



June DALLAS COUNTY CLUBHOUSE

8196 Walnut Hill Lane | Dallas, TX 75231 | Phone: (214) 345-8230

Mon • Tues • Thurs: 9am-8pm | Wed • Fri: 9am-5pm | Selected Saturdays

New Member Meetings

Wednesday, June 5th, 2:30-4:30pm | Saturday, June 15th, 10:30am-12pm

Tuesday, June 18th, 1-2:30pm | Monday, June 24th, 5-6:30pm

M	T	W	T	F	S
SUNDAY, JUNE 2, 2019 Cancer Survivor's Day 2-4pm	Happy Father's Day!				1 Clubhouse Closed
3 Open Art 12-2pm Family & Friends Group 6-8pm Noogie Nights 6-8pm Wellness Group 6-8pm	4 Passing the Hat 10-11am Jewelry Making 12-2pm Living w/Loss Group 6-8pm	5 Qigong 10:45-11:45am Wellness Group 12-2pm New Member Meeting 2:30-4:30pm	6 Chair Strength & Stretch 9:30-10:30am Strength & Stretch 10:30-11:30am Bereavement Group 6-8pm Metastatic Group 6:30-8pm	7 Yoga with JaRita 9-10am 24 Form Tai Chi 10-11am Meditation 11:15am-12:15pm Games/Mahjong 1-3:30pm	8 Clubhouse Closed
Camp Noogie 9am-12pm Open Art 12-2pm Swing with Me 5-6pm Amigos Unido 6-8pm Family & Friends Group 6-8pm Noogie Nights 6-8pm Wellness Group 6-8pm	11 Camp Noogie 9am-12pm Writing For Healing 2:30-4:30pm Post Treatment Group 6-8pm	12 Camp Noogie 9am-12pm Qigong 10:45-11:45am Sewing Social 12-2pm Wellness Group 12-2pm Art Workshop 2-4pm	13 Camp Noogie 9am-12pm Chair Strength & Stretch 9:30-10:30am Strength & Stretch 10:30-11:30am Metastatic Group 6:30-8pm Zumba 7-8pm	14 Camp Noogie 9am-12pm Yoga with Micaiah 9-10am 24 Form Tai Chi 10-11am Mindfulness & Cancer Care 11:15am-12:15pm	15 Breast Cancer Networking Group 10am-12pm New Member Meeting 10:30am-12pm
17 Open Art 12-2pm Family & Friends Group 6-8pm Noogie Nights 6-8pm Wellness Group 6-8pm	18 New Member Meeting 1-2:30pm Living w/Loss Group 6-8pm	19 Wellness Group 12-2pm	20 Chair Strength & Stretch 9:30-10:30am Strength & Stretch 10:30-11:30am Cooking Demonstration 6-7:45pm Metastatic Group 6:30-8pm	21 Yoga with JaRita 9-10am 24 Form Tai Chi 10-11am Meditation 11:15 am-12:15pm Games/Mahjong 1-3:30pm	22 Aromaterapia 10am-12pm
24 Open Art 12-2pm Swing with Me 5-6 pm New Member Meeting 5-6:30pm Amigos Unidos 6-8pm Family & Friends Group 6-8pm Noogie Nights 6-8pm Wellness Group 6-8pm	25 Writing For Healing 2:30-4:30pm Post Treatment Group 6-8pm	26 Qigong 10:45-11:45am Wellness Group 12-2pm	27 Chair Strength & Stretch 9:30-10:30am Strength & Stretch 10:30-11:30am Red Door Readers 12-1:30pm Metastatic Group 6:30-8pm Zumba 7-8pm	28 Yoga with Micaiah 9-10am 24 Form Tai Chi 10-11am Mindfulness & Cancer Care 11:15am-12:15pm	29 Clubhouse Closed

Monthly Activity Descriptions

FOR MEMBERS ONLY

Open Art Mondays, June 3rd, 10th, 17th & 24th, 12-2pm

Interested in exploring your inner Picasso or finishing up another crafting project? Come in and pick your project or bring your own! We have all the supplies you need, just bring your creativity.

Swing with Me Mondays, June 10th & 24th, 5-6pm

Ladies and gents, we are bringing back the past in style! Grab your dancing shoes and come prepared to enjoy our all new swing dance class offered by dance instructor, Latonia Wallace, graduate of T-Dub Dancing Studio. No partner or experience necessary.

