

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,

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 Greater Philadelphia traditions in the next few months and we truly hope you will consider bringing family and friends along with you to attend these educational, fun and heartwarming events!

Friendsgiving Potluck and Game Night – Thursday, November 14, 6:30 – 8:00 p.m.

Join us for a Friendsgiving potluck and game night! It's the perfect way to connect with fellow members and celebrate each other. Please bring a dish to share with others. We will gather in the Ridgeland mansion.

Turkey Bingo – Wednesday, November 20th 5:00-7:00pm

We provide the turkey, bingo, and silly prizes, you provide the sides and desserts! Join in on our annual fun while catching up with your CSCGP friends and family. Please RSVP so we can set a place for you at Gilda's Club, and know what you're bringing. Hope to see you there!

Breakfast with Santa – Saturday, December 7th 10:00am - 12:00pm at Ann's Choice **Registration closes Tuesday, November 12th.**

To register, contact Christina christina@cancersupportphiladelphia.org with child(ren)'s name, age and 3 gift ideas. Also, include adults attending (please limit). Our wonderful neighbors at Ann's Choice will be hosting us once again this year. We will have photos with Santa taken by Brenda of Bren Photography, Entertainment by the amazing Dave Soldano of Sounds of Freedom DJ's. Breakfast will be provided by Ann's Choice premier culinary team. We will also have crafts, games, and a great time to dance with friends.

Helping Little Hands Gift Wrappers – Saturday, December 14th 9:30am-12:00pm **Registration Deadline Monday, Dec 9th**

We know how busy you get and that living with cancer doesn't let you get everything done you want to!! Here is an opportunity that will save you stress, back pain, hand pain and a lot of time. Bring your holiday gifts to Gilda's Club to be wrapped by an amazing group of teens from Hatboro-Horsham High School. This is open to everyone, and is FREE for our members. Donation requested for non-members. Registration required. Please bring paper, boxes, special ribbons and/or cards.


