



February 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

Saturday, February 9th, 10–11:30am | Thursday, February 14th, 3:30–5pm

Wednesday, February 20th, 3:30–5pm | Tuesday, February 26th, 11:30am–1pm

M	T	W	T	F	S
				1 Yoga with JaRita 9-10am 24 Form Tai Chi 10-11am Meditation 11:15am-12:15pm Games/Mahjong 1-3:30pm	2 Yoga y Cancer 10am-12 pm
4 Open Art 12-2pm Family & Friends 6-8pm Noogie Nights 6-8pm Wellness 6-8pm	5 Passing the Hat 10-11am Jewelry Making 12-2pm Yoga with Jennifer 5-6pm Living w/Loss Group 6-8pm	6 Qigong 10:45-11:45am Wellness Group 12-2pm	7 Chair Strength & Stretch 9:30-10:30am Strength & Stretch 10:30-11:30am Metastatic Group 6:30-8pm Vivindo Bien 5:30-6:45pm Zumba 7-8pm	8 Yoga with Micaiah 9-10am 24 Form Tai Chi 10-11am Meditation 11:15am-12:15pm	9 New Member Meeting 10-11:30am Super Saturday 10am-12pm
11 Open Art 12-2pm Swing with Me 5-6pm Amigos Unidos 6-8pm Family & Friends 6-8pm Noogie Nights 6-8pm Wellness 6-8pm	12 Writing For Healing 2:30-4:30pm Yoga with Jennifer 5-6pm Post Treatment 6-8pm	13 Sewing Social 12-2pm Wellness Group 12-2pm	14 Chair Strength & Stretch 9:30-10:30am Strength & Stretch 10:30-11:30am New Member Meeting 3:30-5pm Metastatic Group 6:30-8pm	15 Yoga with JaRita 9-10am 24 Form Tai Chi 10-11am Meditation 11:15am-12:15pm Games/Mahjong 1-3:30pm Portrait Workshop 2-4pm	16 Breast Cancer Networking Group 10am-12pm African American Symposium 10am-2pm
18 Open Art 12-2pm Family & Friends 6-8pm Noogie Nights 6-8pm Wellness 6-8pm	19 Yoga with Jennifer 5-6pm Living w/Loss Group 6-8pm	20 Qigong 10:45-11:45am Wellness Group 12-2pm New Member Meeting 3:30-5pm	21 Chair Strength & Stretch 9:30-10:30am Strength & Stretch 10:30-11:30am Metastatic Group 6:30-8pm Lunch and Learn 12-1:30pm Zumba 7-8pm	22 Yoga with Micaiah 9-10am 24 Form Tai Chi 10-11am Meditation 11:15am-12:15pm	23 Clubhouse Closed
25 Open Art 12-2pm Swing with Me 5-6pm Amigos Unidos 6-8pm Family & Friends 6-8pm Noogie Nights 6-8pm Wellness 6-8pm	26 New Member Meeting 11:30am-1pm Writing For Healing 2:30-4:30pm Yoga with Jennifer 5-6pm Post Treatment 6-8pm	27 Wellness Group 12-2pm	28 Chair Strength & Stretch 9:30-10:30am Strength & Stretch 10:30-11:30am Red Door Readers 12-1:30pm Metastatic Group 6:30-8pm	Notes:	

Monthly Activity Descriptions FOR MEMBERS ONLY

Passing the Hat: Group Class Tuesday, February 5th, 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 levels of knowledge are welcome! Find your favorite hat pattern and join us. Knitting materials provided. These hats are proudly given out at each CSC location.

Yoga with Micaiah Fridays, February 8th & 22nd, 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.

Writing for Healing Tuesdays, February 12th & 26th, 2:30 -4:30pm

CSCNT member Pam Holloway, MS, author, coach and breast cancer “thrivor” 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.

Jewelry Making Tuesday, February 5th, 12-2pm

Creative arts enthusiast, jewelry designer, and CSCNT member, Kathy Gropp, 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!

