

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,

During this Holiday Season, we would like to thank each and every member for your continued support and dedication towards achieving our vision that no one faces cancer alone. We invite all of you to the Holiday Parties at Ridgeland Mansion on Thursday December 12th 5:00-8:00pm & Gilda's Club on Wednesday December 18th 5:00-7:00pm. Come prepared for some great food and entertainment. Feel free to bring friends and family. Just be sure to RSVP and bring a dish to share.

We hope members found the perfect educational opportunities, healthy lifestyle activities & support groups, necessary for their cancer journey in 2019.

With Much Gratitude & Happy Holidays,

Cancer Support Community Greater Philadelphia

****ALL CANCER SUPPORT COMMUNITY GREATER PHILADELPHIA LOCATIONS WILL BE CLOSED DECEMBER 23rd – JANUARY 1st, 2020 PROGRAMS WILL RESUME ON THURSDAY, JANUARY 2nd, 2020. ****

Cancer Support Helpline will be available over the holiday break.

Open Monday – Friday between 9am -9pm ET

The Cancer Support Community's toll-free Helpline is staffed by licensed professionals equipped to provide emotional support to people affected by cancer, so that no one faces cancer alone.

1-888-793-9355

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) **DECEMBER 2019**

| Monday | Tuesday | Wednesday | Thursday | Saturday |
|---|---|---|---|-----------|
| <p>Writing About Your Cancer Experience 10-11:30am</p> <p>Ballet 11:30am-12:30pm</p> <p>Qigong 1-2:30pm</p> <p style="text-align: right;">2</p> | <p>New Member Orientation 10-11am</p> <p>Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">3</p> | <p>Tai chi & Qigong 9:30-11am</p> <p>Caregiver Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>Yoga Therapy for Cancer 5:30-7pm</p> <p>Writing for Grief and Loss Mini Series 6-7:30pm</p> <p style="text-align: right;">4</p> | <p>Mindful Art Studio: Intention Jars and Warm Wishes Cards 10-11am</p> <p>Making Connections While Navigating Treatment Support Group 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Restorative Yoga 1:30-2:30pm</p> <p>Tree Lighting Remembrance Event with the Visiting Nurse Association of Philadelphia 5-6:30pm</p> <p style="text-align: right;">5</p> | 7 |
| <p>Ballet 11:30am-12:30pm</p> <p>New Member Orientation 1-2pm</p> <p>Qigong 1-2:30pm</p> <p style="text-align: right;">9</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;">10</p> | <p>Tai Chi & Qigong 9:30-11am</p> <p>Caregiver Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>Yoga Therapy for Cancer 5:30-7pm</p> <p>Dealing with Loss During the Holidays 6-7:30pm</p> <p style="text-align: right;">11</p> | <p>Making Connections While Navigating Treatment Support Group 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Restorative Yoga 1:30-2:30pm</p> <p>Holiday Party 5-8pm</p> <p style="text-align: right;">12</p> | 14 |
| <p>Ballet 11:30am-12:30pm</p> <p>Qigong 1-2:30pm</p> <p style="text-align: right;">16</p> | <p>Cookie Recipe Swap 11am-12pm</p> <p>Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">17</p> | <p>Tai Chi & Qigong 9:30-11am</p> <p>Caregiver Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>New Member Orientation 1-2pm</p> <p>Reiki Share 2-3pm</p> <p>Yoga Therapy for Cancer 5:30-7pm</p> <p style="text-align: right;">18</p> | <p>Guided Meditation 10-11am</p> <p>Making Connections While Navigating Treatment Support Group 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Restorative Yoga 1:30-2:30pm</p> <p>Living After Cancer Networking Group 6-7:30pm</p> <p style="text-align: right;">19</p> | 21 |