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

The Suzanne Morgan Center at Ridgeland (Philadelphia) NOVEMBER 2019


Monday	Tuesday	Wednesday	Thursday	Saturday
				<p>Lung Cancer Lunch & Learn Friday November 1, 2019 Cancer Treatment Centers of America 1331 East Wyoming Ave, Phila 19124 www.lungevity.org/lunchlearnPA Discount code: CTCACSC19</p> <p style="text-align: right;">2</p>
<p>Writing About Your Cancer Experience 10-11:30am Chronic Pain Support Group 11am-12:30pm Qigong 1-2:30pm</p> <p style="text-align: right;">4</p>	<p>New Member Orientation 11am-12pm Repose Yoga at Movement Rx 1:30-2:45pm</p> <p style="text-align: right;">5</p>	<p>Tai Chi & Qigong 9:30-11am Caregiver Support Group 11am-12:30pm Workout Wednesday 1-2pm Yoga Therapy for Cancer 5:30-7pm Writing for Grief and Loss Mini Series 6-7:30pm</p> <p style="text-align: right;">6</p>	<p>Guided Meditation 10-11am Making Connections While Navigating Treatment Support Group 11:30am-1pm Knitting Circle 12-1:30pm Restorative Yoga 1:30-2:30pm New Member Orientation 6-7:30pm</p> <p style="text-align: right;">7</p>	<p style="text-align: right;">9</p>
<p style="text-align: center;">CLOSED</p> <p style="text-align: right;">11</p>	<p>Ridgeland Art Collective: Open Art Studio 10:30am-12pm Let's Get Organized! 1-2pm Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">12</p>	<p>Tai Chi & Qigong 9:30-11am Caregiver Support Group 11am-12:30pm Workout Wednesday 1-2pm New Member Orientation 1:30-2:30pm Yoga Therapy for Cancer 5:30-7pm Colorectal Cancer Networking Group 6-7:30pm Writing for Grief and Loss Mini Series 6-7:30pm</p> <p style="text-align: right;">13</p>	<p>Healthy Hot Winter Drinks 10-11am Making Connections While Navigating Treatment Support Group 11:30am-1pm Knitting Circle 12-1:30pm Restorative Yoga 1:30-2:30pm Friendsgiving Potluck and Game Night 6:30-8pm</p> <p style="text-align: right;">14</p>	<p>Men's Group & Breakfast 10am-12pm</p> <p style="text-align: right;">16</p>
<p>New Member Orientation 10-11am Open to Options Lunch and Learn 11:30am-12:30pm Qigong 1-2:30pm</p> <p style="text-align: right;">18</p>	<p>Let's Get Organized! 1-2pm Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">19</p>	<p>Tai chi & Qigong 9:30-11am Caregiver Support Group 11am-12:30pm Workout Wednesday 1-2pm Reiki Share 2-3:30pm Yoga Therapy for Cancer 5:30-7pm Writing for Grief and Loss Mini Series 6-7:30pm</p> <p style="text-align: right;">20</p>	<p>Guided Meditation 10-11am Making Connections While Navigating Treatment Support Group 11:30-1pm Knitting Circle 12-1:30pm Restorative Yoga 1:30-2:30pm Living After Cancer Networking Group 6-7:30pm</p> <p style="text-align: right;">21</p>	<p style="text-align: right;">23</p>
<p>Ballet 11:30am-12:30pm Qigong 1-2:30pm</p> <p style="text-align: right;">25</p>	<p>Ridgeland Art Collective: Open Art Studio 10:30am-12pm Living Well with Metastatic Breast Cancer Networking Group 11am-12:30pm Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">26</p>	<p style="text-align: center;">CLOSED</p> <p style="text-align: right;">27</p>	<p style="text-align: center;">CLOSED: Happy Thanksgiving!</p> <p style="text-align: right;">28</p>	<p style="text-align: right;">30</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 • *Movement Rx is located at 333 E Lancaster Avenue, Suite 4, Wynnewood, PA 19096. The class is a suggested \$5 donation, which is not affiliated with the Cancer Support Community of Greater Philadelphia. The studio can be reached at **610-896-1575**.