Sewing Social Wednesday, February 13th, 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, February 7th, 14th, 21st, & 28th, 9:30-10:30am

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

Mat Class Strength & Stretch with Ethel

Thursdays, February 7th, 14th, 21st, & 28th, 10:30-11:30am

Cancer Survivor, Ethel LaBranche, leads this Beginners Pilates Class to strengthen core muscles and increase flexibility. Wear comfortable clothes!

24 Form Tai Chi Fridays, February 1st, 8th, 15th & 22nd, 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, February 1st, 8th, 15th & 22nd, 11:15am-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.

Games/Mahjong Fridays, February 1st & 15th 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!

Yoga w/ Jennifer Tuesdays, February 5th, 12th, 19th & 26th 5-6pm

Yoga can lessen chronic pain, arthritis, headaches, and can lower blood pressure and reduce insomnia. Yogi, Jennifer Gallian facilitates this workshop. Wear comfortable clothes!

Red Door Readers Club Thursday, February 28th, 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 Miss Peregrine's Home for Peculiar Children.

Everybody Does Yoga with JaRita Fridays, February 1st & 15th, 9-10am

MEMBERS ONLY: 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.

Yoga y Cancer Saturday, February 2nd, 10am-12pm

Un creciente número de investigaciones sugieren que el yoga puede reducir el riesgo de cáncer. Un componente importante de la prevención y el manejo del cáncer consiste en seguir algunas modificaciones básicas en el estilo de vida. Claudia Carballal, profesora certificada de yoga (RYT 200, RYT 500), consejera certificada de Ayurveda y coach de vida de InnerWellbeing, proporcionará una introducción al yoga y sus beneficios. Al final de la presentación tendremos una demostración. Use ropa cómoda.

Open Art Workshop Mondays, February 4th, 11th, 18th & 25th, 12-2pm

MEMBERS ONLY: 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.

Qigong Wednesdays, February 6th & 20th, 10:45-11:45am

MEMBERS ONLY: 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.

Vivindo Bien Con La Diabetes Thursday, February 7th, 5:30-6:45 pm

MEMBERS ONLY: Me gustaría presentarles varios puntos básicos sobre la diabetes para combatir algunos de los mitos que existen sobre la diabetes. Hablaremos de las cosas que todas las personas con diabetes pueden hacer para mejorar y/o mantener el control sobre su diabetes. Y vamos a dar amplio tiempo para responder a sus preguntas sobre la diabetes.

Zumba Thursday, February 7th & 21st, 7–8pm

MEMBERS ONLY: 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. Items to bring to class: towel and water.

Super Saturday Saturday, February 9th, 10am–12pm

MEMBERS ONLY: Noogies, are you ready to put your thinking hats on as we work together to create a gift for Valentine's Day? Materials will be provided. RSVP by February 7th.

Swing with Me Mondays, February 11th & 25th, 5-6pm

MEMBERS ONLY: 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.

Portrait Workshop Wednesday, February 20th, 2–4pm

MEMBERS ONLY: Join Dallas-area artist Jane Cornish Smith in a fun portrait workshop! Participants will work from xerox selfies to outline and paint shapes to create one-of-a-kind works of art. All levels of experience welcome. All materials provided.

African American Symposium: Focusing on Health and Preventative Care Saturday, February 16th, 10am-2pm

OPEN TO THE PUBLIC: Please join Cancer Support Community North Texas for our annual African American Symposium! We will take a closer look at the impact of cancer on the African American community. The event will focus on health and preventative care with an “Ask the Expert” panel discussion addressing prostate cancer and gynecological health issues. Breast screenings will be provided by Texas Health Dallas Mobile Mammography Unit and Susan G. Komen on site. The symposium will be held at the African American Museum. Please register online, seating and screenings are limited.

