

# 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,

## Cancer Support Community Greater Philadelphia has lots planned for 2020!

There are a variety of events planned for learning, connecting and having fun with others impacted by cancer this year. CSCGP welcomes everyone so please share with others who are experiencing cancer as a primary stressor.

### Opportunities to learn....

Frankly Speaking About Eating Well with Cancer – Saturday February 29th @ 10:30am

Colorectal Cancer Lecture in memory of Adriana Halper – March TBD

Celebration of Hope – June TBD

Ovarian Cancer Conference – September TBD

Pancreatic Cancer Lecture in memory of Joyce Schmitzer – November 5, 2020

### Opportunities to support others....

Gilda's Club Night of Remembrance – June 10, 2020

Camp Gilda – July 28 – July 29, 2020

\*Teen Essay Contest Reception – May 5, 2020

Visiting Nurse's Association Memorial Tree Lighting Ceremony – December 3, 2020

### Opportunities to have fun....

\*Children & Teen Egg Hunt – April 3, 2020

Volunteer Appreciation – April 18, 2020

\*Children & Teen Camp - TBD

Christmas in July – TBD

\*Back to School Party @ Gilda's – TBD

Friendsgiving – November 12, 2020

Turkey Bingo – November 18, 2020

\*Breakfast with Santa – TBD Hosted by Ann's Choice

Ridgeland Holiday Party – December 17, 2020

Gilda's Club Holiday Party – December 16, 2020

\*Children & Teen Event

**\*\*Monthly Calendars are available at [www.cancersupportphiladelphia.org](http://www.cancersupportphiladelphia.org) and via weekly emails.** Email [info@cancersupportphiladelphia.org](mailto:info@cancersupportphiladelphia.org) to update your current email address to ensure accurate electronic calendar delivery. Those *without* email access should call Janet Ruben @ 215-879-7733 in order to continue receiving a mailed copy each month.

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>We provide free services for all people living with cancer and their loved ones. Learn more about Cancer Support Community Greater Philadelphia by attending a New Member Orientation. Please register for an orientation by calling the location closest to you. These informal group orientation sessions will introduce you to our program of hope and support and are a requirement before participating in programming.</p>		<p><b>CLOSED: HAPPY NEW YEAR!</b></p>	<p><b>Making Connections While Navigating Treatment Support Group</b> 11:30am-1pm <b>Knitting Circle</b> 12-1:30pm <b>Restorative Yoga</b> 1:30-2:30pm</p>	
		<b>1</b>	<b>2</b>	<b>4</b>
<p><b>Writing About Your Cancer Experience</b> 10-11:30am <b>DIY Spa Series</b> 11:30am-12:30pm <b>Qigong</b> 1-2:30pm</p>	<p><b>Create a Vision Board for the New Year</b> 11am-12:30pm <b>Repose Yoga at Movement Rx*</b> 1:30-2:45pm</p>	<p><b>Tai Chi &amp; Qigong</b> 9:30-11am <b>Caregiver Support Group</b> 11am-12:30pm <b>Workout Wednesday</b> 1-2pm <b>Yoga Therapy for Cancer</b> 5:30-7pm</p>	<p><b>Making Connections While Navigating Treatment Support Group</b> 11:30am-1pm <b>Knitting Circle</b> 12-1:30pm <b>Restorative Yoga</b> 1:30-2:30pm <b>New Member Orientation</b> 6-7pm</p>	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>11</b>
<p><b>DIY Spa Series</b> 11:30am-12:30pm <b>New Member Orientation</b> 1-2pm <b>Qigong</b> 1-2:30pm</p>	<p><b>Ridgeland Art Collective: Open Art Studio</b> 11am-12:30pm <b>Repose Yoga at Movement Rx*</b> 1:30-2:45pm</p>	<p><b>Tai Chi &amp; Qigong</b> 9:30-11am <b>Caregiver Support Group</b> 11am-12:30pm <b>Workout Wednesday</b> 1-2pm <b>Reiki Share</b> 2-3pm <b>Yoga Therapy for Cancer</b> 5:30-7pm</p>	<p><b>Guided Meditation</b> 10-11am <b>Making Connections While Navigating Treatment Support Group</b> 11:30am-1pm <b>Knitting Circle</b> 12-1:30pm <b>Restorative Yoga</b> 1:30-2:30pm <b>Living After Cancer Networking Group</b> 6-7:30pm</p>	<p><b>Men's Group &amp; Breakfast</b> 10am-12pm</p>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>18</b>
<p><b>CLOSED</b></p>	<p><b>Living Well with Metastatic Cancer Networking Group</b> 11am-12:30pm <b>Repose Yoga at Movement Rx*</b> 1:30-2:45pm</p>	<p><b>Tai Chi &amp; Qigong</b> 9:30-11am <b>Caregiver Support Group</b> 11am-12:30pm <b>Workout Wednesday</b> 1-2pm <b>New Member Orientation</b> 2-3pm <b>Yoga Therapy for Cancer</b> 5:30-7pm</p>	<p><b>Hot Chocolate the Healthy Way!</b> 10-11am <b>Making Connections While Navigating Treatment Support Group</b> 11:30am-1pm <b>Knitting Circle</b> 12-1:30pm <b>Restorative Yoga</b> 1:30-2:30pm</p>	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>25</b>
<p><b>DIY Spa Series</b> 11:30am-12:30pm <b>Qigong</b> 1-2:30pm</p>	<p><b>New Member Orientation</b> 10:30-11:30am <b>Winter In-Home Workouts</b> 11am-12pm <b>Repose Yoga at Movement Rx*</b> 1:30-2:45pm</p>	<p><b>Tai Chi &amp; Qigong</b> 9:30-11am <b>Caregiver Support Group</b> 11am-12:30pm <b>Workout Wednesday</b> 1-2pm <b>Yoga Therapy for Cancer</b> 5:30-7pm <b>Bereavement Support Group Series</b> 6-7:30pm</p>	<p><b>Mindful Art Studio: Finger Labyrinths</b> 10-11am <b>Making Connections While Navigating Treatment Support Group</b> 11:30am-1pm <b>Knitting Circle</b> 12-1:30pm <b>Restorative Yoga</b> 1:30-2:30pm <b>Chili and Chill Potluck</b> 6-7:30pm</p>	
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