Monday	Tuesday	Wednesday	Thursday	Saturday
				<p>Lung Cancer Lunch & Learn Friday November 1, 2019 Cancer Treatment Centers of America 1331 East Wyoming Ave, Phila 19124 www.lungevity.org/lunchlearnPA Discount code: CTCACSC19</p> <p style="text-align: right;">2</p>
<p>Turkey Centerpieces 1-2:30pm</p> <p style="text-align: right;">4</p>	<p>Pilates 9:30-10:30am Tea Time 10:30-11am Mindfulness Series 1-2:30pm Neuropathy Networking Group 6:30-8pm</p> <p style="text-align: right;">5</p>	<p>Chair Yoga 9:30-10:30am Reiki Share 10:30-11am New Member Orientation 11am-12pm Beaded Jewelry Making 1-3pm Plant Based Cooking Demo 6-7:15pm Yoga 6:30-8:00pm</p> <p style="text-align: right;">6</p>	<p>NIA Presented by the Bob Brockman NIA Fund 10-11am Living with Cancer Support Group 1-2:30pm Pancreatic Cancer Lecture in Memory of Joyce Schmitzer 6-8pm</p> <p style="text-align: right;">7</p>	<p style="text-align: right;">9</p>
<p>CLOSED</p> <p style="text-align: right;">11</p>	<p>Pilates 9:30-10:30am Tea Time 10:30-11am Mindfulness Series 1-2:30pm Living After Cancer Support Group 1-3pm Ovarian Cancer Networking Group 6:30-8pm</p> <p style="text-align: right;">12</p>	<p>Laughing About Life with Dr. Yvonne Kaye 11am-12:30pm Brain Games with Leigh 12:30-1:30pm Mahjong 1-3pm Yoga 6:30-7:45pm Living with Loss Networking Group 6:30-8pm</p> <p style="text-align: right;">13</p>	<p>Qigong 10-11pm Healing with Color Meditation 11am-12pm Living with Cancer Support Group 1-2:30pm English Paper Piecing 1-4pm New Member Orientation 6-7pm</p> <p style="text-align: right;">14</p>	<p>The Marshall Saturday Men's Breakfast Sponsored by the Tom McDermitt Fund 8-10am</p> <p style="text-align: right;">16</p>
<p>Crochet Club: Stuffed Pumpkins 11:30am-1pm New Member Orientation 2-3pm</p> <p style="text-align: right;">18</p>	<p>Yoga 6:30-7:45am^{PM} Pilates 9:30-10:30am Tea Time 10:30-11am Crafts with Ellen 1-3pm Blood Cancer Networking Group sponsored by the Leukemia & Lymphoma Society 6:30-8pm</p> <p style="text-align: right;">19</p>	<p>Chair Yoga 9:30-10:30am Journaling & Beyond: Writing for Health & Happiness 10-11am Reiki Share 10:30-11:30am Wool Applique Club 10:30am-12:30pm Turkey B-I-N-G-O 5-7pm</p> <p style="text-align: right;">20</p>	<p>Arleen Boyes Quilting Circle 11am-3pm Living with Cancer Support Group 1-2:30pm Volunteer Training 6-7:30pm Reiki Share 6-8pm</p> <p style="text-align: right;">21</p>	<p style="text-align: right;">23</p>
<p>Tai chi 10-11am Meditation with Melissa 11am-12pm Clay Crafts: Gratitude Leaves 11:30-1pm</p> <p style="text-align: right;">25</p>	<p>Pilates 9:30-10:30am New Member Orientation 10-11am Tea Time 10:30-11am Laughing About Life with Dr. Yvonne Kaye 11am-12:30pm Living After Cancer Support Group 1-3pm Friends and Family Networking Group 6:30-8pm</p> <p style="text-align: right;">26</p>	<p>CLOSED</p> <p style="text-align: right;">27</p>	<p>CLOSED: Happy Thanksgiving!</p> <p style="text-align: right;">28</p>	<p style="text-align: right;">30</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
Kid Support Teen Support Parent Group 6:30-8:00pm 5	Youth Activities Program 6:00-8:00pm Hang Out 6:30-8:00pm 6	Math Help With Joseph 6:30-8:00pm 7
Kid Support Teen Support Parent Group 6:30-8:00pm Last day to register for Breakfast with Santa! 12	Living with Loss 6:30-8:00pm 13	Math Help With Joseph 6:30-8:00pm Hang Out 6:30-8:00pm 14
Kid Support Teen Support Parent Group 6:30-8:00pm 19	Turkey Bingo 5:00-7:00pm 20	Math Help With Joseph 6:30-8:00pm 21
Kid Support Teen Support Parent Group 6:30-8:00pm 26	Closed 27	 28

Kid Support, Teen Support and Parent Group

Kid Support (4-11), Teen Support (12-16) and Parent Group are 10 week curriculum-based peer focused support groups for kids, teens and their parents/guardians who have cancer in their life. Offering an opportunity to talk together, to learn together and to support each other. In addition to being educational and supportive, we also encourage family communication through games and art. Each time we meet, we have a different topic related to cancer. Kids are in groups according to age.

Living with Loss for Families

Wednesday, November 13th 6:30-8:00pm

A bereavement group for those who have lost someone to cancer. We use games, art and activities to facilitate our discussions. A separate group for parents/guardians coincides. This group is for 5 - 16 yr olds. This group meets 2nd Wednesday of each month.

Hang Out

Various Nights 6:30-8:00pm

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 hrs advance registration is required.

Math Help with Joseph

Most Thursdays 6:30-8:00pm Or by appointment

Need help with math? Joseph can help with basic arithmetic to trig. Registration closes noon day of event. Contact Christina if you prefer an appointment.

Youth Activities Program

Wednesday, November 6th 6:30-8:00pm

This is an opportunity to give back to our program. Help prepare for upcoming activities, events and parties. Great for teens needing service hours.