Lunch and Learn: Palliative Care Thursday, February 21st, 12-1:30pm

OPEN TO THE PUBLIC: The terms Palliative Care and Hospice are often used interchangeably, but what do they really mean? Join Sarah Miles, RN, BSN, with VNA Hospice for a discussion on the treatment philosophies behind these options for care and the benefits of each program. Participants will also learn what services are provided, and how to connect to the right services for you.



February 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

Saturday, February 9th, 12-1:30pm | Monday, February 11th, 2:30-4pm
 Friday, February 22nd, 9:30-11am | Thursday, February 28th, 6:30-8pm

M	T	W	T	F	S
				1 Zumba 9-9:45am Daytime Yoga 10-11am	2 Clubhouse Closed
4 Birthday Bash 2-3:30pm Gentle Yoga 6-7pm Wellness Group 6-8pm Family & Friends Group 6-8pm Noogie Nights 6-8pm	5 24 Form Tai Chi 10-11am Metastatic Group 1-3pm	6 Valentine's Cardmaking 10am-12pm Chair Yoga 1-2pm Living with Loss Group 6-8pm	7 Color me Calm 3-4pm Brain Support 6-7:30pm Breast Cancer Net. Group 6:30-8pm	8 Zumba 9-9:45am Daytime Yoga 10-11am Write to Thrive 11:30am-1pm	9 Noogieland Super Saturday 10am-12pm New Member Meeting 12-1:30pm
11 New Member Meeting 2:30-4pm Wellness Group 6-8pm Family & Friends Group 6-8pm Noogie Nights 6-8pm	12 24 Form Tai Chi 10-11am Embracing Imperfections 2-3:30pm	13 Scrapbooking 10am-12pm Chair Yoga 1-2pm Post Treatment Group 1-3pm	14 Lunch of Love 12:30-2pm Color me Calm 3-4pm New Cancer Diagnosis 6-7:30pm	15 Zumba 9-9:45am Daytime Yoga 10-11am Red Door Readers 2-4pm	16 Clubhouse Closed
18 Gentle Yoga 6-7pm Wellness Group 6-8pm Family & Friends Group 6-8pm Noogie Nights 6-8pm	19 24 Form Tai Chi 10-11am Metastatic Group 1-3pm	20 Chair Yoga 1-2pm Art Workshop 2-3:30pm Living with Loss Group 6-8pm	21 Brain Aerobics 9:30-11am Color me Calm 3-4pm	22 Zumba 9-9:45am Daytime Yoga 10-11am New Member Meeting 9:30-11am	23 Clubhouse Closed
25 Gentle Yoga 6-7pm Wellness Group 6-8pm Family & Friends Group 6-8pm Noogie Nights 6-8pm	26 24 Form Tai Chi 10-11am Embracing Imperfections 2-3:30pm	27 Scrapbooking 10am-12pm Chair Yoga 1-2pm Post Treatment Group 1-3pm	28 Color me Calm 3-4pm Lymphedema 6-7:30pm New Member Meeting 6:30-8pm	Notes:	

Monthly Activity Descriptions

FOR MEMBERS ONLY

Gentle Yoga for the Soul Mondays February 4th, 18th, 25th, 6-7pm
 Yoga is an outstanding form of exercise and relaxation with many benefits. Caren Lock facilitates this workshop. Suitable for all levels.

24 Form Tai Chi Tuesdays, February 5th, 12th, 19th, 26th, 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!

Scrapbooking and General Crafting Wednesday, February 13th & 27th, 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, February 20th, 2-3:30pm
 Join Janet Dowell, Program Manager, as she facilitates this workshop to help 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.

Chair Yoga Wednesdays, February 6th, 13th, 20th, 27th, 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.

Color Me Calm Thursdays, February 7th, 14th, 21st, 28th, 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.

Daytime Yoga Fridays, February 1st, 8th, 15th, 22nd, 10-11am
 This gentle yoga class, facilitated by certified yoga teacher Teresa Gardner, offers relaxation while building flexibility and strength. Suitable for all levels.

