
















January 2012

WINTER WEATHER ALERT! When weather threatens, please call 215-879-7733 to learn about programs that may be cancelled!



Monday	Tuesday	Wednesday	Thursday	Saturday
<p>2</p> <p>CSCP Closed for New Year Holiday!</p> <p>HEALTHY LIFESTYLES Programs to support your well-being through cancer treatment and recovery.</p> <p>★ As we begin 2012 we are offering several special programs that focus on weight management. Please look for the ★</p>	<p>3</p> <p>Mercy Hospital Group 9:30 - 11:00 AM</p> <p>SUPPORT GROUPS ☎ 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli</p> <p>NIA The Joy Of Movement 3:30 - 4:30 PM</p> <p>Newcomer Orientation 6:00 PM</p> <p>🎵 Singing Circle 6:30 - 7:30 PM</p> <p>*Yoga at Focus Fitness 1:30 PM</p>	<p>4</p> <p>T'ai Chi 9:30 - 11:00 AM</p> <p>SUPPORT GROUP ☎ 10:30 AM - 12:30 PM</p> <p>Family and Friends 10:30 AM - 12:30 PM</p> <p>No Mind Body</p> <p>Bereavement Group 6:00 - 7:30 PM ☎</p>	<p>5</p> <p>Newcomer Orientation 11:00 AM</p> <p>Yoga 1:15 - 2:45 PM</p> <p>Click underlined words for details</p>	<p>7</p> <p>DRUMMING CIRCLE 10:30 - Noon Drumming with a rhythmic beat has been shown to have healing benefits. Come and share your story, experience the healing effects of drumming, and participate in some guided imagery, based on Native American traditions, to connect with your deeper self. Bring a drum or rattle if you have one. ☎</p>
<p>9</p> <p>Writing for Wellness 10:00 - 11:30 AM ☎</p> <p>Begin the New Year with Yoga! 11:30 AM - 1:00 PM Learn about the benefits of yoga breathing and stretching - it is not as hard as you think and it will help you feel great!</p> <p>Qigong 5:15 - 6:15 PM</p> <p>🔴 Young Women with Breast Cancer (YSC) 6:30 - 8:30 PM</p>	<p>10</p> <p>Mercy Hospital Group 9:30 - 11:00 AM</p> <p>SUPPORT GROUPS ☎ 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli</p> <p>NIA The Joy Of Movement 3:30 - 4:30 PM</p> <p>🎵 Singing Circle 6:30 - 7:30 PM</p> <p>🔴 YSC Support Group for Young Women with Stage IV Breast Cancer 6:30 - 8:30 PM ☎</p> <p>*Yoga at Focus Fitness 1:30 PM</p>	<p>11</p> <p>Einstein Cancer Center Group 10:00 - 11:30 AM</p> <p>T'ai Chi 9:30 - 11:00 AM</p> <p>SUPPORT GROUP ☎ 10:30 AM - 12:30 PM</p> <p>Family and Friends 10:30 AM - 12:30 PM</p> <p>★ Mind Body Series: Mindful Eating 1:30 - 3:30 PM (week 1 of 3)</p> <p>Bereavement Group 6:00 - 7:30 PM ☎</p>	<p>12</p> <p>Coffee and Conversation... with the Director 9:30 - 10:30 AM CSCP Executive Director, Kim Hinkelman, invites you to meet her for continental breakfast and share your experiences as a member of our community. Please RSVP if you are interested in this opportunity to lend us your voice. Attendance is limited.</p> <p>Newcomer Orientation 11:00 AM</p> <p>Yoga 1:15 - 2:45 PM</p>	<p>14</p> <p>🔴 Pancreatic Cancer 10:30 AM - Noon (PANCAN)</p> <p>🔴 Thyroid Cancer 10:30 AM - Noon (THYCA)</p> <p>NIA 11:00 AM - Noon</p> <p>NIA - THE JOY OF MOVEMENT Tuesdays - 3:30 - 4:30 PM and monthly on Saturdays Discover the joy of movement through the practice of Nia, a fusion fitness class that combines movement forms from the dance arts, the martial arts, and the healing arts. All fitness levels are welcome. Please join us for this class led by Suzanne O'Grady that finds joy in moving your body, your way!</p>