Passing the Hat: Group Class Tuesday, June 4th, 10-11am

Come join us the 1st Tuesday of every month and learn how to loom hats for individuals who have been diagnosed with cancer. All experience levels welcome! Find your favorite hat pattern and join us. Knitting materials provided. These hats are proudly given out at each CSC location.

Jewelry Making Tuesday, June 4th, 12-2pm

Creative arts enthusiast, jewelry designer, and CSCNT member, Kathy Groppe, will teach us how to make beautiful jewelry for our friends, loved ones, family and ourselves! Supplies available at the clubhouse and no experience necessary!

Writing for Healing Tuesdays, June 11th & 25th, 2:30-4:30pm

CSCNT member Pam Holloway, MS, author, coach and breast cancer "thriver" will teach us to express thoughts and feelings, make sense of the cancer journey and nurture physical, emotional and spiritual well-being through writing. Bring whatever medium is most comfortable to you: pen and paper, notebook or a laptop.

Qigong Wednesdays, June 5th & 26th, 10:45-11:45am

Qigong (chee-gong): Tapping into our Healer Within—Qigong is an ancient Chinese healing art that involves breathing exercises, gentle movements, guided visualization and mental focus. Please join Emily R. Atlas, a Certified Qigong and Tai Chi instructor and a two-time cancer survivor, as she taps into this practice to help with calming the mind and improving balance, as well as facilitating greater vitality and a healthier life. Qigong is easy to follow and can be done standing, seated or lying down. Wear comfortable clothes.

Sewing Social Wednesday, June 12th, 12-2pm

Learn to make a new, simple, sewing project from start to finish. With hands on instruction, you will have something to enjoy for yourself or share with someone else. Materials provided.

Chair Class Strength & Stretch with Ethel Thursdays, June 6th, 13th, 20th & 27th, 9:30-10:30am

Cancer survivor, Ethel LaBranche, leads this Basic Pilates Class, using a chair for ease and stability, where you will strengthen core muscles and increase flexibility. Wear comfortable clothes!

Mat Class Strength & Stretch with Ethel Thursdays, June 6th, 13th, 20th, & 27th, 10:30-11:30am

Cancer survivor, Ethel LaBranche, leads this Basic Pilates Class, where you will strengthen core muscles and increase flexibility. Wear comfortable clothes!

Red Door Readers Thursday, June 27th, 12-1:30pm

There's nothing quite as relaxing and rewarding as reading a good book then sharing the experience with good friends. Join us for a fun discussion of this month's book.

Zumba Thursday, June 13 & June 27, 7-8pm

Ready to kick up your exercise routine to the next level? Join licensed ZUMBA instructor Antonio Mendez, with an upbeat variety of genres to include Latin, Pop, R&B and Oldies inspired workout. This class will be at a mid-level intensity and can be modified as needed. Wear comfortable clothes and bring a towel and water.

Cancer Survivor's Day Sunday, June 2nd, 2-4pm

Open to the Public: CSCNT, in conjunction with Texas Health Presbyterian Hospital Dallas and Texas Oncology, is proud to present the annual Survive, Thrive and Celebrate! in honor of National Cancer Survivor's Day. This event is open to all cancer survivors and their families and is free of charge. Bring your family for an afternoon of mingling, refreshments and fun activities in celebration of life.

Bereavement Group Thursday, June 6th, 6-8pm - Last Session

Members Only: The loss of a loved one to cancer is always very difficult. Join others in this 6 week structured bereavement support workshop, facilitated by Jacquelyn Doenges, LCSW. Topics discussed include myths of grief, feelings of loss, clichés of grief, and healing through upcoming events and special occasions.

Camp Noogie Monday - Friday, June 10th-14th, 9am-12pm

Members Only: Camp Noogie is our summer day camp for children ages 4-12 whose lives have been impacted by cancer. Each day the kids will enjoy different activities! For more information please contact: Catherine Bolton at (214) 345- 8230 or cbolton@CancerSupportTexas.org. Space is limited so be sure to reserve a spot TODAY! RSVP by Wednesday, June 5th.

Healthy Indian Cooking Thursday, June 20th, 6-7:45pm

Members Only: Do you find yourself scanning the internet for new recipe ideas? Tired of the same entrées week after week? Join Rafia Heerji, from HoneyLemonGinger, Holistic Health Coaching, as she demonstrates three recipes with Health Benefits Indian style.

