

Program Calendar

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

Join Us

We provide FREE services for all people with cancer and their loved ones. Learn more by attending an Orientation meeting, check the calendar for dates and times. These informal sessions will introduce you to our program of hope and support and are a requirement before participating in support groups.

Locations

The Suzanne Morgan Center
@ Ridgeland (Philadelphia)
215-879-7733

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

Abington Jefferson Health
215-481-4642

Doylestown Hospital
215-345-2022

Alliance Cancer Specialist @
The Cancer Institute of
Doylestown Hospital

Alliance Cancer Specialist @
Grand View Outpatient Center
215-453-3300

Alliance Cancer Specialist @
Crozer Chester Medical Center
610-876-5166

Dear CSCGP Members & Volunteers,

Thank you for sharing what you love about CSCGP with friends and family. So far in 2019, 118 new members have joined. That's 123% increase compared to Jan-May 2018. Unfortunately there are still so many individuals in need of support along their cancer journey. Just a quick reminder about ways to help spread the mission

so that no one faces cancer alone.

- Share a calendar or brochure with your doctor's office. Ask if the office would like to receive our calendar monthly.
- Volunteer to outreach at local health fairs, cancer walks and community events. We will provide all the materials, you bring your friendly smile and passion for CSCGP
- Follow **@cscphilly** on Facebook & Instagram. Share CSCGP posts and events with your friends via social media
- Use social media to check-in when visiting Gilda's Club (**@gildas200**) or The Suzanne Morgan Center (**@ridgeland4100**). *"Feeling energized after Nia today"*
- Invite friends and family to fundraising events

Lots planned for the rest of 2019. Mark your calendar for several upcoming educational opportunities.

- Frankly Speaking About Acute Myeloid Leukemia with Dr. Crilley on Thursday, September 19.
- Rejuvenate: An Ovarian Cancer Conference on Friday, September 20 .
- Metastatic Breast Cancer Lecture with Dr. Clay on Tuesday, October 22.
- Pancreatic Cancer Lecture in honor of Joyce Schmitzer on Thursday, November 7.

Lastly, all CSCGP locations will be closed July 2nd-4th for the Independence Day holiday. If you need support during this time, feel free to use our Toll Free, CSC Helpline at 1-888-793-9355, Monday-Friday, 9am-9pm ET.

Have a wonderful summer,

CSCGP Program Staff

Check out page 4 for more information about

The Children and Teens Program



Follow Us @ CSCPhilly On Social Media
Check in @Gildas200 & @Ridgeland4100 When Visiting