***CLOSED DECEMBER 23rd –
JANUARY 1st, 2020 PROGRAMS
WILL RESUME ON THURSDAY,
JANUARY 2nd, 2020.***

| Monday | Tuesday | Wednesday | Thursday | Saturday |
|---|---|--|---|--|
| <p>Tai chi 10-11am Holiday Fabric Wreath 11:30am-1pm</p> <p style="text-align: right;">2</p> | <p>Pilates 9:30-10:30am Tea Time 10:30-11am New Member Orientation 1-2pm NEW!! Pancreatic Cancer Networking Group 6:30-8pm</p> <p style="text-align: right;">3</p> | <p>Chair Yoga 9:30-10:30am Reiki Share 10:30-11:30am Beaded Jewelry Making 1-3pm Yoga 6:30-7:45pm</p> <p style="text-align: right;">4</p> | <p>NIA Presented by the Bob Brockman NIA Fund 10-11am Living with Cancer Support Group 1-2:30pm Ornament Workshop 4-5:30pm Cookie Recipe Swap 6-7:30pm</p> <p style="text-align: right;">5</p> | <p style="text-align: right;">7</p> |
| <p>Tai chi 10-11am Crochet and Knitting Circle 11:30am-1pm New Member Orientation 2-3pm</p> <p style="text-align: right;">9</p> | <p>Pilates 9:30-10:30am Tea Time 10:30-11am Living After Cancer Support Group 1-3pm Frankly Speaking About Ovarian Cancer with Dr. Mark Shahin 6:30-8pm</p> <p style="text-align: right;">10</p> | <p>Laughing About Life with Dr. Yvonne Kaye 11am-12:30pm Brain Games 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;">11</p> | <p>Qigong 10-11am Living with Cancer Support Group 1-2:30pm English Paper Piecing 1-4pm Ornament Workshop 4-5:30pm Navigating the 'New Normal' During the Holidays 6-8pm</p> <p style="text-align: right;">12</p> | <p>Helping Little Hands Gift Wrappers (registration closes 12/9) 9:30am-12pm</p> <p style="text-align: right;">14</p> |
| <p>Tai chi 10-11am Christmas Tree Ornament Centerpiece 12-1:30pm</p> <p style="text-align: right;">16</p> | <p>Pilates 9:30-10:30am Tea Time 10:30-11am Crafts with Ellen 1-3pm New Member Orientation 5-6pm Blood Cancer Networking Group sponsored by the Leukemia & Lymphoma Society 6:30-8pm</p> <p style="text-align: right;">17</p> | <p>Chair Yoga 9:30-10:30am Journaling & Beyond: Writing for Health and Happiness 9:30-11am Reiki Share 10:30-11:30am Wool Applique Club 10:30-12:30pm Holiday Party 5-7pm</p> <p style="text-align: right;">18</p> | <p>NIA Presented by the Bob Brockman NIA Fund 10-11am Laughing About Life with Dr. Yvonne Kaye 11am-12:30pm Arleen Boyes Quilting Circle 11am-3pm Living with Cancer Support Group 1-2:30pm Ornament Workshop 4-5:30pm Reiki Share 6-8pm Yoga 6:30-7:45pm</p> <p style="text-align: right;">19</p> | <p style="text-align: right;">21</p> |

***CLOSED DECEMBER 23rd –
JANUARY 1st, 2020 PROGRAMS
WILL RESUME ON THURSDAY,
JANUARY 2nd, 2020.***

| Tuesday | Wednesday | Thursday |
|--|---|--|
| Kid Support Teen Support Parent Group 6:30-8:00pm 3 | Youth Activities Committee 6:00-8:00pm 4 | Saturday 12/7 Breakfast with Santa (registration closed) 5 |
| Dinner, A Holiday Movie & Gingerbread Cookies 6:00-8:00pm 10 | Living with Loss 6:30-8:00pm 11 | Saturday 12/14 Gift wrapping 9:30-12:00pm (registration closes Monday, 12.9) 12 |
| Baking with Suzanne 6:30-8:00pm 17 | Holiday Party 18 | Hang Out 6:30-8:00pm 19 |
| Happy Hanukkah  24 | Merry Christmas  25 | 26 |
| 31 | Happy New Year | |

Youth Activities Program

Wednesday, December 4th 6:00-8:00pm

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

Dinner, A Holiday Movie & Gingerbread Cookies

Tuesday, December 10th 6:00-8:00pm

Family night opportunity. Join us for dinner, watch a holiday movie and decorate gingerbread cookies to eat and take home. Kids are welcome to come in Pjs. Bring blankets and pillows to watch the movie.

Living with Loss for Families

Wednesday, December 11th 6:30-8:00pm

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

Baking with Suzanne

Tuesday, December 17th 6:30-8:00pm

Join Suzanne, our fearless baker, to make traditional and dessert pierogis. Practice in our kitchen and then make some more in your kitchen. Be sure to wear an ugly holiday sweater. Sign up by noon Monday.

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.

