnect with others from the community that we haven't seen in a while. Please don't forget to RSVP so we can make sure we cook enough turkey! Call 215-441-3290 to RSVP.

## Breakfast with Santa • Saturday, December 9 • 10am-12pm

CSCGP and Ann's Choice invite all of our Children and Teens Program members to attend our annual Breakfast with Santa. Because of the popularity of this event, please limit the number of adults attending in your group. We want to ensure we have ample space to serve as many kids in our programs as possible. Please register directly with Christina or Liz **no later than Wednesday, November 15.**

## Exciting New Partnerships!!

We are extremely excited to be a part of Alliance Cancer Specialties at both their Grand View and Crozer locations. This partnership has allowed us to provide resources to even more individuals and families impacted by cancer in the Greater Philadelphia area. By being an asset to Alliance staff, we are able to better connect those living with cancer to the financial, emotional, and educational support they may need. We have received support and appreciation from both the staff and those we are assisting, making us feel like a beneficial addition to the offices! In the next few months we hope to offer the programs CSCGP is known for, allowing our community to expand even further. Aly and Joy will be at the respective locations on Thursdays, and will be happy to see both new and familiar faces! Feel free to stop by, or spread the word about these new locations!



**Check out page 4 for more information about The Children and Teens Program**

# The Suzanne Morgan Center at Ridgeland (Philadelphia) NOVEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Saturday
<p><i>November is Lung Cancer, National Family Caregiver and Pancreatic Cancer Awareness Month</i></p>		<p><b>Tai Ji and Qigong</b> 9:30-11am</p> <p><b>Family and Friends Support Group</b> 11am-12:30pm</p> <p><b>Metabolic Strength Training at Focus Fitness*</b> 12-1pm</p> <p><b>Movement and Meditation</b> 5:30-7pm</p> <p><b>Bereavement Support Group</b> 6-7:30pm <b>1</b></p>	<p><b>Making Connections While Navigating Cancer</b> 11:30am-1pm</p> <p><b>Singing Circle</b> 6-7pm</p> <p><b>Cancer Transitions: Moving Beyond Treatment</b> (pre-registration is required) 6-8pm <b>2</b></p>	<p><b>Annual Breast Cancer Awareness Program: A Celebration of Sisters Surviving and Thriving</b> <i>hosted by Sisters R Us and CSCGP</i> 10am-2pm <b>4</b></p>
<p><b>Writing About Your Cancer Experience</b> <i>facilitated by Janet Falon, award winning writer and writing teacher</i> 10-11:30am</p> <p><b>New! Blood Cancer Networking Group</b> 11:30am-1pm</p> <p><b>New! QiGong for Radiant Health: Meditation, Breath and Movement</b> 12:30-1:30pm <b>6</b></p>	<p><b>Quick and Healthy Cooking Class</b> 2-3:30pm</p> <p><b>Express Yourself with Music Therapy</b> 12-1pm</p> <p><b>Zumba Gold: Chair</b> 1-1:45pm</p> <p><b>RePose Yoga at Focus Fitness*</b> 1:30-2:45pm</p> <p><b>Election Day</b> <b>7</b></p>	<p><b>Tai Ji and Qigong</b> 9:30-11am</p> <p><b>Family and Friends Support Group</b> 11am-12:30pm</p> <p><b>Metabolic Strength Training at Focus Fitness*</b> 12-1pm</p> <p><b>Movement and Meditation</b> 5:30-7pm</p> <p><b>Bereavement Support Group</b> 6-7:30pm <b>8</b></p>	<p><b>NIA: Holistic Dance Fitness</b> <i>sponsored by the Bob Brockman NIA Fund</i> 10-11am</p> <p><b>Making Connections While Navigating Cancer</b> 11:30am-1pm</p> <p><b>Knitting Circle</b> 12-1:30pm</p> <p><b>Yoga</b> 1:30-2:30pm</p> <p><b>Singing Circle</b> 6-7pm <b>9</b></p>	<p><b>Veterans' Day</b> <b>11</b></p>