| Monday | Tuesday | Wednesday | Thursday | Saturday |
|---|---|---|--|---|
| <p>Writing About Your Cancer Experience 10-11:30am</p> <p>New Member Orientation 11:30am-12:30pm</p> <p>Qigong 1-2:30pm</p> <p style="text-align: right;">1</p> | <p style="text-align: center;">CLOSED</p> <p>Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">2</p> | <p style="text-align: center;">CLOSED</p> <p style="text-align: right;">3</p> | <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Independence Day</p> <p style="text-align: right;">4</p> | <p style="text-align: right;">6</p> |
| <p>Qigong 1-2:30pm</p> <p style="text-align: right;">8</p> | <p>Ridgeland Art Collective: Open Art Studio 10:30am-12pm</p> <p>Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">9</p> | <p>Tai chi & Qigong 9:30-11am</p> <p>Family & Friends Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>Movement & Meditation 5:30-7pm</p> <p>Colorectal Cancer Networking Group 6-7:30pm</p> <p style="text-align: right;">10</p> | <p>Guided Meditation Series 10-11am</p> <p>Making Connections While Navigating Cancer 11:30am-1pm</p> <p>Knitting Circle • 12-1:30pm</p> <p>Restorative Yoga 1:30-2:30pm</p> <p>New Member Orientation 6-7pm</p> <p>Summer Movie Night 6-7:30pm</p> <p style="text-align: right;">11</p> | <p style="text-align: right;">13</p> |
| <p>Ballet 11:30am-12:30pm</p> <p>Qigong 1-2:30pm</p> <p style="text-align: right;">15</p> | <p>Managing Stress & Anxiety Around Recurrence 11am-12:30pm</p> <p>Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">16</p> | <p>Tai chi & Qigong 9:30-11am</p> <p>Family & Friends Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>New Member Orientation 2-3pm</p> <p>Movement & Meditation 5:30-7pm</p> <p style="text-align: right;">17</p> | <p>Guided Meditation Series 10-11am</p> <p>Making Connections While Navigating Cancer 11:30am-1pm</p> <p>Knitting Circle • 12-1:30pm</p> <p>Restorative Yoga 1:30-2:30pm</p> <p>Family & Friends Networking Group 6-7:30pm</p> <p style="text-align: right;">18</p> | <p style="text-align: right;">20</p> |
| <p>Ballet 11:30am-12:30pm</p> <p>Qigong 1-2:30pm</p> <p style="text-align: right;">22</p> | <p>Ridgeland Art Collective: Open Art Studio 10:30am-12pm</p> <p>Living Well with Metastatic Breast Cancer 11am-12:30pm</p> <p>Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">23</p> | <p>Tai chi & Qigong 9:30-11am</p> <p>Family & Friends Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>Movement & Meditation 5:30-7pm</p> <p style="text-align: right;">24</p> | <p>Mindful Art: DIY Intention Cards 10-11:30am</p> <p>Making Connections While Navigating Cancer 11:30am-1pm</p> <p>Knitting Circle • 12-1:30pm</p> <p>Restorative Yoga 1:30-2:30pm</p> <p>New Member Orientation 2-3pm</p> <p>Living After Cancer Networking Group 6-7:30pm</p> <p style="text-align: right;">25</p> | <p style="text-align: right;">27</p> |
| <p>Ballet 11:30am-12:30pm</p> <p>Qigong 1-2:30pm</p> <p style="text-align: right;">29</p> | <p>New Member Orientation 10-11am</p> <p>Managing Stress & Anxiety Around Recurrence 11am-12:30pm</p> <p>Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">30</p> | <p>Tai chi & Qigong 9:30-11am</p> <p>Family & Friends Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>Movement & Meditation 5:30-7pm</p> <p style="text-align: right;">31</p> | <p style="text-align: center;">Thinking of Joining CSCGP?</p> <p>We provide FREE services for all people with cancer and their loved ones. Learn more by attending an Orientation Meeting, check out the calendar below for dates and times. Please RSVP to 215-879-7733 or 215-441-3290. These informal sessions will introduce you to our program of hope and support and are a requirement before participating in support groups.</p> | |