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><b>January is National Cervical Cancer Awareness Month</b></p>		<p><b>CLOSED: HAPPY NEW YEAR!</b></p>	<p><b>Living with Cancer Support Group</b> 1-2:30pm <b>Post-Holiday Relaxation</b> 6-7:30pm</p>	
		<b>1</b>	<b>2</b>	<b>4</b>
<p><b>Tai chi</b> 10-11am</p>	<p><b>Pilates</b> 9:30-10:30am <b>Tea Time</b> 10:30-11am <b>Qigong: What is it?</b> 11am-12pm <b>Pancreatic Cancer Networking Group</b> 6:30-8pm</p>	<p><b>New Member Orientation</b> 10-11am <b>Laughing About Life with Dr. Yvonne Kaye</b> 11am-12:30pm <b>Mahjong</b> 1-3pm <b>Yoga</b> 6:30-7:45pm <b>Living with Loss Support Group</b> 6:30-8pm</p>	<p><b>Living with Cancer Support Group</b> 1-2:30pm <b>Intention-Setting &amp; Metal Stamping</b> 6:30-7:30pm</p>	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>11</b>
<p><b>Tai chi</b> 10-11am <b>Meditation with Melissa</b> 11am-12pm</p>	<p><b>Pilates</b> 9:30-10:30am <b>Tea Time</b> 10:30-11am <b>New Member Orientation</b> 10-11am <b>Qigong</b> 11am-12pm <b>Living After Cancer Support Group</b> 1-3pm <b>Ovarian Cancer Networking Group</b> 6:30-8pm</p>	<p><b>Chair Yoga</b> 9:30-10:30am <b>Reiki Share</b> 10:30-11:30am <b>Wool Applique Club</b> 10:30-12:30pm <b>Yoga</b> 6:30-7:45pm <b>Breast Cancer Networking Group</b> 6:30-78 pm</p>	<p><b>NIA Presented by the Bob Brockman NIA Fund</b> 10-11am <b>Arleen Boyes Quilting Circle</b> 11am-3pm <b>Living with Cancer Support Group</b> 1-2:30pm <b>Reiki Share</b> 6-8pm <b>Clean Home Class</b> 6:30-7:30pm</p>	<p><b>The Marshall Saturday Men's Breakfast Sponsored by the Tom McDermitt Fund</b> 8-10am</p>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>18</b>
<p><b>CLOSED</b></p>	<p><b>Pilates</b> 9:30-10:30am <b>Tea Time</b> 10:30-11am <b>Qigong</b> 11am-12pm <b>Crafts with Ellen</b> 1-3pm <b>Blood Cancer Networking Group sponsored by the Leukemia &amp; Lymphoma Society</b> 6:30-8pm</p>	<p><b>Mahjong</b> 1-3pm <b>New Member Orientation</b> 3-4pm <b>Yoga</b> 6:30-7:45pm</p>	<p><b>Laughing About Life with Dr. Yvonne Kaye</b> 11am-12:30pm <b>Living with Cancer Support Group</b> 1-2:30pm <b>English Paper Piecing</b> 1-4pm <b>Volunteer Training</b> 6-7:30pm</p>	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>25</b>
<p><b>Tai chi</b> 10-11am</p>	<p><b>Pilates</b> 9:30-10:30am <b>Tea Time</b> 10:30-11am <b>Qigong</b> 11am-12pm <b>Living After Cancer Support Group</b> 1-3pm <b>Friends and Family Networking Group</b> 6:30-8pm</p>	<p><b>Journaling &amp; Beyond: Writing for Health &amp; Happiness</b> 10-11:30am <b>Increasing Engagement with CSCGP</b> 1-2pm <b>Yoga</b> 6:30-7:45pm</p>	<p><b>Living with Cancer Support Group</b> 1-2:30pm <b>New Member Orientation</b> 6-7pm</p>	
<b>27</b>	<b>28</b>	<b>29</b>	<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.