Aromaterapia Para El Cuidado Diario Del Cuerpo Y Mente Cuando Se Enfrenta Al Cancer

Saturday, June 22nd, 10am-12pm

Open to the Public: Abierto al público: Maria-Dolores Trujillo, Certificada en Naturopatía Tradicional, Certificada en Aromaterapia Clínica y Educadora, presentará los beneficios positivos y fortalecedores de la aromaterapia para manejar el estrés, la ansiedad, el miedo y las preocupaciones cuando se enfrenta al cancer y el efecto domino que éstos producen en el cuerpo. Maria-Dolores hablará sobre cómo desempeñar un papel activo en el cuidado diario de la salud, y cómo crear hábitos positivos para mantener el balance del cuerpo físico y emocional. Durante la presentación habrá demostraciones de diferentes herramientas de Aromaterapia y sus beneficios positivos para el cuerpo y la mente. Ésta será una oportunidad para que en una manera relajada y confortable disfrute de ésta presentación y al final habrá tiempo para contestar todas sus preguntas.

Yoga with Micaiah Fridays, June 14th & 28th, 9-10am

Finish your week off right with restorative yoga and gentle deep stretching facilitated by Micaiah Galpin, Registered Yoga Teacher and Junior League Dallas Volunteer. Wear comfortable clothes!

Everybody Does Yoga with JaRita Fridays, June 7th & 21st, 9-10am

Come and enjoy this traditional uplifting yoga class that focuses on connecting your movements with your breath. JaRita Gardner, A.C.E Personal Trainer and Fitness Instructor, will help you restore energy, stretch and strengthen your body, as well as relax your mind. This easy to follow class is designed for all levels.

24 Form Tai Chi Fridays, June 7th, 14th, 21st & 28th, 10-11am

Tai Chi helps cancer survivors with fatigue, immune system function, stress reduction, balance, concentration, and overall quality of life. This workshop is facilitated by Jim Williams. Wear comfortable clothes!

Clearing and Renewing Meditation Fridays, June 7th & 21st 11:15-12:15pm

Loving, supportive, nurturing and rejuvenating energy is here for you! Effectively access this energy for pain relief, clearer thinking, mood lifting, reduced anxiety, increased calm, improved sleep, feelings of contentment and joy, increased energy levels, and to generally feel more alive! This workshop is facilitated by Laura Sarna of Healing Directions.

Mindfulness and Cancer Care Friday's, June 14th & 28th, 11:15am-12:15pm

Join Ben Garcia BSN, RN, Certified Life Coach and Oncology Nurse leads this interactive mindfulness group. You will learn how mindful meditation can help you feel calmer, less stressed, and more focused.

Games/Mahjong Fridays, June 7th & 21st, 1-3:30pm

Come and join us in playing games, hanging out and having community together. No particular game experience necessary and we will provide the games. Feel free to bring your favorite as well!



June COLLIN COUNTY CLUBHOUSE

6300 W. Parker Rd., MOB 2, Suite 129A | Plano, TX 75093 | Phone: (972) 981-7020
 Mon: 9am-8pm | Selected Tues • Wed • Thurs: 9am-8pm | Friday: 9am-5pm | Selected Saturdays

New Member Meetings

Friday, June 7th, 2:30-4pm | Tuesday, June 11th, 9:30-11am | Saturday, June 15th, 10:30am-12pm
 Thursday, June 20th, 6-7:30pm | Thursday, June 27th, 1:30-3pm