| Monday | Tuesday | Wednesday | Thursday | Saturday |
|---|--|---|--|---|
| <p>Tai chi 10-11am</p> <p>Crochet Club: Sunglasses Pouch 11:30am-1pm</p> <p>New Member Orientation 2-3pm</p> <p style="text-align: right;">1</p> | <p style="text-align: center;">CLOSED</p> <p style="text-align: right;">2</p> | <p style="text-align: center;">CLOSED</p> <p style="text-align: right;">3</p> | <p style="text-align: center;">CLOSED</p> <p style="text-align: right;">4</p> <p style="text-align: center;">Independence Day</p> | <p style="text-align: right;">6</p> |
| <p>Tai chi 10-11am</p> <p>Summer Creations: Mini Succulent Planter 11:30am-1pm</p> <p style="text-align: right;">8</p> | <p>Pilates 9:30-10:30am</p> <p>New Member Orientation 11am-12pm</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Ovarian Cancer Networking Group 6:30-8pm</p> <p style="text-align: right;">9</p> | <p>Laughing About Life with Dr. Yvonne Kaye 11am-12:30pm</p> <p>Mahjong 1-3pm</p> <p>Yoga 6:30-7:45pm</p> <p>Living with Loss Networking Group 6:30-8pm</p> <p style="text-align: right;">10</p> | <p>Qigong 10-11am</p> <p>Living with Cancer Support Group 1-2:30pm</p> <p>Cooking Club: One-Pot Meals 3-5pm</p> <p>Neuropathy Networking Group 6:30-8pm</p> <p style="text-align: right;">11</p> | <p style="text-align: right;">13</p> |
| <p>Tai chi 10-11am</p> <p>Summer Creations: Macrame Keychain 11:30am-1pm</p> <p style="text-align: right;">15</p> | <p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Meditation with Melissa 11am-12pm</p> <p>Blood Cancer Networking Group sponsored by the Leukemia & Lymphoma Society 6:30-8pm</p> <p style="text-align: right;">16</p> | <p>Chair Yoga • 9:30-10:30am</p> <p>Reiki Share • 10:30-11:30am</p> <p>New Member Orientation 3-4pm</p> <p>Yoga • 6:30-7:45pm</p> <p>Breast Cancer Networking Group: Potluck Party 6:30-8pm</p> <p>Laughing About Life with Dr. Yvonne Kaye 6:30-7:30pm</p> <p style="text-align: right;">17</p> | <p>Easy Does It Yoga ABC's+ 10-11am</p> <p>Arleen Boyes Quilting Circle 11am-3pm</p> <p>Living with Cancer Support Group 1-2:30pm</p> <p>Reiki Share • 6-8pm</p> <p>Inspiring Women Book Club: I Know Why The Caged Bird Sings 6-8pm</p> <p style="text-align: right;">18</p> | <p style="text-align: right;">20</p> |
| <p>Tai chi 10-11am</p> <p>Summer Creations: Parachute Cord Bracelet 11:30am-1pm</p> <p style="text-align: right;">22</p> | <p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Crafts with Ellen 2-3pm</p> <p>Friends and Family Networking Group 6:30-8pm</p> <p style="text-align: right;">23</p> | <p>Chair Yoga 9:30-10:30am</p> <p>Drum Circle 12:15-1:15pm</p> <p>Mahjong 1-3pm</p> <p>Yoga 6:30-7:45pm</p> <p style="text-align: right;">24</p> | <p>Easy Does It Yoga ABC's+ 10-11am</p> <p>Laughing About Life with Dr. Yvonne Kaye 11am-12:30pm</p> <p>Living with Cancer Support Group 1-2:30pm</p> <p>Cooking Club: One-Pot Meals 3-5pm</p> <p>Volunteer Training 6-7:30pm</p> <p style="text-align: right;">25</p> | <p style="text-align: right;">27</p> |
| <p>Camp Gilda 9am-3pm</p> <p>Tai chi 10-11am</p> <p style="text-align: right;">29</p> | <p>Camp Gilda 9am-3pm</p> <p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>New Member Orientation 5-6pm</p> <p style="text-align: right;">30</p> | <p>Camp Gilda 9am-3pm</p> <p>Chair Yoga 9:30-10:30am</p> <p>Journaling & Beyond: Writing for Health & Happiness 10-10:30am</p> <p>NCCN Webinar: Soft Tissue Sarcoma 1-3pm</p> <p style="text-align: right;">31</p> | <p><i>Sarcoma Awareness Month</i></p> | |

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.

| Tuesday | Wednesday | Thursday |
|---|---|---|
| Closed 2 | Closed 3 | Happy Independence Day 4 |
| ← | Camp Kids Monday-Friday | → |
| 9 | 10 | 11 |
| Teen Camp 9:30am-3:30pm Movie Night 6:30-8pm 16 | Teen Camp 9:30am-3:30pm Movie Quizzo 6:30-8pm 17 | Hang Out 6:30-8pm 18 |
| Outdoor Games with Dan Play your favorite camp games! 6:30-8pm 23 | Youth Activities Committee 6:30-8pm 24 | Saturday July 27 at 7:00pm Christmas in July Registration closes Monday 7/22 25 |
| Monday July 29 last day to register for Back to School Party 30 | Ice Cream Sundaes & A Movie 31 | |

Teen Camp

Tuesday & Wednesday, July 16 & 17 • 9:30-3:30pm

Sign up by Monday, July 15th. This camp is for teens 13 and up. Local artist Patricia Allingham Carlson is coming out to offer guidance with painting on canvas. We will be making homemade pierogis and bread with Suzanne Teleha. Fun guaranteed. Lunch and snacks provided.

Movie Night • Tuesday, July 16 • 6:30-8pm

We will vote on the movie we watch! We'll provide the snacks. Kids can bring pillows and blankets. *Sign up by noon.*

Movie Quizzo • Wednesday, July 17 • 6:30-8pm

Don't let your brain turn into summer mush. Test your movie knowledge - Disney, Marvel, DC, Pixar. Join us for an evening of our version of Quizzo. *Sign up by noon.*

Youth Activities Committee

Wednesday, July 24 • 6-8pm

Join us to help prepare for our upcoming party. Sign up by 4pm.