<p>16</p> <p>CSCP closed for Martin Luther King Holiday</p> <p>* Free Yoga Class for cancer survivors Tuesdays - 1:30 - 2:45 PM at Focus Fitness Studio 1111 East Lancaster Ave. Bryn Mawr, PA 19010 610-525-5515</p>	<p>17</p> <p>Mercy Hospital Group 9:30 - 11:00 AM</p> <p>SUPPORT GROUPS ☎ 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli</p> <p>NIA The Joy Of Movement 3:30 - 4:30 PM</p> <p>Newcomer Orientation 6:00 PM</p> <p>🎵 Singing Circle 6:30 - 7:30 PM</p> <p>*Yoga at Focus Fitness 1:30 PM</p>	<p>18</p> <p>T'ai Chi 9:30 - 11:00 AM</p> <p>SUPPORT GROUP ☎ 10:30 AM - 12:30 PM</p> <p>Family and Friends 10:30 AM - 12:30 PM</p> <p>★ Mind Body Series: Mindful Eating 1:30 - 3:30 PM (week 2 of 3)</p> <p>🔴 Gynecologic Cancers 6:30 - 8:00 PM</p> <p>Bereavement Group 6:00 - 7:30 PM ☎</p>	<p>19</p> <p>Newcomer Orientation 11:00 AM</p> <p>Yoga 1:15 - 2:45 PM</p> <p>★ COOKING FOR LIFE Recipe revisions for reducing fat and calories but not taste! 6:30 - 8:00 PM ☎</p>	<p>21</p> <p>🔴 Lung Cancer 10:30 AM - Noon</p>
<p>23</p> <p>Gentle Yoga Series 11:30 AM - 1:00 PM (week 1) Michelle Stortz leads this class that adapts traditional yoga poses and movements to meet individual needs. Participants are seated for much of this class which makes it comfortable for those still in active treatment and for anyone starting out with yoga.</p> <p>American Cancer Society presents Look Good...Feel Better® 1:30 - 3:30 PM ☎</p> <p>Qigong 5:15 - 6:15 PM</p> <p>🔴 Colorectal Cancer (CCA) 6:30 - 8:00 PM</p>	<p>24</p> <p>Mercy Hospital Group 9:30 - 11:00 AM</p> <p>🔴 Living Well with Advanced Breast Cancer 11:00 AM - 1:00 PM</p> <p>SUPPORT GROUPS ☎ 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli</p> <p>No NIA today!</p> <p>🎵 Singing Circle 6:30 - 7:30 PM</p> <p>*Yoga at Focus Fitness 1:30 PM</p> <p>★ Healthy Lifestyles: TIPS FOR A SUCCESSFUL WEIGHT LOSS PLAN AFTER CANCER! 3:30 - 5:00 PM ☎</p>	<p>25</p> <p>Einstein Cancer Center Group 10:00 - 11:30 AM</p> <p>T'ai Chi 9:30 - 11:00 AM</p> <p>SUPPORT GROUP ☎ 10:30 AM - 12:30 PM</p> <p>Family and Friends 10:30 AM - 12:30 PM</p> <p>★ Mind Body Series: Mindful Eating 1:30 - 3:30 PM (week 3 of 3)</p> <p>FRANKLY SPEAKING ABOUT Breast Reconstruction 6:30 AM - 8:30 PM ☎</p> <p>Bereavement Group 6:00 - 7:30 PM ☎</p>	<p>26</p> <p>Newcomer Orientation 11:00 AM</p> <p>Yoga 1:15 - 2:45 PM</p> <p>Dragon Boat Team Orientation Meeting 6:30 - 7:30 PM Join CSCP "POWER OVER CANCER" and be part of a great team - Have fun! Increase your strength and fitness! Indoor practice through April, then practice monthly on the river. Help raise funds to support CSCP! ☎ Please call Karen Neyer at 215-879-7733 for more information.</p>	<p>28</p>
<p>30</p> <p>Gentle Yoga Series 11:30 AM - 1:00 PM (week 2)</p> <p>Qigong 5:15 - 6:15 PM</p> <p>★ Healthy Lifestyles: INCREASING ACTIVITY AND MAINTAINING FITNESS FOR WEIGHT MANAGEMENT 3:00 - 4:30 PM ☎</p>	<p>31</p> <p>Mercy Hospital Group 9:30 - 11:00 AM</p> <p>SUPPORT GROUPS ☎ 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli</p> <p>NIA The Joy Of Movement 3:30 - 4:30 PM</p> <p>🎵 Singing Circle 6:30 - 7:30 PM</p> <p>*Yoga at Focus Fitness 1:30 PM</p>	<p>SINGING CIRCLE Tuesdays, 6:30 - 7:30 PM "if you can walk you can dance; if you can talk you can sing." Zimbabwean proverb Join our group of singers led by composer, performer, and educator, Julia Haines. The benefits of singing are many: it exercises the brain, helps reduce stress, and can lower blood pressure. Making music in a group has been shown to increase the activity of white blood cells so important in fighting cancer. But don't do it just because it's good for you -- singing is fun! No experience necessary, no reading music required. Enjoy the uplift, the fun and community of singing with a group -- the more people, the more fun it is!</p>		