M	T	W	T	F	S
SUNDAY, JUNE 2, 2019 Cancer Survivor's Day 2-4pm	Happy Father's Day!				1 Clubhouse Closed
3 Birthday Bash 2-3:30pm Yoga 6-7pm Family & Friends Group 6-8pm Noogie Nights 6-8pm Wellness Group 6-8pm	4 24 Form Tai Chi 10-11am Mindfulness 11:30am-1pm Metastatic Group 1-3pm	5 Brain Aerobics 9:30-11am Chair Yoga 1-2pm	6 Color me Calm 3-4pm Breast Cancer Networking 6:30-8pm	7 Zumba 9:10-9:55am Daytime Yoga 10-11am New Member Meeting 2:30-4pm	8 Clubhouse Closed
10 Game Time 1-3pm Yoga 6-7pm Family & Friends Group 6-8pm Noogie Nights 6-8pm Wellness Group 6-8pm	11 New Member Meeting 9:30-11am 24 Form Tai Chi 10-11am Meditation 11:15am-12:15pm Metastatic Group 1-2pm Rising Strong 2-3:30pm	12 Chair Yoga 1-2pm Intro into Acrylic Painting 1-3pm Post Treatment Group 2-4pm Living w/ Loss Group 6-8pm	13 Color me Calm 3-4pm That Sugar Film 1-3pm	14 Zumba 9:10-9:55am Daytime Yoga 10-11am Write to Thrive 11:30am-1pm Canasta 2-4pm	15 New Member Meeting 10:30am-12pm
17 Game Time 1-3pm Yoga 6-7pm Wellness Group 6-8pm Family & Friends Group 6-8pm Noogie Nights 6-8pm Wellness Group 6-8pm	18 24 Form Tai Chi 10-11am Meditation 11:15am-12:15pm Metastatic Group 1-3pm	19 Scrapbooking 10am-12pm Chair Yoga 1-2pm Art Workshop 2-3:30pm	20 Color me Calm 3-4pm Cultural Competency 1-3pm New Member Meeting 6-7:30pm	21 Zumba 9:10-9:55am Daytime Yoga 10-11am Red Door Readers 2-4pm	22 Clubhouse Closed
24 Camp Noogie 9am-12pm Game Time 1-3pm Yoga 6-7pm Family & Friends Group 6-8pm Noogie Nights 6-8pm Wellness Group 6-8pm	25 Camp Noogie 9am-12pm 24 Form Tai Chi 10-11am Meditation 11:15am-12:15pm Metastatic Group 1-2pm Rising Strong 2-3:30pm	26 Camp Noogie 9am-12pm Chair Yoga 1-2pm Post Treatment Group 2-4pm Living with Loss Group 6-8pm	27 Camp Noogie 9am-12pm New Member Meeting 1:30-3pm Color me Calm 3-4pm	28 Camp Noogie 9am-12pm Zumba 9:10-9:55am Daytime Yoga 10-11am Canasta 2-4pm	29 Clubhouse Closed

Monthly Activity Descriptions

FOR MEMBERS ONLY

Game Time Mondays, June 10th, 17th & 24th, 1-3pm
 Join fellow CSCNT members for fun and games. Bring your favorite game from home or play one of ours with this noncompetitive, social group.

Birthday Bash Monday June 3rd, 2-3:30pm
 Come and celebrate the birthdays of the month with your fellow CSCNT members and volunteers. We will have cake and play party games. RSVP by June 2nd at 5pm.

Gentle Yoga for the Soul Mondays June 3rd, 10th, 17th & 24th, 6-7pm
 Yoga is an outstanding form of exercise and relaxation with many benefits. Caren Lock facilitates this workshop. Suitable for all levels. Wear comfortable clothes!

24 Form Tai Chi Tuesdays, June 4th, 11th, 18th & 25th, 10-11am
 Tai Chi can help cancer survivors with fatigue, immune system function, stress reduction, balance, concentration and overall quality of life. This workshop is facilitated by Jim Williams, who has over 20 years of Tai Chi experience. Wear comfortable clothes!

Meditation Tuesdays, June 11th, 18th, 25th, 11:15am-12:15pm
 Come and explore meditation with Bobbie Perkins from the Dallas Meditation Center. Wear comfortable clothes!

Brain Aerobics Wednesday, June 5th, 9:30-11am
 Join Janet Dowell, Program Manager, to fight chemo brain! Participate in both fun and educational activities to stimulate your brain.

Chair Yoga Wednesdays, June 5th, 12th, 19th & 26th, 1-2pm
 Learn the classic postures of yoga in this all-levels, no-sweat, come-as-you-are class! A gentle form of yoga using a chair for a stretching, refreshing, renewing experience for your body. Wear comfortable clothes! RSVP to (972) 981-7020.

Scrapbooking and General Crafting Wednesday, June 19th, 10am-12pm
 Bring your pictures to document your memories on decorated pages or make special cards for any occasion. You'll enjoy the company of other CSC members. Multiple materials available.

Art Workshop Wednesday, June 19th, 2-3:30pm
 Janet Dowell, Program Manager, facilitates this workshop that helps us learn expressions through art. A variety of art mediums are used in the workshop and no experience is necessary! RSVP to (972) 981-7020 or online so we make sure to have enough supplies.

Color Me Calm Thursdays, June 6th, 13th, 20th & 27th, 3-4pm
 Coloring is a form of relaxation used by many. The trend of adult coloring is considered a method very similar to meditation. Join us and we will provide the coloring pages and a variety of colorful utensils to create a beautiful design while relaxing your mind and body.

Zumba Fridays, June 7th, 14th, 21st & 28th, 9:10-9:55am
 Join licensed Zumba instructor Mini Gallegos for an upbeat music inspired workout. This class will be at a beginner level intensity and can be modified as needed. Bring a towel and water bottle. Wear comfortable clothes!

