

September 2025 Program Calendar

Providing FREE professional programs and emotional support, education and hope for people impacted by cancer, because community is stronger than cancer.

Looking to join CSCGP?

We host weekly orientation calls and inperson meetings for those wanting to get support through our community.

Please start your <u>new member profile</u> on the website under 'how to join'

Locations

The Suzanne Morgan Center @ Ridgeland 215-879-7733

Gilda's Club 215-441-3290

Doylestown Hospital 215-345-2022

St. Mary Medical Center 215-710-4512

Alliance Cancer Specialists @ The Cancer Institute of Doylestown Hospital
Alliance Cancer Specialists @ Grand View
Outpatient Center
Alliance Cancer Specialists @ Bensalem

Each location (*Virtual, Ridgeland, Gilda's Club, Doylestown Hospital & SMMC*) have individual calendar pages. Programs that are hybrid are listed *on both* the virtual calendar *and* the physical location.

General Program Descriptions

Support / Networking Groups

Includes programs such as; Living with Cancer, Cancer Specific Networking Groups, etc. Attendance within these groups require a pre-conversation with a staff person and attendees to join as a member.

Educational Workshops

CSCGP offers a variety of educational workshops facilitated by experts their field. Keep an eye on the calendar each month for special events.

<u>Mind-Body Wellness programs</u> seek to support our members who want to practice and be mindful of their health in a supportive, group environment. Our programs are taught by professionals or volunteers who want to help members who wish to work on a healthy lifestyle at their own pace.

Children & Teen Programs (CTP)

Groups and activities for families with school aged children and teens dealing with a cancer diagnosis within the home. For more information about Children & Teen Programs,

email Christina@cancersupportphiladelphia.org

To view the full calendar and register to join, visit our website at www.cancersupportphiladelphia.org OR scan the QR code



7:30 PM – RPBF Reunion

SEPTEMBER VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED	2 10:30 AM – Pilates 12:00 PM – New Member Orientation 12:00 PM – Pancreatic Cancer Networking Sponsored in Memory of Joyce Schmitzer 6:30 PM – Men's Health & Cancer Networking Group	9:30 AM – Upcoming Treatment Decisions? Open to Options & How Can CSCGP Help? 5:30 PM – Yoga Therapy for Cancer	9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:00 AM – Metastatic Cancer Group 11:15 AM – Living w/ Cancer Support 2:00 PM Writing 4 Health & Wellness 7:00 PM – Living After Cancer Group	5 10:00 AM – Knitting & Crocheting
3:30 AM – Morning Mindful Meditation 10:30 AM – Qigong 11:00 AM – Living W/Cancer Support 1:00 PM – Colorectal Cancer Group 2:30 PM – Breast Cancer Group 5:30 PM – Feel Good Fitness	9 9:30 AM — Nia Sponsored by the Bob Brockman Nia Fund 10:30 AM — Pilates 12:00 PM — New Member Orientation 1:00 PM — Living After Cancer Support 6:30 PM — Ovarian Cancer Group 7:00 PM — Breast Cancer Support Group	10 11:00 AM — Laughing When Nothing Seems Funny & When It Does 12:00 PM — Let's Talk about the Children & Teen Program 5:30 PM — Yoga Therapy for Cancer	 11 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support 7:00 PM – Living with Cancer Support 	•
15 8:30 AM – Morning Mindful Meditation 10:30 AM – Qigong 11:00 AM – Living W/ Cancer Support 5:30 PM – Feel Good Fitness	16 9:30 AM – Nia 10:30 AM – Pilates 12:00 PM – New Member Orientation 6:30 PM – Blood Cancer Networking Group sponsored by the Leukemia & Lymphoma Society 7:00 PM – My Spouse has Cancer Support	17 10:30 AM – Writing For Health & Wellness 5:30 PM – Yoga Therapy for Cancer	18 9:00 AM — Restorative Yoga 10:30 AM — Guided Meditation 11:15 AM — Living with Cancer Support Group 6:30 PM — Millennials with Cancer Networking Group	19 10:00 AM – Knitting & Crocheting (and Everything Else!) Circle
22 8:30 AM - Morning Mindful Meditation 10:30 AM – Qigong 11:00 AM – Living W/ Cancer Support 5:30 PM – Feel Good Fitness	 10:30 AM – Pilates 12:00 PM – New Member Orientation 1:00 PM – Living After Cancer Support 6:30 PM – Support for the Supporters 7:00 PM – Breast Cancer Support Group 	24 11:00 AM – Laughing When Nothing Seems Funny & When It Does 5:30 PM – Yoga Therapy for Cancer	25 g 9:00 AM – Restorative Yoga 10:30 AM – Guided Meditation 11:15 AM – Living with Cancer Support Group 7:00 PM – Living with Cancer Support Group 7:00 PM – Let's Talk about the Children & Teen Program	
29 8:30 AM – Morning Mindful Meditation 10:30 AM – Qigong 11:00 AM – Living W/ Cancer Support 5:00pm – Tutoring *CTP 5:30 PM – Feel Good Fitness	30 9:30 AM – Nia 10:30 AM – Pilates 12:00 PM – New Member Orientation 7:00 PM – Let's Talk About Sleep	_	someone and we are not available, please contact Cancer Support Helpline 1-888-793-9355	