<p><b>New! QiGong for Radiant Health: Meditation, Breath and Movement</b> 12:30-1:30pm</p> <p><b>Colorectal Cancer Meeting</b> 1:30-3:30pm <b>13</b></p>	<p><b>Chair Exercise: Strength and Flexibility</b> 11am-12pm</p> <p><b>Quick and Healthy Cooking Class</b> 12-1pm</p> <p><b>RePose Yoga at Focus Fitness*</b> 1:30-2:45pm <b>14</b></p>	<p><b>Tai Ji and Qigong</b> 9:30-11am</p> <p><b>Family and Friends Support Group</b> 11am-12:30pm</p> <p><b>Metabolic Strength Training at Focus Fitness*</b> 12-1pm</p> <p><b>Movement and Meditation</b> 5:30-7pm</p> <p><b>Night of Remembrance</b> 6-7:30pm <b>15</b></p>	<p><b>Making Connections While Navigating Cancer</b> 11:30am-1pm</p> <p><b>Knitting Circle</b> 12-1:30pm</p> <p><b>Yoga</b> 1:30-2:30pm</p> <p><b>Singing Circle</b> 6-7pm <b>16</b></p>	<p><b>Men's Club Breakfast</b> 10am-12pm</p> <p><b>Mindfulness Workshop: Mini-Mindfulness-Retreat</b> 12-2pm <b>18</b></p>
<p><b>Gynecological Cancer Networking Group</b> 11:30am-1pm</p> <p><b>New! QiGong for Radiant Health: Meditation, Breath and Movement</b> 12:30-1:30pm <b>20</b></p>	<p><b>New! Lung Cancer Networking Group: Coping with Stigma, Blame and Shame Webinar</b> <i>provided by CSC Headquarters Frankly Speaking About Lung Cancer Series</i> 11am-12:30pm</p> <p><b>Ridgeland Art Collective: Canvas Painting Class</b> 11am-1pm</p> <p><b>Zumba Gold: Chair</b> 1-1:45pm</p> <p><b>RePose Yoga at Focus Fitness*</b> 1:30-2:45pm <b>21</b></p>	<p style="text-align: center;"><b>Closed</b></p>	<p style="text-align: center;"><b>Closed</b></p>	<p style="text-align: center;"><b>Thanksgiving</b> <b>23</b></p>
<p><b>New! QiGong for Radiant Health: Meditation, Breath and Movement</b> 12:30-1:30pm <b>27</b></p>	<p><b>Autumn Arts, Crafts and Music</b> 11am-1pm</p> <p><b>Living Well with Metastatic Breast Cancer</b> 11am-1pm</p> <p><b>RePose Yoga at Focus Fitness*</b> 1:30-2:45pm <b>28</b></p>	<p><b>Tai Ji and Qigong</b> 9:30-11am</p> <p><b>Family and Friends Support Group</b> 11am-12:30pm</p> <p><b>Metabolic Strength Training at Focus Fitness*</b> 12-1pm</p> <p><b>Movement and Meditation</b> 5:30-7pm</p> <p><b>Bereavement Support Group</b> 6-7:30pm <b>29</b></p>	<p><b>Making Connections While Navigating Cancer</b> 11:30am-1pm</p> <p><b>Knitting Circle</b> 12-1:30pm</p> <p><b>Yoga</b> 1:30-2:30pm</p> <p><b>Potluck and Singing Social</b> <i>hosted by the Ridgeland Singing Circle</i> 6-7:30pm <b>30</b></p>	

Please call **215-879-7733** to register for all activities. If you no longer can attend, kindly call us to cancel. Our address is 4100 Chamounix Drive, Philadelphia, PA 19131 • \*Focus Fitness is located at 1111 East Lancaster Avenue, Bryn Mawr, PA 19010 and can be reached by calling **610-525-5515**.