Daytime Yoga Fridays, June 7th, 14, 21st & 28th, 10-11am
 This gentle yoga class, facilitated by certified yoga teacher Teresa Gardner, offers relaxation while building flexibility and strength. Suitable for all levels. Wear comfortable clothes!

Write to Thrive Friday, June 14th, 11:30am-1pm
 Join Janet Dowell, Program Manager, for an interactive exercise in writing. Learn the benefits of writing prompts, scheduling a specific time every day, and stopping when the timer beeps. Learn about how writing relieves pent up emotions which may be connected with disease development.

Canasta Friday, June 14th & 28th, 2-4pm
MEMBERS ONLY: Join our host, member Vivian Partridge, and other members to enjoy a game of Hand and Foot Canasta, laughter, and snacks. Beginners welcome!

Art Workshop Wednesday, June 19th, 2-3:30pm
 Janet Dowell, Program Manager, facilitates this workshop that helps us learn expressions through art. A variety of art mediums are used in the workshop and no experience is necessary! RSVP to (972) 981-7020 or online so we make sure to have enough supplies.

Red Door Readers Club Friday, June 21st, 2-4pm
MEMBERS ONLY: There's nothing quite as relaxing and rewarding as reading a good book then sharing the experience with good friends. Join us for a fun discussion of this month's book and pick up next month's book. Books will be provided. RSVP to (972) 981-7020.

Survivor's Day Celebration Sunday, June 2nd, 2-4 pm
OPEN TO THE PUBLIC: Texas Health Presbyterian Hospital Plano and Cancer Support Community North Texas are proud to present a celebration of life event in honor of National Cancer Survivors Day. John Wright will speak on "How to Get an "A" in Life". This event is open to all cancer survivors, their families and friends and is free of charge. Light refreshments will be served. For more information, call 972-981-8643 or to register, visit TexasHealth.org/Plano, click on Classes and Events, and search for National Cancer Survivors Day.

Mindfulness Tuesday, June 4th, 11:30am-1pm
OPEN TO THE PUBLIC: Join Desiré S. Taylor, Ph.D., Medical Psychologist, to learn about the many benefits of mindfulness, which include improved quality of life, stress reduction, better sleep, and anxiety management.

Rising Strong Tuesdays, June 11th & 25th, 2-3:30pm
MEMBERS ONLY: Join Janet Dowell, Program Manager, for a chapter by chapter discussion of Brene Brown's book, Rising Strong. Come prepared to discuss Chapter 2 on June 11th & Chapter 3 on June 25th.

Introduction to Acrylic Painting Wednesday, June 12th, 1-3pm
MEMBERS ONLY: Please join us in a creative exploration of Acrylic Painting with Tarrant County Program Manager Stacey Birst-Yates, LPC-I, ATR-P! Various surfaces and painting techniques will be used as we experiment with unique and personalized mark-making, within an encouraging and supportive environment. No painting experience necessary, and all painting materials will be supplied, so please bring your hidden talents for creative expression!

That Sugar Film Thursday, June 13th, 1-3pm
OPEN TO THE PUBLIC: Join Janet Dowell, Program Manager, to watch a discuss That Sugar Film. An expectant father undertakes a perilous/delicious mission to see what the hidden sugars in seemingly healthy products can do to both his body and brain chemistry in this eye-opening new documentary.

Cultural Competency and Cancer Thursday, June 20th, 1-3pm
OPEN TO THE PUBLIC: Pervasive prejudice and discrimination causes the LGBTQ population to be fearful of coming out to healthcare providers. This can lead to serious health issues. Through education we can improve lives, challenge misconceptions and facilitate greater communication. In celebration of Pride Month, Ed-U-Care, a nonprofit dedicated to spreading compassion for all, and addressing the needs of marginalized communities raises awareness of cultural impact on healthcare, medical needs and death and dying.

Camp Noogie Monday-Friday, June 24th-28th, 9am-12pm
MEMBERS ONLY: Camp Noogie is our summer camp for children ages 4-12 whose lives have been impacted by cancer. This summer, we will explore the world of animals! The week will include Therapy Pets, the Creature Teacher, Animal Art and more! You won't want to miss this! For more information, please contact Program Manager, Janet Dowell at (972) 981-7020.