Tuesday	Wednesday	Thursday
	Happy New Year <b>1</b>	<b>2</b>
Family Night: Games 6:30-8:00pm <b>7</b>	Living with Loss 6:30-8:00pm <b>8</b>	Family Night: Games 6:30-8:00pm <b>9</b>
Baking with Suzanne 6:30-8:00pm <b>14</b>	Hang Out 6:30-8:00pm <b>15</b>	Math Help with Joseph 6:30-8pm or by appointment <b>16</b>
Family Night: Hot Chocolate Bar & Crafts 6:30-8:00pm <b>21</b>	Youth Activities Committee 6:30-8:00pm <b>22</b>	Math Help with Joseph 6:30-8pm or by appointment <b>23</b>
Family Night: Dinner & a Movie 6:00-8:00pm <b>28</b>	Baking with Suzanne 6:30-8:00pm <b>29</b>	Math Help with Joseph 6:30-8pm or by appointment <b>30</b>

## Family Nights

Enjoy a fun evening doing an activity the whole family will enjoy. Sign up by noon day of event.

**Tuesday January 7th** - Game Night - We have some crazy simple games to play.

**Tuesday January 21st** - Hot Chocolate Bar and Crafts - Enjoy a sweet treat and make a wintery craft.

**Tuesday January 28th** - Dinner & a Movie Night - starts at 6pm. Menu details and movie choice will be announced closer to the event.

## Living with Loss for Families

**Wednesday, January 8th 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.

## Baking with Suzanne

**January 14th and 29th 6:30-8:00pm**

Join Suzanne, our fearless baker, to learn some new baking skills and create amazing things you get to eat!! Practice in our kitchen and then make some more in your kitchen. Sign up by noon Monday before event.

**On the 14th:** Make your own pie. Make a chicken pot pie or a fruit pie or both. It's up to you!

**On the 29th:** Make rolls and braids. Cinnamon rolls, dinner rolls and braids. Hungry yet?

## Youth Activities Program

**Wednesday, January 22nd 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

**January 6** – 10-10:50am **Chair Yoga**

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

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

**January 13** – 10-10:50am **Chair Yoga**

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

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

**January 20** – 10-10:50am **Chair Yoga**

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

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

**January 27** – 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](mailto:bethc@cancersupportphiladelphia.org)

## Children & Teens Program Continued....

### 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.

## 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

**January 7** – 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**

**January 14** – 11am-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**

**January 21** – 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**

7-8:30pm **Prostate Cancer Support Group- Speaker Ryan Collins, Acupuncture**

**January 28** – 11am-12:30pm **Brain Cancer Networking Group**

2-4pm **Painting Workshop**

5-6pm **All Levels Yoga**

7-8:30pm **Young Adult Cancer Support Group**

### THURSDAYS

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

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

**January 9** – 11am-1:30pm **Painting Workshop**

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

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

**January 23** – 11am-1:30pm **Painting Workshop**

**January 30** – 11am-1:30pm **Painting 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.*



## Gilda's Club (Warminster)

### **Post-Holiday Relaxation Thursday, January 2nd, 6-7:30pm**

Some people get into a slump after the holidays are over, and others find it hard to unwind after hectic holiday times. Whether you are battling the blues or don't want the fun to stop, take a relaxation break and come practice some de-stressing techniques to get you through this first week back to 'regular' life.

