☎ RSVP info@cancersupport-phila.org

November

Click underlined words for details

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	**2**	**3**	**4**	**5**
* 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	Mercy Hospital Group *9:30 - 11:00 AM* SUPPORT GROUPS ☎ *1:00 - 3:00 PM* *6:30 - 8:30 PM* *6:30 - 8:30 PM* in Paoli NIA The Joy Of Movement *3:30 - 4:30 PM* Newcomer Orientation *6:00 PM* Singing Circle *6:30 - 7:30 PM* *Yoga at Focus Fitness *1:30 PM*	T'ai Chi *9:30 - 11:00 AM* SUPPORT GROUP ☎ *10:30 AM - 12:30 PM* Family and Friends *10:30 AM - 12:30 PM* Mind Body Series: *Mindfulness Meditation* *1:30 - 3:30 PM (week 1 of 4)* Bereavement Group *6:00 - 7:30 PM* ☎	Newcomer Orientation *11:00 AM* Yoga *1:15 - 2:45 PM*	CSCP closed on Fridays.	
7	**8**	**9**	**10**	**11**	**12**
Writing for Wellness *10:00 - 11:30 AM* ☎ Gentle Yoga Series (seated yoga) *11:00 AM - 12:30 PM* *(week 8)* Qigong *5:15 - 6:15 PM* Young Women with Breast Cancer (YSC) *6:30 - 8:30 PM*	Mercy Hospital Group *9:30 - 11:00 AM* SUPPORT GROUPS ☎ *1:00 - 3:00 PM* *6:30 - 8:30 PM* *6:30 - 8:30 PM* in Paoli NIA The Joy Of Movement *3:30 - 4:30 PM* Singing Circle *6:30 - 7:30 PM* YSC Support Group for Young Women with Stage IV Breast Cancer *6:30 - 8:30 PM* ☎ *Yoga at Focus Fitness *1:30 PM*	Einstein Cancer Center Group *10:00 - 11:30 AM* T'ai Chi *9:30 - 11:00 AM* SUPPORT GROUP ☎ *10:30 AM - 12:30 PM* Family and Friends *10:30 AM - 12:30 PM* Mind Body Series: *Mindfulness Meditation* *1:30 - 3:30 PM (week 2 of 4)* Bereavement Group *6:00 - 7:30 PM* ☎	Temple Cancer Center Group *1:30 - 3:00 PM* Newcomer Orientation *11:00 AM* Yoga *1:15 - 2:45 PM* COOKING FOR LIFE *One Potato - Two Potatoes* *6:30 - 8:00 PM* ☎		FRANKLY SPEAKING ABOUT LUNG CANCER *10:00 AM - 12:30 PM* ☎ Pancreatic Cancer *10:30 AM - Noon* (PANCAN) Thyroid Cancer *10:30 AM - Noon* (THYCA)
14	**15**	**16**	**17**	**18**	**19**