June TARRANT COUNTY CLUBHOUSE

10840 Texas Health Trail, Suite 120 Fort Worth, TX 76244 | Phone: (682) 212-5400
 Mon - Fri: 9am-5pm | Selected Tue & Thurs: 9am-8pm | Selected Saturdays

New Member Meetings

Saturday, June 1st, 9:30-11am | Tuesday, June 4th, 6-7:30pm
 Wednesday, June 12th, 3:30-5pm | Tuesday, June 18th, 6-7:30pm

M	T	W	T	F	S
SUNDAY, JUNE 2, 2019 Cancer Survivor's Day 2-4pm	<h1>Happy Father's Day!</h1>				1 Breast Networking Group 10:30am-12pm New Member Meeting 9:30-11am
3 Red Door Readers 10am-12pm Open Art 12-2pm Metastatic Group 2-4pm	4 Stability Ball 12:15-1pm Wellness Group 2-4pm New Member Meeting 6-7:30pm	5 Yoga 11am-12pm Meditation 12:15-12:45pm Juicing 1-2pm	6 Crocheting & More 10am-12pm Metastatic Group 2-4pm Living With Loss Group 4-6pm Family & Friends Group 6-8pm Yoga: Cancer StrongHer 7-8pm	7 Recycled Art 10am-12pm Movie: Green Book 2:30-5pm	8 Clubhouse Closed
10 Card Making & Scrapbooking 10:30am-12:30pm Open Art 12-2pm Metastatic Group 2-4pm	11 Post Treatment Group 10am-12pm Stability Ball 12:15-1pm Wellness Group 2-4pm Family & Friends Group 6-8pm	12 Yoga 11am-12pm Meditation 12:15-12:45pm New Member Meeting 3:30-5pm	13 Crocheting & More 10am-12pm Metastatic Group 2-4pm	14 Vision Boards 10am-12pm Avocado Desserts 1-3pm	15 Clubhouse Closed
17 Camp Noogie 9am-12pm Metastatic Group 2-4pm	18 Camp Noogie 9am-12pm Stability Ball 12:15-1pm Wellness Group 2-4pm New Member Meeting 6-7:30pm	19 Camp Noogie 9am-12pm Intro to Journaling 1-3pm	20 Camp Noogie 9am-12pm Metastatic Group 2-4pm Living With Loss Group 4-6pm Family & Friends Group 6-8pm	21 Camp Noogie 9am-12pm Legacy Art Project 1-3pm	22 Clubhouse Closed
24 Jewelry Making with Lois 10:30am-12:30pm Open Art 12-2pm Metastatic Group 2-4pm	25 Post Treatment Group 10am-12pm Stability Ball 12:15-1pm Wellness Group 2-4pm Family & Friends Group 6-8pm	26 Yoga 11am-12pm Meditation 12:15-12:45pm Juicing 1-2pm	27 Crocheting & More 10am-12pm Metastatic Group 2-4pm Yoga Nidra 6:30-7:30pm	28 Images of Hope 10am-12pm New Member Meeting 10:30am-12pm CPR Overview 1-3:30pm	29 Clubhouse Closed

Monthly Activity Descriptions

FOR MEMBERS ONLY

Red Door Readers Club Monday, June 3rd, 10am-12pm

Read any good books lately, looking for a new favorite author or genre? There's nothing quite as relaxing and rewarding as curling up with a good book then sharing the experience with good friends. Please join us for our monthly book club meeting where we will be reading, *I Still Dream About You* by Fannie Flag.

Card Making & Scrapbooking Monday, June 10th, 10:30am-12:30pm

Decorative papers and punches, stencils, gems and ribbons—oh my! Interested in making cards and/or learning to scrapbook? Then this is the workshop for you! Volunteer Carol Wood will introduce you to the basics of card making and scrapbooking. All materials provided.

Open Art Workshop Mondays, June 3rd, 10th & 24th, 12-2pm

Interested in exploring your inner Picasso or finishing up another crafting project? Come in and pick your project or bring your own! We have all the supplies you need, just bring your creativity.

Stability Ball Tuesdays, June 4th, 11th, 18th & 25th, 12:15-1pm

Besides providing balance training, an overlooked component in most exercise programs, stability ball training works your core in almost every exercise that is performed, in addition to working multiple muscles at one time while forcing your body to balance itself. Join Eleanor Nebe, long time Non-Hodgkin's Lymphoma survivor, in better preparing your core to support your body in whatever you do!