Christmas in July: Dessert Potluck & Outdoor Movie

Saturday, July 27 • 7pm-10:30pm

Santa loves taking a break from his vacation to come and spend some time with us! Please sign up with child's name, age and dessert you plan to bring (so we don't have all the same thing). *Registration closes Monday, July 22.* We will be watching *How to Train Your Dragon 3.*

Ice Cream Sundaes & A Movie

Wednesday, July 31 • 6-8pm

Enjoy some crazy BIG ice cream sundaes and an indoor movie. We will let Dan pick the movie because its his last intern day with us. Bet it will be a Marvel Movie!!

To request information or to register please contact:

At Gilda's Club – Christina at 215-441-3290 • christina@cancersupportphiladelphia.org

At Ridgeland – Chinwe at 215-879-7733 • chinwe@cancersupportphiladelphia.org

Please register 48 hours in advance unless otherwise indicated.

Satellite Locations

Abington Jefferson Health

Asplundh Cancer Pavilion • 215-481-4642

Open Mondays • 3941 Commerce Ave. • Willow Grove, PA 19090

Located on the 1st floor next to Image Recovery.

MONDAYS

July 1 – 10-10:50am **Chair Yoga**

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

1-2pm **Colorectal Cancer Networking Meeting**

July 8 – 10-10:50am **Chair Yoga**

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

July 15 – 10-10:50am **Chair Yoga**

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

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

July 22 – 10-10:50am **Chair Yoga**

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

1-2pm **Breast Cancer Networking Group**

1-2:30pm **Writing for Health & Wellness**

July 29 – 10-10:50am **Chair Yoga**

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

Doylestown Hospital • 215-345-2022

Open Tuesdays & 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

July 2 – Closed for 4th of July Holiday

July 9 – 11am-12:30pm **Living with Cancer Support Group**

2-4pm **Expressive Painting Workshop I**

5-6pm **All Levels Yoga**

7-8:30pm **Breast Cancer Support Group**

July 16 – 12-1pm **Mindfulness Meditation**

2-4pm **Expressive Painting Workshop II**

5-6pm **All Levels Yoga**

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

July 23 – 11am-12:30pm **Living with Cancer Support Group**

2-3:30pm **Brain Cancer Networking Group**

5-6pm **All Levels Yoga**

7-8:30pm **Young Adult (17-29) Support Group**

July 30 – 12-1pm **Mindfulness Meditation**

2-4pm **Expressive Painting Workshop**

5-6pm **All Levels Yoga**

7-9pm **Expressive Painting Workshop**

THURSDAYS

July 4 – Closed for 4th of July Holiday

July 11 – 11am-12:30pm **Pancreatic Cancer Support Group**

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

July 18 – 11am-12:30pm **Blood Cancer Support Group**

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

July 25 – 11am-12:30pm **Gynecological Cancer Networking Group**

12:30-1:30pm **Relaxation Workshop**

Please Note: FREE Valet Parking is NOW Available at Doylestown Hospital, tipping is not allowed. Valet is available at the Main Entrance from 7am to 5pm and at the Pavilion from 7:30am to 4:30pm. Cancer Support Community members are welcome to use valet for attending our CSC programs. Please feel free to use this service when coming to treatment or programs at the hospital.

Looking Ahead

Back to School Parties

Gilda's Club: Tuesday, August 6 • 6:30-8pm

Ridgeland: Thursday, August 8 • 6:30-8pm

Last day to register is Monday, July 29th. Please register with child's name, grade and school. We will have games, crafts and raffles. Each registered child will receive school supplies to help out for this upcoming school season. This party is a blast!!

Special Equestrians

Monday, August 19 through Thursday, August 22

Each year, Ingersoll Rand (formerly Milton Roy) sponsors our young members to enjoy a night learning about and riding horses at Special Equestrians. Each child can pick one night. Contact Christina at cancersupportphiladelphia.org for more information to sign up.



For more information or to register for an event email bethc@cancersupportphiladelphia.org



Gilda's Club (Warminster)

Easy Does It Yoga ABS's+ Alignment, Breath, Core, Stretches and More! • Thursday, July 18 & 25 • 10-11am

Yoga that can be done in a mild format while still getting the benefits of the Yoga "body, mind and spirit" approach. Each physical movement is adaptable to individual ability with supported/seated stretches while giving each participant the opportunity to progress to further experiences. The mind and spirit portions will emphasize how these simple practices can be incorporated into our everyday lives. Yoga philosophy tells us that "All Knowledge is Within" so each class brings us that opportunity to look gently within.