Monday	Tuesday	Wednesday	Thursday	Saturday
		<b>Chair Yoga</b> 9:30-10:30am <b>Reiki Share</b> 10:30-11:30am <b>Beaded Jewelry Making</b> 1-3pm <b>Cancer Connect Education Workshop: Update on the Treatment of Pancreatic Cancer</b> 1:30-2:30pm <b>Yoga</b> 6:30-7:45pm <b>1</b>	<b>NIA Holistic Dance</b> <i>sponsored by The Bob Brockman NIA Fund</i> 10-11am <b>Living with Cancer Support Group and Lunch</b> 1-2:30pm <b>Homemade Holiday Gifts</b> 6-8pm <b>2</b>	<b>4</b>
<b>Tai Ji and Qigong</b> 10-11am <b>6</b>	<b>Pilates</b> 9:30-10:30am <b>Tea Time</b> 10:30-11am <b>Living After Cancer Support Group</b> 1-3pm <b>Mindful Art: Yarn Bottles</b> 1-3pm <b>Lung Cancer Networking Group</b> 6:30-8pm <b>Election Day</b> <b>7</b>	<b>Chair Yoga</b> 9:30-10:30am <b>Lunch and Lecture: Navigating the Medicare Maze</b> 12:30-3pm <b>Yoga</b> 6:30-7:45pm <b>Living with Loss Networking Group</b> 6:30-8pm <b>Living with Loss Support Group - Spouse/Partner</b> 6:30-8pm <b>8</b>	<b>Morning Walk</b> 10-10:30am <b>Metastatic Cancer Networking Group</b> 11am-12:30pm <b>Living with Cancer Support Group and Lunch</b> 1-2:30pm <del>Mahjong 1-3pm</del> <b>Practicing Gratitude</b> 6:30-8pm <b>9</b>	<b>The Marshall Saturday Men's Breakfast</b> <i>presented by The Tom McDermitt Fund:</i> <b>My First Car</b> 8-10am <b>Veterans' Day</b> <b>11</b>
<b>Tai Ji and Qigong</b> 10-11am <b>Beat Cancer with your Fork</b> <i>presented by BeatCancer.org</i> 11am-12:30pm <b>13</b>	<b>Pilates</b> 9:30-10:30am <b>Tea Time</b> 10:30-11am <b>Living After Cancer Support Group</b> 1-3pm <b>Mindful Art: Canvas Tissue Paper</b> 1-3pm <b>Ovarian Cancer Networking Group</b> 6:30-8pm <b>Quick, Simple and Healthy Cooking with Melissa Stock</b> 6:30-8pm <b>14</b>	<b>Chair Yoga</b> 9:30-10:30am <b>Reiki Share</b> 10:30-11:30am <b>Book Club: Wonder</b> <i>by R.J. Palacio</i> 1:30-2:30pm <b>Cancer Connect Education Workshop: Mind Body Techniques to Cope with the Stress of Cancer</b> 1:30-2:30pm <b>Turkey B-I-N-G-O</b> 5-7pm <b>15</b>	<b>Morning Walk</b> 10-10:30am <b>Arleen Boyes Quilting Circle</b> 11am-3pm <b>Laughing About Life with Dr. Yvonne Kaye</b> 11am-12pm <b>Cancer and Careers Webinar: Health Insurance Options</b> 12-1pm <b>Living with Cancer Support Group and Lunch</b> 1-2:30pm <b>Movie Discussion and Trivia: Father Goose</b> 1-4pm <b>Reiki Share</b> 6-8pm <b>Mindful Meditation</b> 7-8pm <b>16</b>	<b>18</b>
<b>Tai Ji and Qigong</b> 10-11am <b>Mental Fitness Activities with Leigh</b> 11am-12pm <b>20</b>	<b>Pilates</b> 9:30-10:30am <b>Tea Time</b> 10:30-11am <b>Meditation with Melissa</b> 11am-12:30pm <b>Crafts with Ellen</b> 1-2:30pm <b>Living After Cancer Support Group</b> 1-3pm <b>Blood Cancer Networking Group</b> <i>sponsored by Leukemia and Lymphoma Society</i> 6:30-8pm <b>21</b>	Closed <b>22</b>	<b>Happy Thanksgiving</b> <b>Thanksgiving</b> <b>23</b>	<b>25</b>
<b>Tai Ji and Qigong</b> 10-11am <b>27</b>	<b>Pilates</b> 9:30-10:30am <b>Tea Time</b> 10:30-11am <b>Living After Cancer Support Group</b> 1-3pm <b>Friends and Family Networking Group</b> 6:30-8pm <b>28</b>	<b>Chair Yoga</b> 9:30-10:30am <b>Journaling and Beyond: Writing for Health and Happiness</b> 10-11:30am <b>Men Supporting Men</b> 6-7:30pm <b>Yoga</b> 6:30-7:45pm <b>29</b>	<b>Morning Walk</b> 10-10:30am <b>Living with Cancer Support Group and Lunch</b> 1-2:30pm <del>Mahjong 1-3pm</del> <b>30</b>	