Yoga Wednesdays, June 5th, 12th & 26th, 11am-12pm

Jace Maxwell, E-RYT 200, RYT 500, YACEP, owner and Managing Partner of the Roanoke location of Studio Samadhi and is a Reiki master and teacher. She is inspired by yoga's transformative power—both internally and externally and finds it a source of love and strength. She strives to bring a sense of fun, freedom and kindness to her classes, and hopes to impart nuggets of yogic wisdom along the way.

Meditation Wednesdays, June 5th, 12th & 26th, 12:15-12:45pm

Jace Maxwell, E-RYT 200, RYT 500, YACEP, owner and Managing Partner of the Roanoke location of Studio Samadhi and is a Reiki master and teacher. She is inspired by yoga's transformative power—both internally and externally and finds it a source of love and strength. She strives to bring a sense of fun, freedom and kindness to her classes, and hopes to impart nuggets of yogic wisdom along the way.

Coffee, Crocheting & More

Thursdays, June 6th, 13th & 27th, 10am-12pm

Join fellow members for a fun morning of coffee, crocheting, and more.

Survivor's Day Celebration Sunday, June 2nd, 2-4pm

OPEN TO THE PUBLIC: Celebrate National Survivor's Day with us! This event is open to all cancer survivors and their families. Bring your family for an afternoon of socializing, and sweet refreshments all in the celebration of healthy, active living!

Juicing Wednesdays, June 5th & 26th, 1-2pm

MEMBERS ONLY: Join us in the nutritional and flavorful discovery of juicing - with samples and recipes being provided!

Yoga with Cancer StrongHer Thursday, June 6th, 7-8pm

OPEN TO THE PUBLIC: Cancer StrongHER empowers female survivors of ALL cancers through a free and fun fitness and active lifestyle program. This yoga session is taught by Stephane Mamnatov, an ACSM Cancer Exercise Trainer, Prana Yoga Therapy for Cancer Patient Instructor, and iRest Yoga Nidra teacher, who has been working with cancer patients and survivors in Fort Worth since 2010. Please RSVP to 682-212-5400.

Recycled Art Friday, June 7th, 10am-12pm

MEMBERS ONLY: Join Tarrant County Clubhouse Program Manager, Stacey Birst-Yates in the exploration and creation of various works of art through the composition of recycled materials!

Movie Matinee: Green Book Friday, June 7th, 2:30-5pm

MEMBERS ONLY: Please join us in watching Green Book a 2018 American biographical comedy-drama film directed by Peter Farrelly. Set in 1962, the film is inspired by the true story of a tour of the Deep South by African American classical and jazz pianist Don Shirley (Mahershala Ali) and Italian American bouncer Frank "Tony Lip" Vallelonga (Viggo Mortensen) who served as Shirley's driver and bodyguard.

The Art of Vision Boards Friday, June 14th, 10am-12pm

MEMBERS ONLY: What's your vision? Join Program Manager Stacey Birst-Yates in the creation of uniquely personalized vision boards. Vision boards - a visualization tool which refers to a board of sorts used to build a collage of words and pictures that represent your goals and dreams.

Avocado Desserts Friday, June 14th, 1-3pm

MEMBERS ONLY: Avocados in a dessert! WHAT??? Come learn just how tasty desserts can be when Program Manager Stacey Birst-Yates teaches you how to substitute the unhealthy fats with healthy avocado fats. You will not leave disappointed! Samples and recipes provided!

Camp Noogie Monday-Friday June 17th-21st, 9am-12pm

MEMBERS ONLY: Summer is here and it's time for some summertime fun! Join us for a week filled with arts and crafts, science, games and special guests! Parents can leave your kids and go have some fun on your own! Snacks will be provided! RSVP to 682-212-5400.

Introduction into Journaling Wednesday, June 19th, 1pm-3pm

MEMBERS ONLY: Have you ever wanted to start journaling but just didn't know what to write about? Come join us as Sarah Bastien, Tarrant County Program Coordinator, teaches us how to get started! Journaling topics as well as the many health benefits to active journaling will also be shared.

Legacy Art Project Friday, June 21st, 1-3pm

METASTATIC MEMBERS ONLY: Please join us in discussion and planning around our upcoming metastatic Legacy Art Project(s). Life casting with Diana Gibson of Evercasting Moments and journaling work will be scheduled over the next several months.

Jewelry Making with Lois Monday, June 24th, 10:30am-12:30pm

MEMBERS ONLY: Learn how to make simple beaded earrings! Think about length, color scheme, and type of earrings you would like - traditional, casual, boho? A wide variety of lovely beads will be available to inspire!