Gentle Yoga Series (seated yoga) *11:00 AM - 12:30 PM* *(week 9)* Food for Living Well *Managing Cancer While Enjoying Thanksgiving* *3:00 - 4:30 PM* ☎ Qigong *5:15 - 6:15 PM* Colorectal Cancer (CCA) *6:30 - 8:00 PM*	Mercy Hospital Group *9:30 - 11:00 AM* SUPPORT GROUPS ☎ *1:00 - 3:00 PM* *6:30 - 8:30 PM* *6:30 - 8:30 PM* in Paoli NIA The Joy Of Movement *3:30 - 4:30 PM* Newcomer Orientation *6:00 PM* Singing Circle *"Motown Night!"* *6:30 - 7:30 PM* *Yoga at Focus Fitness *1:30 PM*	T'ai Chi *9:30 - 11:00 AM* SUPPORT GROUP ☎ *10:30 AM - 12:30 PM* Family and Friends *10:30 AM - 12:30 PM* Mind Body Series: *Mindfulness Meditation* *1:30 - 3:30 PM (week 3 of 4)* Gynecologic Cancers *6:30 - 8:00 PM* Bereavement Group *6:00 - 7:30 PM* ☎	Newcomer Orientation *11:00 AM* Yoga *1:15 - 2:45 PM*		FRANKLY SPEAKING ABOUT ADVANCED BREAST CANCER *9:30 AM – 12:00 NOON* ☎
21	**22**	**23**	**24**	**25**	**26**
Gentle Yoga Series (seated yoga) *11:00 AM - 12:30 PM* *(week 10)* ART STUDIO Expressions of Gratitude *2:00 - 3:30 PM* ☎ Qigong *5:15 - 6:15 PM*	Mercy Hospital Group *9:30 - 11:00 AM* Living Well with Advanced Breast Cancer *11:00 AM - 1:00 PM* SUPPORT GROUPS ☎ *1:00 - 3:00 PM* *6:30 - 8:30 PM* *6:30 - 8:30 PM* in Paoli NIA The Joy Of Movement *3:30 - 4:30 PM* Singing Circle *"Giving Thanks through Song"* *6:30 - 7:30 PM* *Yoga at Focus Fitness *1:30 PM*	Einstein Cancer Center Group *10:00 - 11:30 AM* T'ai Chi *9:30 - 11:00 AM* SUPPORT GROUP ☎ *10:30 AM - 12:30 PM* Family and Friends *10:30 AM - 12:30 PM*	CSCP Closed for Thanksgiving Holiday		
28	**29**	**30**			
Laughter Yoga *11:00 AM - 12:00 Noon* ☎ ART STUDIO Beading Workshop *2:00 – 4:00 PM* ☎ limited enrollment Qigong *5:15 - 6:15 PM* FRANKLY SPEAKING ABOUT CANCER: *Breast Reconstruction* *6:30 AM – 8:30 PM* ☎	Mercy Hospital Group *9:30 - 11:00 AM* SUPPORT GROUPS ☎ *1:00 - 3:00 PM* *6:30 - 8:30 PM* *6:30 - 8:30 PM* in Paoli NIA The Joy Of Movement *3:30 - 4:30 PM* Singing Circle *6:30 - 7:30 PM* *Yoga at Focus Fitness *1:30 PM*	T'ai Chi *9:30 - 11:00 AM* SUPPORT GROUP ☎ *10:30 AM - 12:30 PM* Family and Friends *10:30 AM - 12:30 PM* Mind Body Series: *Mindfulness Meditation* *1:30 - 3:30 PM (week 4 of 4)* Bereavement Group *6:00 - 7:30 PM* ☎			