Please call 215-441-3290 to register for all activities. If you no longer can attend, kindly call us to cancel.

Our address is 200 Kirk Road • Warminster, PA 18974. All NIA classes offered by CSCGP are generously supported by the Bob Brockman NIA Fund.

# Children and Teens Program

NOVEMBER 2017

Tuesday	Wednesday	Thursday	Saturday
	Fall Craft with Maureen 6:30-8pm <b>1</b>	Hang Out 6:30-8pm <u>Ridgeland</u> Family Support 6:30-8pm <b>2</b>	<b>4</b>
Enhancing Connections and Family Support 6:30-8pm <u>Ridgeland</u> Creative Kitchen: Cake Pops 6:30-8pm Election Day <b>7</b>	Living with Loss 6:30-8pm <b>8</b>	Homework Help with Joseph 6:30-8pm <u>Ridgeland</u> Family Support 6:30-8pm <b>9</b>	Veterans' Day <b>11</b>
Family Support 6:30-8pm <b>14</b>	Turkey Bingo <u>Ridgeland</u> Family Zumba 6:30-8pm <b>15</b>	Hang Out 6:30-8pm <u>Ridgeland</u> Family Support 6:30-8pm <b>16</b>	<b>18</b> Living with Loss of a Child 11am-1pm Sunday <b>19</b>
Family Support 6:30-8pm <u>Ridgeland</u> Family Holiday Bingo 6:30pm-8pm <b>21</b>	Closed <b>22</b>	Happy Thanksgiving  Thanksgiving <b>23</b>	<b>25</b>
Family Support 6:30-8pm <b>28</b>	Youth Activities Committee 6:30-8pm <u>Ridgeland</u> Music Therapy with Chrystine 6:30-7:30pm <b>29</b>	Homework Help with Joseph 6:30-8pm <u>Ridgeland</u> Family Support 6:30-8pm <b>30</b>	

## Enhancing Connections

We are excited to participate in a research study providing cancer education to parents. Enhancing Connections is a free, 5 session psychoeducational program delivered in a group format to parents with a cancer diagnosis (Stage 0-3) who have a child between the ages of 5-17 years. If you are interested in participating, please contact Christina or Liz for the next session.



## Family Support at Gilda's Club and Ridgeland

Open to all our CTP Members no matter where they are in their cancer experience. This group will have combined family group and also time for separate kids, teens and parents groups. We will have a topic each time we meet. You do not need to commit to all groups but it is encouraged. Topics for the week will be shared in the CTP weekly email blast.

## Hang Out • Various Nights • 6:30-8pm

While parents/guardians are attending their own group or activity, kids/teens can enjoy all the games, activities and craft supplies we have in our program. 48 hours pre-registration required.