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

December 2 – 10-10:50am **Chair Yoga**

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

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

December 9 – 10-10:50am **Chair Yoga**

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

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

December 16 – 10-10:50am **Chair Yoga**

2pm **Holiday Potluck Party**

December 23 – **CLOSED**

December 30 – **CLOSED**

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

Just a reminder that this calendar is available online at www.cscgp.org, for pickup at all locations and emailed weekly. If you are currently receiving a hard copy via the U.S. Postal Service and would like to continue to do so please call Janet at 215-879-7733. Anyone who does not reach out to request a mailed hard copy will be removed from the monthly mailing list. All members & volunteers will continue to receive weekly emails, to update your email address, please inform any staff member. CSCGP's bottom line and the environment thank you.

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

December 3 – 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**

December 10 – 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 Group Holiday Party**

December 17 – 12-1pm **Mindfulness Meditation**

2-4pm **Painting Workshop**

5-6pm **All Levels Yoga**

6-7pm **Pilates with Sheila**

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

December 24 – Closed for the Holidays

December 31 – Closed for the Holidays

THURSDAYS

December 5 – 11am-12:30pm **Colorectal Cancer Support Group**

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

December 12 – **NEW** 11am-1:30pm **Painting Workshop**

December 19 – 11am-12:30pm **Blood Cancer Networking**

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

December 26 – Closed for the Holidays

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)

Ornament Workshop

Thursdays, December 5th, 12th & 19th 4-5:30pm

Get crafty during the holidays and make some new ornaments for your home, or to give to others! We'll make a different ornament each week--feel free to come to all 3 weeks or just one! Please RSVP so we have your supplies ready.

Frankly Speaking About Ovarian Cancer with Dr. Shahin

Tuesday December 10th, 6:30-8pm

Please join us for the Ovarian edition of Frankly Speaking about Cancer, facilitated by Dr. Mark Shahin. Dr. Shahin is the Director of the Hanjani Institute of Gynecologic Oncology at Asplundh Cancer Pavilion. Anyone impacted by an ovarian cancer diagnosis is invited for dinner and a discussion about the latest treatments and research. RSVP at 215-441-3290 so we can save you a seat!

Navigating the 'New Normal' During the Holidays

Thursday December 12th, 6-8pm

Cancer can change the ways we celebrate with family and friends during the holiday season. Come discuss ways to cope with the changes in traditions, relationships, and emotions that may come up during this usually festive time, and learn some tools to help you establish healthy ways to navigate the changes in your life.

Helping Little Hands Gift Wrappers

Saturday December 14th, 9:30am-12pm

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 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.

Holiday Party

Wednesday December 18th, 5-7pm

Come join us for our Annual Holiday Party to celebrate the year, and spend time with friends. We are honored to have another performance by the Madrigals from William Tennett High School. Please RSVP with what type of side or dessert you will be contributing!



The Suzanne Morgan Center at Ridgeland (Philadelphia)

Ballet

Mondays, November 25th - December 16th, 11:30 am-12:30 pm

Set to classical holiday favorites like the Nutcracker! 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!

Mindful Art Studio: Intention Jars and Warm Wishes Cards

Thursday, December 5th, 10-11am

This guided art studio will invite you to tune into the moment through your senses, and to bring your mind fully present. Enjoy the creative process while asking the inner critic to relax. In this mindful art studio we will design jars to hold meditation/intention cards (or pens, odds and ends, or a candle if you wish!) as well as Warm Wishes Cards that you can gift to friends and family around the holidays.

Tree Lighting Remembrance Event with the Visiting Nurse Association of Philadelphia

Thursday December 5th, 5-6:30pm

Join us for a tree lighting remembrance event to honor those loved ones who have passed. There will be a short program along with a symbolic tree lighting, and some soulful music from the United States Postal Service Choir. Refreshments will follow the program. We are co-hosting this event along with the Visiting Nurses Association of Philadelphia.

Dealing with Loss During the Holidays

Wednesday December 11th, 6-7:30pm

There is an expectation of joy around the holidays that is hard to reconcile with the loss of a loved one. Missing loved ones can be especially difficult during the holidays and throughout the winter months. Join us for a supportive discussion around dealing with loss at this time, and leave with some strategies to help you manage your grief.

Cookie Recipe Swap

Tuesday December 17th, 11am-12pm

Have a great cookie recipe to share? Bring it to share with others and get some new recipes to bring home. We'll have coffee, tea, and snacks available while we swap recipes and stories about those recipes.

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



A SERVICE of the CANCER SUPPORT COMMUNITY

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*TM, helps you identify important questions about your treatment options based upon your personal needs.

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



Happy Holidays!



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

Address Service Request

2019 December Program Calendar

 **Abington**
Jefferson Health.

 **Doylestown Health**



2019 December Program Calendar

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

Locations

Ridgeland in Philadelphia

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