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!

December 2011

RSVP at 215-879-7733

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	**2**	**3**
			Newcomer Orientation *11:00 AM* **Yoga** *1:15 - 2:45 PM*	**CSCP closed on Fridays**	**FRANKLY SPEAKING ABOUT CANCER:** ***COPING WITH THE COST OF CARE*** *9:30 AM – 12:00 NOON* ☎
5	**6**	**7**	**8**		**10**
Writing for Wellness *10:00 - 11:30 AM* ☎ **Gentle Yoga Series** (seated yoga) *11:30 AM - 1:00 PM (week 1)* **Qigong** *5:15 - 6:15 PM* **Young Women with Breast Cancer** (YSC) *6:30 - 8:30 PM*	**Mercy Hospital Group** *9:30 - 11:00 AM* **SUPPORT GROUPS** ☎ *1:00 - 3:00 PM* *6:30 - 8:30 PM* *6:30 - 8:30 PM* **in Paoli** **NIA The Joy Of Movement** *3:30 - 4:30 PM* **Singing Circle** *6:30 - 7:30 PM* **Newcomer Orientation** *6:00 PM* ***Yoga at Focus Fitness** *1:30 PM*	**T'ai Chi** *9:30 - 11:00 AM* **SUPPORT GROUP** ☎ *10:30 AM - 12:30 PM* **Family and Friends** *10:30 AM - 12:30 PM* **Mind Body Series:** *Loving Kindness Meditation 1:30 - 3:30 PM (week 1 of 3)* **Bereavement Group** *6:00 - 7:30 PM* ☎	**Temple Cancer Center Group** *1:30 - 3:00 PM* **Newcomer Orientation** *11:00 AM* **Yoga** *1:15 - 2:45 PM* **COOKING FOR LIFE** *Holiday Treats without Guilt* *6:30 - 8:00 PM* ☎		**MIND BODY APPROACHES TO WELLNESS** *Saturday, December 10 - 10:00 AM - 2:00 PM* **Gabriel Rocco**, M.A., 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 December 8. Bring your lunch.**
12	**13**	**14**	**15**		**17**
Gentle Yoga Series (seated yoga) *11:30 AM - 1:00 PM (week 2)* **Food for Living Well** *Tips for Healthy Holiday Eating* *3:00 - 4:30 PM* ☎ **Qigong** *5:15 - 6:15 PM*	**Mercy Hospital Group** *9:30 - 11:00 AM* **SUPPORT GROUPS** ☎ *1:00 - 3:00 PM* *6:30 - 8:30 PM* *6:30 - 8:30 PM* **in Paoli** **NIA The Joy Of Movement** *3:30 - 4:30 PM* **YSC Support Group for Young Women with Stage IV Breast Cancer** *6:30 - 8:30PM* ☎ ***Yoga at Focus Fitness** *1:30 PM*	**Einstein Cancer Center Group** *10:00 - 11:30 AM* **T'ai Chi** *9:30 - 11:00 AM* **SUPPORT GROUP** ☎ *10:30 AM - 12:30 PM* **Family and Friends** *10:30 AM - 12:30 PM* **Mind Body Series:** *Loving Kindness Meditation 1:30 - 3:30 PM (week 2)* **Holiday Party** *Wednesday, December 14 - 6:00 - 8:00 PM* All members of our community are invited to celebrate the season and share camaraderie and holiday cheer! Dinner is provided and we invite you to bring a dessert to share. **RSVP by December 12.**	**Newcomer Orientation** *11:00 AM* **Yoga** *1:15 - 2:45 PM*		**Pancreatic Cancer** *10:30 AM - Noon* (PANCAN) **Thyroid Cancer** *10:30 AM - Noon* (THYCA) **Lung Cancer** *10:30 AM - Noon*
19	**20**	**21**	**22**	**23**	**24**
Gentle Yoga Series (seated yoga) *11:30 AM - 1:00 PM (week 3)* **Qigong** *5:15 - 6:15 PM*	**Mercy Hospital Group** *9:30 - 11:00 AM* **Living Well with Advanced Breast Cancer** *11:00 AM - 1:00 PM* **SUPPORT GROUPS** ☎ *1:00 - 3:00 PM* *6:30 - 8:30 PM* *6:30 - 8:30 PM* **in Paoli** **Nia** *3:30 - 4:30 PM* ***Yoga at Focus Fitness** *1:30 PM*	**T'ai Chi** *9:30 - 11:00 AM* **SUPPORT GROUP** ☎ *10:30 AM - 12:30 PM* **Family and Friends** *10:30 AM - 12:30 PM* **Mind Body Series:** *Loving Kindness Meditation 1:30 - 3:30 PM (week 3)* **Bereavement Group** *6:00 - 7:30 PM* ☎	**Newcomer Orientation** *11:00 AM* **Yoga** *1:15 - 2:45 PM*		
26	**27**	**28**	**29**		

CELEBRATE FUN!
Boost Camp for Kids
Sunday, December 11 - 1:00 - 4:00 PM
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 December 7.

DRUMMING CIRCLE
Saturday, December 3 - 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. **Dom Roberti**, retired college professor, cancer survivor, and CSCP volunteer leads the circle. **Please RSVP.**

The Cancer Support Community of Philadelphia will be closed December 23 through January 1.

WARM WISHES FOR A HAPPY AND HEALTHY HOLIDAY SEASON AND FOR 2012.

Open to Options
A SERVICE of the CANCER SUPPORT COMMUNITY

- **Have you recently been diagnosed with a new or recurrent cancer?**
- **Do you need to make decisions about treatment options?**
- **Do you have an appointment scheduled to meet with your doctor?**

The **Cancer Support Community** now offers a question listing service to help you prepare for your upcoming oncology visit. This service is available at no cost to any person diagnosed with a new or recurrent cancer who has to make decisions about treatment options.

The goals of this program are to help you:
- *communicate clearly with your medical team*
- *ask critical questions about your options*
- *ensure that your treatment decisions fit your personal hopes and goals*

Call us at **215-879-7733** and ask about
OPEN TO OPTIONS