## Breakfast with Santa • Saturday, December 9 Ann's Choice

Contact Christina or Liz for instructions to sign up. Final day to register is Wednesday, November 15.

## Helping Little Hands Gift Wrappers at Gilda's Club from Hatboro Horsham High School Saturday, December 6 • 9-12pm Registration deadline Monday, December 11

Bring your holiday gifts to be wrapped by an amazing group of teens. This is open to everyone, and is FREE for our members. Donation requested for non-members. Registration required. We will have some wrapping paper, but please bring your own paper, boxes, special ribbons and/or cards. If you would like to sign up contact 215-441-3290 or at [Christina@cancersupportphiladelphia.org](mailto:Christina@cancersupportphiladelphia.org)

## Gilda's Club in Warminster

### Homework Help with Joseph Thursdays, November 9 and 30 • 6:30-8pm

Joseph will be available to assist with basic arithmetic, algebra, calculus, trig, statistics, geometry, and physics. Please bring your questions. Registration required.

### Youth Activities Committee Wednesday, November 29 • 6:30-8pm

A great opportunity to get some volunteer hours in for school or whatever your goal is. We will be preparing for our December party. Lots to do!! This is open to all tweens and teens.

## Ridgeland in Philadelphia

### Creative Kitchen: Cake Pops Tuesday, November 7 • 6:30-8pm

Have fun creating Cake Pop treats! All needed supplies will be provided, please RSVP 24 hours in advance.

### Family Zumba Wednesday, November 15 • 6:30-7:30pm

Come out as a family to participate in Zumba! This class introduces easy to follow Zumba choreography that focuses on balance, range of motion, and coordination, all while having fun!

### Holiday Family Bingo Tuesday, November 21 • 6:30-8pm

Begin your Thanksgiving week with fun and games! Bring the whole family for Bingo fun, holiday arts and crafts, and snacks. Small prizes will be awarded to our Bingo winners!

### Music Therapy with Chrystine Wednesday, November 29 • 6:30-7:30pm

Spend a fun evening expressing yourself through music.

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**Programs in BLACK are held at Gilda's Club in Warminster.**  
**Programs in RED are held at Ridgeland in Philadelphia.**

**To request information or to register please contact:**

**At Gilda's Club – Christina at 215-441-3290**  
**[christina@cancersupportphiladelphia.org](mailto:christina@cancersupportphiladelphia.org)**

**At Ridgeland – Liz at 215-879-7733**  
**[liz@cancersupportphiladelphia.org](mailto:liz@cancersupportphiladelphia.org)**

**Please register 48 hours before program begins.**

# Satellite Locations

## Abington Jefferson Health • 215-481-6700

Open Mondays • 1200 Old York Road • Abington, PA 19001

Located in the Garden Training Room on the Ground Floor of the Widener Building, Parking Passes Provided

### MONDAYS

**November 6** – 10-11am **Chair Yoga**

11am-12:30pm **Living with Cancer Support Group**

12:30-2pm **Reiki** (Held on the 2nd floor in “Quiet Room in Inpatient Oncology)

**November 13** – 10-11am **Chair Yoga**

11am-12:30pm **Living with Cancer Support Group**

12:30-2pm **Writing Workshop for Health and Healing**

**November 20** – 10-11am **Chair Yoga**

11am-12:30pm **Living with Cancer Support Group**

12:30-2pm **Reiki Share** (Held on the 2nd Floor in “Quiet Room” in Inpatient Oncology)

1-2pm **Prostate Cancer Support Group**

**November 27** – 10-11am **Chair Yoga**

11am-12:30pm **Living with Cancer Treatment Side Effects Networking Group**

1-2pm **Friends and Family Networking Group**

*LWC Support Groups are open to anyone with an active cancer diagnosis; LWC Side Effects Networking Group also includes those individuals who have completed treatment and need support surrounding the long term side effects and/or fears of recurrence.*