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

November 4 – 10-10:50am **Chair Yoga**
11am -12:30pm **Living With Cancer Support Group**
1 -2pm **Colorectal Cancer Networking Meeting**

November 11 – 10-10:50am **Chair Yoga**
11am-12:30pm **Living With Cancer Support Group**
1-2:30pm **Writing for Health & Wellness**

November 18 – 10-10:50am **Chair Yoga**
11am-12:30pm **Living With Cancer Support Group**
1-2pm **Prostate Cancer Networking Group**

November 25 – 10-10:50am **Chair Yoga**
11am-12:30pm **Living With Cancer Support Group**
1-2pm **Bell Rung, Now What? Post Cancer Discussion**

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

Looking Ahead

Straight Talk about Cancer & Living with Loss School Groups

These groups take place in middle and high schools during the school day. If you would like to find out if we are in your child's school or for information about bringing these groups to your school, please contact us.

Registration closes Tuesday, November 12th.

Sign up Today

Breakfast with Santa

Saturday, December 7th 10:00am - 12:00pm at Ann's Choice

To register, contact Christina christina@cancersupportphiladelphia.org. With child(ren)'s name, age and 3 gift ideas. Also, include adults attending (please limit). Our wonderful neighbors at Ann's Choice will be hosting us once again this year. We will have photos with Santa taken by Brenda of Bren Photography, Entertainment by the amazing Dave Soldano of Sounds of Freedom DJ's. Breakfast will be provided by Ann's Choice premier culinary team. We will also have crafts, games, and a great time to dance with friends.

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

November 5 – 12-1pm **Mindfulness Meditation**

2-4pm **Painting Workshop**

5-6pm **All Levels Yoga**

6-7pm **Pilates with Sheila**

7-8:30pm **Bereavement Support Group**

7-9pm **Reiki/Meditation**

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

2-4pm **Painting Workshop**

5-6pm **All Levels Yoga**

6-7pm **Pilates with Sheila**

7-9pm **Breast Cancer Support**

November 19 – 12-1pm **Mindfulness Meditation**

2-4pm **Thankful Tuesday - Fall Celebration Painting Party**

We will do a Thanksgiving Painting and have afternoon snacks together. Giveaways, dessert and drinks provided, bring an appetizer / snack to share.

5-6pm **All Levels Yoga**

6-7pm **Pilates with Sheila**

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

7-8:30pm **Prostate Cancer Support Group- Conference Room G/H**

November 26 – 11-12:30pm **Living with Cancer Support Group**

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

5-6pm **All Levels Yoga**

6-7pm **Pilates with Sheila**

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

THURSDAYS

November 7 – 11am-12:30pm **Colorectal Cancer Networking**
12:30-1:30pm **Mindfulness Meditation**

November 14 – NEW 11am-1:30pm **Painting Workshop**

November 21 – 11am-12:30pm **Blood Cancer Networking**
12:30-1:30pm **Mindfulness Meditation**

November 28 – CLOSED Thanksgiving Holiday

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.



Gilda's Club (Warminster)

Neuropathy Networking Group

Tuesday, November 5th 6:30-8pm

Do you struggle with symptoms of neuropathy from treatment? Meet others who are dealing with the same issues, discuss coping strategies and share ideas in this new symptom management group. We will have an activity to support neuropathy symptom relief, followed by discussion and networking time.

Plant Based Cooking

Wednesday, November 6th 6-7:15pm

Come join us in the kitchen for a plant based cooking class to learn about the health benefits of simple, local ingredients. This will be an interactive class, showing you the skills needed to make a great plant-based meal. Please RSVP early as space will be limited!

Pancreatic Cancer Lecture In Memory of Joyce Schmitzer

Thursday November 7th 6-8pm

Survivors, caregivers, friends and family are all welcome to this lecture on pancreatic cancer. Dinner will be provided, and the evening is being graciously sponsored by Dr. Larry Schmitzer, in memory of Joyce Schmitzer. More details to follow. Please RSVP by Tuesday November 5th.