### **Qigong for Health & Vitality Tuesdays January 7th, 14th, 21st, 28th & February 4th & 11th**

The first class will be an intro into what the practice of Qigong really is: the technique that allows one to nourish and circulate vital energy to attain physical and emotional well-being and to increase resistance to disease. We will learn how to balance energies and bring health to our bodies through a series of easy to learn movements, meditations and self-massage. Attending all sessions will help you reach for optimal health, so please make the commitment if you can!

### **Intention-Setting & Metal-Stamping Thursday January 9th, 6:30-7:30pm**

Ready to set an intention for the new year? We'll work out what the goals for your year might be, and make metal-stampings of the word you feel most captures your hopes for this new period. Use it as a piece of jewelry or on a keychain to remind you whenever you see it. All supplies are provided- registration is required.

### **Clean Home Class Thursday January 16th, 6:30-7:30pm**

Learn how to remove toxic chemicals from your home and everyday living using essential oils, and all natural cleaners. Discover how to support your overall wellbeing, health and emotional state of mind while better protecting your body, naturally. Please RSVP to let us know you're coming!



## The Suzanne Morgan Center at Ridgeland (Philadelphia)

### **Create a Vision Board for the New Year Tuesday, January 7th, 11:30 am-12:30 pm**

A new year means new possibilities and opportunities to set mindful intentions for the year ahead. Join us to create vision boards to reflect your intentions and wishes for 2020. We will use different materials, but please bring any materials from home that you also wish to use.

### **DIY Spa Series Mondays, January 6th- February 24th (no sessions on January 20th & February 17th), 11:30am-12:30pm**

Bring the warmth and relaxation closer to home by learning simple recipes for spa-like treatments such as body scrubs and hand soaks, or easy self-care practices such as a hand massage. Each week will focus on a different part of the body and include make-and-take spa goodies or a do-it-with-friends spa experience. Put on some comfy clothes, let us provide the hot tea, and indulge in some (free!) self-care.

### **Hot Chocolate the Healthy Way! Thursday, January 23rd, 10-11am**

Learn how to take a winter favorite and make it healthier – go ahead and indulge! We'll try a few different flavors during group, and you'll get even more recipes to take home.

### **Winter In-Home Workout Tuesday, January 28th, 11am-12pm**

Need to exercise but don't want to leave your home? You're not alone! Exercising during the winter months can be challenging. Join us for an all levels program on simple but effective in-home exercises using common household items. Grab what you can, and get your burn on!

Win Designer Handbags including Michael Kors, Tory Burch, Coach, and more!



THIS YEAR'S  
THEME IS

SUPERHEROES

**Designer Bag Bingo  
February 29, 2020**

Westaby Hall  
425 Hood Blvd, Fairless Hills PA  
Doors open 11AM  
Games begin at 1PM  
Tickets \$25 or table of 8 for \$175  
To purchase visit [CSCGP.org/basket-bingo](http://CSCGP.org/basket-bingo)

*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*™, 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

**2019 Fundraiser Save The Dates**

*Basket Bingo- February 29, 2020*

*Mission Possible – April 26, 2020*

*In Fashion – May 7, 2020*

*Swing for Cancer Support @ Philadelphia Cricket Club – August 17, 2020*

*Pints in the Park – September TBD*

*PAWS 4 Life Walk – October 3, 2020*

*Gala – October 8, 2020*

*Raise a Glass – November 19, 2020*

For more information regarding any fundraising events or to volunteer please contact Kathy @ 215-441-3290 or email at [kathy@cancersupportphiladelphia.org](mailto:kathy@cancersupportphiladelphia.org)

**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.*



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

Address Service Request

2020 January Program Calendar

 **Abington**  
Jefferson Health.

 **Doylestown Health**



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

**Locations**

Ridgeland in Philadelphia

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Gilda's Club in Warminster

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