## Doylestown Hospital • 215-345-2022

Open Tuesdays and Thursdays

595 West State Street • Doylestown, PA 18901

Located on the hospital's first level near the main entrance

Join us behind the Red Door located on the corridor off the Main Lobby; second door on the right

### TUESDAYS

**November 7** – 12-1pm **Mindfulness Meditation**

2-4pm **Holiday Wreath Workshop**

5-6pm **All Levels Yoga**

7-7:30pm **Guided Meditation and Imagery**

7:30-9pm **Reiki Share**

**November 14** – 11am-12:30pm **Living with Cancer Support**

2-4pm **Holiday Gift Workshop**

5-6pm **All Levels Yoga**

7-8:30pm **Prostate Cancer Support Group**  
(Conference Room A)

7-8:30pm **Breast Cancer Support Group**  
(Cancer Support Community Office)

**November 21** – 12-1pm **Mindfulness Meditation**

2-4pm **Holiday Sign Painting Workshop**

5-6pm **All Levels Yoga**

7-8:30pm **My Spouse Has Cancer Support Group**

**November 28** – 11am-12:30pm **Living with Cancer Support Group**

2-4pm **Holiday Gift Workshop**

5-6pm **All Levels Yoga**

7-8:30pm **Newly Diagnosed Breast Cancer Group**

### WEDNESDAY

**November 15** – 11am-1pm **Look Good Feel Better**

### THURSDAYS

**November 2** – 11am-12:30pm **Colorectal Cancer Support Group**

12:30-1pm **Ostomy Support Group**

1-2pm **Creating a Blog Workshop**

**November 9** – 11am-12:30pm **Pancreatic Cancer Networking Group**

1-2pm **Making Holiday Videos with your Phone Workshop**

**November 16** – 11am-12:30 **Blood Cancer Support Group**

12:30-1pm **Guided Meditation**

1-2pm **Reiki Share**

**November 23** – Closed for Thanksgiving Holiday

**November 30** – 11am-2pm **Holiday Gift Workshop**

### Holiday Gift Workshop

Come and join us to create beautiful gifts for your friends and loved ones. Beaded earrings, personalized gift boxes and tags, holiday signs for your home or for gifts and hand-painted ornaments are among some of the crafts we will be making.

Open Tuesdays, 10am-9pm and Thursdays, 10am-2pm.



## Gilda's Club (Warminster)

### **Homemade Holiday Crafts** **Thursday, November 2 • 6-8pm**

Get a jump start on your holiday gift-giving with some homemade projects that you may or may not want to give away! Supplies will be provided.

### **Lunch and Lecture: Navigating the Medicare Maze** **Wednesday, November 8 • 12:30-3pm**

Are you currently enrolled or thinking about enrolling in Medicare? It can be an intimidating task—but it doesn't have to be. Come out and hear two expert speakers demystify the process over lunch. Janine Slabicki from the Bucks County Area Agency on Aging will talk about the basics of Medicare, and Ariel Rabinovic from the Center for Advocacy for the Rights and Interests of the Elderly (CARIE) will speak about Medical Bill Literacy protecting yourself from Medicare fraud.

### **Quick, Simple and Health Cooking with Melissa Stock** **Tuesday, November 14 • 6:30-8pm**

Eating healthy doesn't have to be time consuming; Melissa will teach the basics of how to quickly incorporate healthy nutritional options into one's lifestyle. The class will cover how to make green smoothies, homemade coconut milk and gluten free, vegan banana/coconut bites. In order to ensure there is enough for everyone, please register at least 24 hours in advance.