Turkey Centerpieces

Monday, November 14th 1-2:30pm

Are you ready to decorate your home for Fall? This group will be making Turkey Centerpieces for the upcoming holiday to keep or give. We will be using tissue paper and other materials to put together a 3D turkey you can decorate your table with for the season.

Turkey Bingo

Wednesday November 20th 5:00-7:00pm

We provide the turkey, bingo, and silly prizes, you provide the sides and desserts! Join in on our annual fun while catching up with your CSCGP friends and family. Please RSVP so we can set a place for you, and know what you're bringing. Hope to see you there!



The Suzanne Morgan Center at Ridgeland (Philadelphia)

Writing for Grief and Loss

Wednesday, November 6 – Wednesday, December 4 (No session on Wednesday, November 27, 6:00 – 7:30 p.m.)

In this 4-week series, facilitated by Stephanie Fortunato, we will explore various ways to process the often confusing and overwhelming emotions that individuals may experience when grieving a loved one. Even if you have never journaled before, we will explore how to include it in your self-care routine as you grieve.

Let's Get Organized!

Tuesday, November 12 and Tuesday, November 19 1:00 – 2:00 p.m.

Feeling like the end of the year is fast approaching and unsure of where to start in keeping yourself organized? With so much on your mind from treatment schedules and doctors' appointments, to everything else happening in your life, let us help you with strategies to manage your schedule. Brainstorm ways to create a robust schedule inclusive of social and personal activities alike.

Healthy Hot Winter Drinks

Thursday, November 14, 6:30 – 8:00 p.m.

Join us to explore how to make healthy hot and warming drinks for winter. You'll leave with some recipes to try at home.

Friendsgiving Potluck and Game Night

Thursday, November 14, 6:30 – 8:00 p.m.

Join us for a Friendsgiving potluck and game night! It's the perfect way to connect with fellow members and celebrate each other. Please bring a dish to share with others. We will gather in the Ridgeland mansion.

Open to Options Lunch and Learn

Monday, November 18, 11:30 a.m. – 12:30 p.m.

Did you know that CSCGP has a program called Open to Options, where we can help you organize and manage your questions and concerns for your healthcare team if you are having to make a decision on a treatment option? We will also explore how to gain confidence in bringing these questions up to your healthcare team. Join Stephanie Fortunato and Morgan Rakay for a lunch and learn on what this program is all about and how it can assist you.

Fall Special Fundraising Events

**Raise a Glass for Cancer Support
Cheers to 26 Years
Thursday, November 21, 2019**

The Event Center at Cornerstone
46 N Sungan Rd, New Hope, PA
6:30 PM

\$150 per ticket

For more information and tickets visit

<https://cancersupportphiladelphia.org/raiseaglass/>



Did you know?

Many people need to travel for medical reasons, and too often the cost of temporary accommodations can be a major barrier to accessing life-saving treatment or critical respite during recovery. Having free, short-term housing can help ease a patient's financial concerns, while giving them the hope and energy they need to overcome illness. 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 dedicated to this service with your friends and families. 1-877-793-0498 Looking to give back? Join the Airbnb's Open Homes community. Hosts can provide a free and welcoming space for people to heal. To learn more about how to be a host: <https://airbnbopenhomes.pxf.io/csc-greater-philadelphia1>

#AirbnbAffiliate



We included an affiliate link to sign up for Airbnb Open Homes. If you use the link to sign up, we may earn a commission.

**Before you make decisions about treatment
ASK ABOUT YOUR OPTIONS**



**Facing a cancer treatment decision?
We can help.**

The Cancer Support Community and its network of affiliates have offered support, education and hope to people impacted by cancer for nearly 30 years. Now, *Open to Options*™, helps you identify important questions about your treatment options based upon your personal needs.

A SERVICE of the CANCER
SUPPORT COMMUNITY 

Call (215)879-7733 or (215)441-3290 to schedule an appointment



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

Address Service Request

2019 November Program Calendar

 **Abington**
Jefferson Health.

 **Doylestown Health**



2019 November Program Calendar

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

Locations

Ridgeland in Philadelphia

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