Yoga Nidra Thursday, June 27th, 6:30-7:30pm

MEMBERS ONLY: Yoga Nidra is a state of deep relaxation. Regular practice of yoga relaxation has been found to reduce tension and anxiety. Please join Tarrant County Clubhouse member Penelope Brooks, RYT 200, as she guides us through a relaxing practice.

Images of Hope Friday, June 28th, 10am-12pm

MEMBERS ONLY: Program Manager Stacey Birst-Yates guides you to creatively and colorfully explore the theme of Hope within your daily lives. A variety of art materials will be available to promote and foster the creative exploration of hope filled imagery.

First Aid and CPR Overview Friday, June 28th, 1-3:30pm

MEMBERS ONLY: Please join us as certified life guard instructor and trainer Jeremy Ray prepares you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults and children.



If you are newly diagnosed or facing a new treatment decision, we can help. Open to Options is designed to help you identify important questions about your treatment options based upon your personal needs.

- Available at no cost to anyone in the community, this service will help you to:
- Communicate more clearly with your medical teams.
 - Ask critical questions about your options.
 - Work with your health care team to make treatment decisions that best fit your personal needs and goals.

Call us today if you have any questions or to schedule an Open to Options appointment please call (214) 345-8230.

MEMBER INFORMATION

Location Icons Be sure to note the color coding on the calendar indicating the clubhouse hosting each event.

Please Be Considerate If you are ill, we ask that you be considerate of fellow members whose immune systems may be compromised, and visit the clubhouse when you are feeling better. Thank you!

No Cologne, Perfume or Tobacco Due to member's strong reaction to smells during treatment, please do not wear cologne or perfume when at CSCNT. CSCNT is also a tobacco free environment.

RSVP For ALL Events Please remember to RSVP for all events by calling the clubhouse or emailing RSVP@CancerSupportTexas.org in advance. Activities without sufficient enrollment will be cancelled.

UPCOMING EVENTS

- The Conversation Project
- Healthy Sleep Solutions
- Summertime Health

RSVP

This is a reminder to RSVP 48 hours in advance to ALL program offerings.

You can RSVP by calling your local clubhouse or online by visiting CancerSupportTexas.org.

VISIT US ONLINE



CancerSupportTexas.org

Scan the QR Code with your smartphone



Non-profit
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U.S. Postage
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Permit No. 32

**CANCER SUPPORT
COMMUNITY**
NORTH TEXAS
PO Box 12688
Dallas, TX 75225

**JUNIOR LEAGUE
DALLAS**
EST. 1922
Calendar sponsored by
Junior League of Dallas, Inc.



JUNE 2019

Our mission...

Cancer Support Community North Texas' mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.

Who we are...

Cancer Support Community is an international non-profit dedicated to providing support, education and hope to people affected by cancer. Likely the largest employer of psychosocial oncology mental health professionals in the United States, Cancer Support Community North Texas, your local clubhouse, offers a menu of personalized services and education for ALL people affected by cancer.



**CANCER SUPPORT
COMMUNITY**

NORTH TEXAS



CANCER SURVIVOR'S DAY CELEBRATION!

SUNDAY, JUNE 2ND, 2-4PM

CANCER SUPPORT COMMUNITY NORTH TEXAS DALLAS CLUBHOUSE
8196 WALNUT HILL LANE, LL10, DALLAS TEXAS 75231

OPEN TO THE PUBLIC: CSCNT, in conjunction with Texas Health Presbyterian Hospital Dallas and Texas Oncology, is proud to present the annual Survive, Thrive and Celebrate event! In honor of National Cancer Survivor's Day. This event is open to all cancer survivors and their families and is free of charge. Bring your family for a day of mingling, refreshments and fun activities in celebration of life. Registration is required at LUNGevity.org/lunchlearncsc.



VOLUNTEER OF THE MONTH: MEET BROOKE!

As a member of the Junior League of Dallas, I have had the privilege of volunteering at the Cancer Support Community for my placement this past year. In researching options, it was important to me to pick a placement that was close to my heart. I lost my brother to Leukemia when he was 11 years old, I was 9. Learning that CSC offers support to not only those personally affected by cancer, but their entire families had me hooked. I hope my time at CSC is as uplifting to the members of the clubhouse, as it is for me. To read Brooke's full story, please visit our blog at CancerSupportTexas.org

To become a volunteer at Cancer Support Community, please email Info@CancerSupportTexas.org or visit CancerSupportTexas.org.

Dallas County Clubhouse
214-345-8230

Collin County Clubhouse
972-981-7020

Tarrant County Clubhouse
682-212-5400