Monday	Tuesday	Wednesday	Thursday	Saturday
<div style="border: 2px dashed red; padding: 5px;"> <p>SAVE THE DATE!</p> <p>Humor, Heart and Hope: Laughter Through the Cancer Journey</p> <p>Friday, March 30, 2012 - 1:00 – 4:00 PM at the The Perelman Center for Advanced Medicine 3400 Civic Center Boulevard, Philadelphia, PA 19104</p> <p><i>The Cancer Support Community of Philadelphia and The Abramson Cancer Center of the University of Pennsylvania present this unique symposium, designed to bring the joy of laughter to those living with cancer and their family and friends.</i></p> <p>For information and to register call: 215-879-7733</p> </div>		<p>1</p> <p>T'ai Chi 9:30 - 11:00 AM SUPPORT GROUP ☎ 10:30 AM - 12:30 PM</p> <p>Family and Friends 10:30 AM - 12:30 PM</p> <p>Mind Body Series: "Comfortable with Uncertainty" 1:30 - 3:30 PM (week 1 of 5)</p> <div style="border: 1px solid black; padding: 5px;"> <p>NON-HODGKIN LYMPHOMA: The Changing Landscape 6:00 - 7:30 PM ☎</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> <p>Bereavement Group 6:00 - 7:30 PM ☎</p> </div>	<p>2</p> <p>Newcomer Orientation 11:00 AM</p> <p>Yoga 1:15 - 2:45 PM</p> <p>Dragon Boat Team Practice 6:30 - 7:30 PM</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Beginning March 8 - Thursdays - 5:30 - 7:30 PM for 10 weeks - a group for school aged-children who are affected by cancer in their family. It is an opportunity for kids to come together with other kids who have shared experiences. Through art and play activities they will explore thoughts, feelings, and questions about life when a loved one has cancer. Please call 215-879-7733 to register.</p>  </div>	<p>4</p> <p>Drumming Circle 10:30 - Noon ☎</p>
<p>6</p> <p> Writing for Wellness 10:00 - 11:30 AM ☎</p> <p>Gentle Yoga Series 11:30 AM - 1:00 PM (week 3)</p> <p>Qigong 5:15 - 6:15 PM</p> <p> Young Women with Breast Cancer (YSC) 6:30 - 8:30 PM</p>	<p>7</p> <p>Mercy Hospital Group 9:30 - 11:00 AM</p> <p>SUPPORT GROUPS ☎ 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli</p> <p>NIA The Joy Of Movement 3:30 - 4:30 PM</p> <p>Newcomer Orientation 6:00 PM</p> <p> Singing Circle 6:30 - 7:30 PM</p> <p>*Yoga at Focus Fitness 1:30 PM</p>	<p>8</p> <p>Einstein Cancer Center Group 10:00 - 11:30 AM</p> <p>T'ai Chi 9:30 - 11:00 AM</p> <p>SUPPORT GROUP ☎ 10:30 AM - 12:30 PM</p> <p>Family and Friends 10:30 AM - 12:30 PM</p> <p>Mind Body Series: "Comfortable with Uncertainty" 1:30 - 3:30 PM (week 2)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> <p>Bereavement Group 6:00 - 7:30 PM ☎</p> </div>	<p>9</p> <p>Newcomer Orientation 11:00 AM</p> <p>Yoga 1:15 - 2:45 PM</p> <p>Dragon Boat Team Practice 6:30 - 7:30 PM</p>	<p>11</p> <p>C S C P C L O S E D</p> <p> Pancreatic Cancer 10:30 AM - Noon (PANCAN)</p> <p> Thyroid Cancer 10:30 AM - Noon (THYCA)</p> <p> Lung Cancer 10:30 AM - Noon</p> <p>NIA The Joy Of Movement 11:00 AM - Noon</p>
<p>Sunday, February 12</p> <div style="border: 2px dashed red; border-radius: 50%; padding: 10px; text-align: center;"> <p>CELEBRATE FUN!</p> <p>BOOST Camp for Kids 1:00 - 4:00 PM</p> <p><i>BOOST Camp, part of the Junior League of Philadelphia, hosts these events at CSCP for children 6-15 who have a loved one with cancer. Parents invited. Food, fun, and support. Please RSVP by February 8.