The Suzanne Morgan Center @ Ridgeland Mansion



4100 Chamounix Dr. Philadelphia 215-879-7733

September 2025 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	
CLOSED	11:00 AM – Guided Imagery and Relaxation		10:30 AM – Guided Meditation		
8	9	10	11	12	13
10:30 AM — Living with Cancer Support Group 10:30 AM — Qigong 1:00pm New Member Orientation	11:00 AM – Guided Imagery and Relaxation		9:30 AM — All Men All Cancer's Breakfast 10:30 AM — Guided Meditation		9:30 AM – Zumba Gold 10:00 AM – NEW! Cafecito y Conexión
15 10:30 AM – Qigong 1:00pm New Member	16 11:00 AM – Guided Imagery and Relaxation	17	18 10:30 AM – Guided Meditation	19	
Orientation					
22 10:30 AM – Living with Cancer Support Group	23 11:00 AM – Guided Imagery and Relaxation	24	25 10:30 AM – Guided Meditation 12:00 PM – Cooking Through Cancer	26	27
10:30 AM —Qigong	11:30 AM – Support for the				10:00 AM – Yoga Therapy for Cancer
1:00pm New Member Orientation	Supporters Group				10:30 AM – CSCGP Book Club
29	30	Dece	a arram assistance is available at th	via logation on Mars	dava Tuandava
10:30 AM – Qigong 1:00pm New Member Orientation	11:00 AM – Guided Imagery and Relaxation 1:00 PM – Guided Forest Bathing Experience		Program assistance is available at this location on Mondays, Tuesdays Thursdays & some Saturdays, please call 215-879-7733 to schedule a visit. If you need to speak to someone and we are not available, please contact Cancer Support Helpline 1-888-793-9355		



Gilda's Club

*(CTP) denotes Children, Teen & Family programming 200 Kirk Road, Warminster PA

September 2025 Program Calendar

215-441-3290

Monday	Tuesday	Wednesday	Thursday	Friday
L .	2	3	4	5
CLOSED	10:00 AM – Wood Applique Club		10:00am Comfort Quilts	
			12:00pm New Member Orientation	
3	9	10	11	12
2:00 PM – Gilda's Hair: Wig & Scalp Re-	`			
ources			11:00 AM – Dancing Made Simple	
2:00 PM – Gentle Chair/Floor Yoga			12:00 PM – Beaded Jewelry Making	
2:15 PM – BYOL & Afternoon Tea			1:00pm New Member Orientation	
:30 PM – Women's Support Circle				
.5	16	17	18	19
			8:30 AM – Men's Breakfast	
2:00 PM – Gentle Chair/Floor Yoga	7:00 PM – Teen Anxiety Group: The		11:00 AM – Arleen Boyes Quilting	
1:00 PM — Afternoon of Remembrance	Overthinkers *CTP	Circle		
			1:00pm New Member Orientation	
22	23	24	25	26
2:00 PM – Gentle Chair/Floor Yoga	7:00 PM – Teen Anxiety Group: The		10:30 AM – Writing for Health and	
:00 PM – Stronger Together Networking	Overthinkers *CTP		Wellness	
Group		1:00pm New Member Orientation		
9	30			1 0 1 2 7
		Program assistance is available at this location most Mondays, Tuesdays & Thursdays, please call to schedule a visit. If you need to speak to someone and we are not available, please contact Cancer Support Helpline 1-888-793-9355		
12:00 PM – Gentle Chair/Floor Yoga	7:00 PM – Teen Anxiety Group: The			
1:00 PM – Love, Gilda Movie Matinee	Overthinkers *CTP			



Penn Medicine September 2025 DOYLESTOWN HEALTH Program Calendar



Tuesday	Wednesday
2	3
10:00 AM – Living with Cancer Support Group	10:00 AM – New Member Orientation
12:00pm Open Art Studio	11:00 AM – NEW! Breast Cancer Networking Group
9	10
10:00 AM – NEW! Support for the Supporters	9:30 AM – Men's Breakfast
	11:00 AM – NEW! Lung Cancer Networking Group
16	17
10:00 AM – Living with Cancer Support Group	11:00 AM – NEW! Gynecological Cancers Networking Group
	11:30 AM – Gentle Yoga
23	24
10:00 AM – NEW! Support for the Supporters	11:00 AM — NEW! Blood Cancers Networking Group

For more information & to register for programs, please contact Kim Clark @ 215-345-2022 or email Kimberly@cancersupportphiladelphia.org

> Located Behind the red door on the main hallway 595 West State Street, Doylestown, PA 18901

TUESDAYS

11:00-12:00pm Spousal Bereavement Support Group *pre-registration required

THURSDAYS

11-11:30am Guided Meditation

11:30-1:00pm Living with Cancer Support Group *pre-registration required

1:15-2:15pm Gentle Yoga Movement& Relaxation w/ Nancy *no yoga on 9/25

*Anyone interested in joining the weekly LWC Support Group or Bereavement Support must speak with Sofie Pollack before attending.

Registration is preferred for all events; drop-in visitors will be welcome at Networking Groups and Workshops.*

For more information & to register for programs, please contact Sofie Pollack at **215-710-4512** or Email Sofie@cancersupportphiladelphia.org

Located in the Cancer Center conference room

1201 Langhorne-Newtown Rd., Langhorne, PA 19047

Parking in back parking garage. Enter on ground level, and sign in as guest at visitor's desk. Walk through double doors to Cancer Center entrance on your right