Camp Gilda • July 29 through 31 • 9am-3pm

Three days of learning about and practicing self-care in a room full of survivors and positive energy. With guest facilitators and staff bringing activities like scar art, acupressure, positivity crafts, exercise, and more, it will be a blast! Space is limited to 15 ladies, who have battled cancer at some point in their life. Please RSVP to aly@cancersupportphiladelphia.org or 215-441-3290 and ask to speak with Aly.

Drum Circle • Wednesday, July 24 • 12:15-1:15pm

Extra tension, feeling up to trying something new, like being part of a group? Whatever the reason, we have the perfect opportunity for you. Using a mixture of drums and other percussion instruments, learn about the rhythms of African, Latin American, and Middle-East traditions. No experience needed, as Jim will guide you through these rhythms in a circle formation so that you can watch as you go. At it's best the drummers hearts beat together and the experience becomes transcendent and trance like. Limited number of drums will be available, anyone with personal drums are encouraged to bring their own.

**NCCN Webinar: Soft Tissue Sarcoma
Wednesday, July 31 • 1-3pm**

Know What Your Doctors Know: Soft Tissue Sarcoma. Come listen in on this free webinar presented by the NCCN. This will be a recorded version of the presentation that covers topics such as how it is diagnosed, treatment options, recent advancements in care, as well as how to find support resources. To see other webinars offered by the NCCN, check out their website www.nccn.org/patients/resources/learn.aspx.



The Suzanne Morgan Center at Ridgeland (Philadelphia)

Ballet • Mondays, July 15, 22 & 29 • 11:30am-12:30pm

Join in an all-bodies-welcome ballet class to foster connections, confidence, artistry, and support health goals! Modified and gentle ballet movement is set to familiar and classical music, so that all bodies can enjoy the artistry and physical benefits of ballet. A chair takes the place of a traditional ballet barre for those who cannot stand for prolonged periods. The benefits of dance are abundant: Increase your balance and strength, improve memory and mood, increase movement range, improve posture, and cultivate a sense of confidence, grace and vitality! *"We can all dance, it is natural. Give yourself permission to learn and get things wrong. Change your attitude to moving your body. Our bodies are amazing and can heal and change."* — Carla Steenkamp Sheills

**Mindful Art: DIY Intention Cards
Thursday, July 25 • 10-11:30am**

Come to this mindful art studio and learn how to create your own unique deck of Intention Cards. Setting intentions can be a powerful part of a mindfulness practice to help deepen awareness, reach goals or challenge you to see new points of view. Members will be encouraged to discover different art mediums and develop their own list of meaningful intentions that speak to them. In conjunction with the summer meditation series.

**Managing Stress & Anxiety Around Recurrence
Tuesdays, July 16 & 30 • 11am-12:30pm**

This two-part series will explore stress, anxiety and fear of recurrence. Members will have the opportunity to receive emotional support from one another as well as share practical information and helpful suggestions. Stress reduction techniques and tips for making healthy lifestyle choices will also be discussed.

Save the Date

Fall Special Fundraising Events

Pints in the Park • Sunday, September 15 • 1-4pm

Breweries, games, food trucks and more under the tent at Ridgeland Mansion in beautiful Fairmount Park.

Paws 4 Life Dog Walk

Saturday, October 5 • 9am-12pm

Bring the family for a 1 mile walk through Warminster Community Park then back to the Gilda's Clubhouse for food, giveaways, vendors, dog demonstrations, dog contests and more!

Annual Gala • Thursday, October 10 • 6:30pm

The Lucy • 227 S. Broad Street • Philadelphia, PA

New venue this year! *More information and tickets are available at www.cscgp.org*



Did you know?

On March 26, Vice President Joe Biden, at an event organized by the Biden Cancer Initiative, announced Airbnb's strategic partnership with the Cancer Support Community. Through this collaboration, the Airbnb community will provide free housing for cancer patients and caregivers who meet certain geographic and income criteria. Please share the toll-free number and website dedicated to this service with your friends and families.

1.877.793.0498





CANCER SUPPORT COMMUNITY

GREATER PHILADELPHIA

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

Address Service Request

2019 July Program Calendar



Abington
Jefferson Health.



Doylestown Health



An Affiliate of the
CANCER SUPPORT COMMUNITY



ALLIANCE
Cancer Specialists



2019 July Program Calendar

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

Locations

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Gilda's Club

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