</i></p> </div>	<p>14</p> <p>Mercy Hospital Group 9:30 - 11:00 AM</p> <p>SUPPORT GROUPS ☎ 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli</p> <p>NIA The Joy Of Movement 3:30 - 4:30 PM</p> <p> Singing Circle 6:30 - 7:30 PM</p> <p> YSC Support Group for Young Women with Stage IV Breast Cancer 6:30 - 8:30 PM ☎</p> <p>*Yoga at Focus Fitness 1:30 PM</p>	<p>15</p> <p>T'ai Chi 9:30 - 11:00 AM</p> <p>SUPPORT GROUP ☎ 10:30 AM - 12:30 PM</p> <p>Family and Friends 10:30 AM - 12:30 PM</p> <p>Mind Body Series: "Comfortable with Uncertainty" 1:30 - 3:30 PM (week 3)</p> <p> Gynecologic Cancers 6:30 - 8:00 PM</p> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> <p>Bereavement Group 6:00 - 7:30 PM ☎</p> </div>	<p>16</p> <div style="border: 1px solid black; border-radius: 50%; padding: 10px; text-align: center;"> <p>Coffee and Conversation... with the Director 9:30 - 10:30 AM <i>Please RSVP.</i></p> </div> <p>Newcomer Orientation 11:00 AM</p> <p>Yoga 1:15 - 2:45 PM</p> <p>Dragon Boat Team Practice 6:30 - 7:30 PM</p>	<p>18</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>COUPLES FACING CANCER TOGETHER 12:30 - 2:30 PM ☎</p> </div> <p>F R I D A Y S</p>
<p>20</p> <p>CSCP Closed for Presidents, Day</p>	<p>21</p> <p>Mercy Hospital Group 9:30 - 11:00 AM</p> <p>SUPPORT GROUPS ☎ 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli</p> <p>Nia The Joy Of Movement 3:30 - 4:30 PM</p> <p>Newcomer Orientation 6:00 PM</p> <p> Singing Circle 6:30 - 7:30 PM</p> <p>*Yoga at Focus Fitness 1:30 PM</p>	<p>22</p> <p>Einstein Cancer Center Group 10:00 - 11:30 AM</p> <p>T'ai Chi 9:30 - 11:00 AM</p> <p>SUPPORT GROUP ☎ 10:30 AM - 12:30 PM</p> <p>Family and Friends 10:30 AM - 12:30 PM</p> <p>Mind Body Series: "Comfortable with Uncertainty" 1:30 - 3:30 PM (week 4)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> <p>Bereavement Group 6:00 - 7:30 PM ☎</p> </div>	<p>23</p> <p>Newcomer Orientation 11:00 AM</p> <p>Yoga 1:15 - 2:45 PM</p> <div style="border: 1px dashed red; border-radius: 50%; padding: 10px; text-align: center; margin-top: 10px;"> <p>COOKING FOR LIFE Cooking with Tofu 6:30 - 8:00 PM ☎</p> </div>	<p>25</p> <p>MIND BODY APPROACHES TO WELLNESS</p> <div style="border: 1px solid black; border-radius: 50%; padding: 10px; text-align: center;">  </div> <p>Saturday, February 25 10:00 AM - 2:00 PM</p> <p>Gabriel Rocca, MA, leads this special workshop that explores mind/body/emotion interactions. Participate in exercises that utilize breathing, relaxation, and meditation practices. Learn how mind body practices have the potential to support our capacity to live with difficulties and the unpredictable nature of cancer in everyday life. Please RSVP by February 22. Bring your lunch.</p>
<p>27</p> <div style="border: 1px dashed red; padding: 5px;"> <p>Laughter Yoga 11:00 am - Noon ☎</p> </div> <p> Colorectal Cancer(CCA) 6:30 - 8:00 PM</p>	<p>28</p> <p>Mercy Hospital Group 9:30 - 11:00 AM</p> <p> Living Well with Advanced Breast Cancer 11:00 AM - 1:00 PM</p> <p>SUPPORT GROUPS ☎ 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli</p> <p>Nia The Joy Of Movement 3:30 - 4:30 PM</p> <p> Singing Circle 6:30 - 7:30 PM</p> <p>*Yoga at Focus Fitness 1:30 PM</p>	<p>29</p> <p>T'ai Chi 9:30 - 11:00 AM</p> <p>SUPPORT GROUP ☎ 10:30 AM - 12:30 PM</p> <p>Family and Friends 10:30 AM - 12:30 PM</p> <p>Mind Body Series: "Comfortable with Uncertainty" 1:30 - 3:30 PM (week 5)</p> <div style="border: 1px dashed black; padding: 5px; margin-top: 5px;"> <p>Leap Year Joke Fest 6:30 - 8:00 PM ☎</p> </div>	<p>CSCP Leap Year JOKE FEST Wednesday, February 29 6:30 - 8:00 PM</p> <p>This is an annual tradition at CSCP. Bring a joke to tell or just come to laugh with friends. Refreshments. Bring a dessert to share. Please RSVP by February 27.</p>	