## The Suzanne Morgan Center at Ridgeland (Philadelphia)

### **Annual Breast Cancer Awareness Program:** **A Celebration of Sisters Surviving and Thriving** *hosted by Sisters R Us and CSCGP* **Saturday, November 4 • 10am-2pm**

Sisters R Us Circle of Survivors and CSCGP have joined together to host this annual program at our Ridgeland location! We are looking forward to welcoming Grandview Health Breast Surgical Oncologist and Breast Program Medical Director, Monique Gary, DO, MSc and Komen Community Ambassador, Jeanette Stephens-El as our guest speakers. We encourage attendees to bring children, especially since we will provide fun activities in our Ridgeland Hang Out space during this event, too.

This event will also provide creative expression experiences, resources and giveaways. We will have a tea party theme for this event, so wear your favorite fancy hat and enjoy good food and fellowship as we celebrate sisters surviving and thriving! RSVP by emailing [sisters.r.us.inc@gmail.com](mailto:sisters.r.us.inc@gmail.com) or by calling 215-879-7733.

### **NIA: Holistic Dance Fitness sponsored by the** **Bob Brockman NIA Fund** **Thursday, November 9 • 10-11am**

As a holistic approach to dance fitness, NIA is a tool for accessing the universal human need to move. Through using a blend of dance, martial-arts, and mind-body practices, you will be invited to explore alignment, sustain energy, and most of all, experience deeply the sensations of movement to increase the pleasure and joy. This highly adaptable practice is done to soulful world music which will take you on a beautiful journey within your home for life: your body. RSVP by emailing [alexis@cancersupportphiladelphia.org](mailto:alexis@cancersupportphiladelphia.org) or by calling 215-879-7733.

### **Night of Remembrance** **Wednesday, November 15 • 6-7:30pm**

All are invited to join us for the annual Night of Remembrance. This event will provide an opportunity for our Ridgeland community to gather in honor of our loved ones and fellow members who have passed. Please bring your memories and stories as we celebrate life through song, poetry and sharing. RSVP by emailing [alexis@cancersupportphiladelphia.org](mailto:alexis@cancersupportphiladelphia.org) or by calling 215-879-7733.

### **New! Lung Cancer Networking Group: Coping with** **Stigma, Blame, and Shame Webinar provided by CSC** **Headquarters Frankly Speaking About Lung Cancer Series** **Monday, November 21 • 11am-1pm**

We will kick off our new Lung Cancer Networking Group with a webinar focused on coping with stigma, blame and shame. The webinar will be viewed onsite our Ridgeland location and refreshments will be provided. Whether you're newly diagnosed, post treatment or have a loved one with this diagnosis, come and meet others impacted by lung cancer. This networking group will meet every third Tuesday from 11am-12:30pm. RSVP by emailing [alexis@cancersupportphiladelphia.org](mailto:alexis@cancersupportphiladelphia.org) or by calling 215-879-7733.

### **Potluck and Singing Social hosted by the** **Ridgeland Singing Circle** **Thursday, November 30 • 6-7:30pm**

Bring a dish to share and come prepared to sing! No prior singing experience is required and all skills levels are welcome! RSVP by emailing [alexis@cancersupportphiladelphia.org](mailto:alexis@cancersupportphiladelphia.org) or by calling 215-879-7733.

*Please help us GO GREEN! Consider changing your calendar delivery method to electronic instead of snail mail. Update your email address and calendar preference to [info@cancersupportphiladelphia.org](mailto:info@cancersupportphiladelphia.org)*



The Suzanne Morgan Center at Ridgeland  
4100 Chamounix Drive • Philadelphia, PA 19131  
www.cancersupportphiladelphia.org

Address Service Request

2017 November Program Calendar

 **Abington**  
Jefferson Health.

 **Doylestown Health**



2017 November Program Calendar

Providing **FREE** Cancer Support  
for All People Affected  
by Cancer.

**Locations**

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215-879-7733

Gilda's Club  
200 Kirk Road • Warminster, PA 18974  
215-441-3290

[www.cancersupportphiladelphia.org](http://www.cancersupportphiladelphia.org)