Red Door Readers Club Friday, February 15th, 2-4pm
 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 The Road to Grace by Richard Paul Evans and pick up next month's book. Books will be provided.

Zumba Fridays, February 1st, 8th, 15th, & 22nd, 9-9:45am
 MEMBERS ONLY: 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.

February Birthday Bash Monday, February 4th, 2-3:30pm
 MEMBERS ONLY: Come and celebrate our February birthdays. Every birthday month can come and we'll have party food and party games. RSVP by Friday, February 1st at 2pm so we have enough!

Valentine's Card Making Wednesday, February 6th, 10am-12pm
 MEMBERS ONLY: Join Program Manager, Janet Dowell to have fun being creative with Valentine projects. Make something for your love, your child, your parent, your best friend, or even for yourself! As long as you have fun, that's all that matters. RSVP by Feb. 1st at 5pm so I can get supplies.

Brain Support Thursday, February 7th, 6-7:30pm
 OPEN TO THE PUBLIC: Join us as Beverly Chin Day and Dr. Elizabeth Naylor teach about the basics of nutrition, lifestyle practices and essential oils for brain support. We'll talk through the big picture diet and lifestyle practices and offer specific essential oil and nutritional supplement recommendations to help with mental alertness, memory, focus and emotional balance.

Write to Thrive Friday, February 8th 11:30am-1pm
 MEMBERS ONLY: Join Janet Dowell, Program Manager, for an interactive exercise in writing. Learn about how writing relieves pent up emotions which are connected with disease development and have some fun with word games.

Noogieland Super Saturday Saturday, February 9th, 10am-12pm
 MEMBERS ONLY: Noogies come together to make Valentine's cards/paintings for your parents. We will have snacks and fun projects for you all to make and take home. RSVP by Feb. 7th so I can get supplies.

Embracing our Imperfections Tuesdays, February 12th & 26th, 2-3:30pm
 MEMBERS ONLY: Using Brene Brown's book, The Gift of Imperfections, we will discuss embracing our imperfect selves and living a wholehearted life. On Feb. 12th we will discuss pages 63-75 and the 26th will be pages 77-91.

Lunch of Love Thursday, February 14th, 12:30-2pm
 MEMBERS ONLY: Join Janet Dowell, Program Manager, to celebrate love of all kinds! Love makes all the difference in our lives so let's spread some while we eat together. Please RSVP by Monday, February 11th at 5pm. Lunch will be provided.

New Cancer Diagnosis Class Thursday, February 14th, 6-7:30pm
 OPEN TO THE PUBLIC: A cancer diagnosis can be overwhelming. Not knowing if your treatment will include chemotherapy, radiation, surgery, or a combination adds to this feeling. Join us to begin to understand your cancer journey, general treatment information, possible treatment side effects, and what resources are available to assist you. Knowing what to expect empowers you to take charge of your cancer journey. RSVP AT: TexasHealth.org/Plano.

Brain Aerobics Thursday, February 21st, 9:30-11am
 MEMBERS ONLY: Join Janet Dowell, Program Manager, to fight chemo brain! Participate in both fun and educational activities to stimulate your brain.

Lymphedema: What can I do? Thursday, February 28th, 6-7:30pm
 OPEN TO THE PUBLIC: Steve Tajer, Product Specialist, will present an overview of the function of the lymphatic system, chronic swelling due to cancer and cancer treatment, discussing symptoms with your doctor, and treatment options available to breast cancer and head/neck cancer survivors. Often overlooked and dismissed, Lymphedema is an increasingly prevalent issue affecting cancer survivors. Join us for a discussion on what you can do to decrease risk and prevent progression.



February 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

Tuesday, February 5th, 6-7:30pm | Friday, February 15th, 3:30-5pm

Monday, February 18th, 9:30-11am | Tuesday, February 26th, 6-7:30pm

M	T	W	T	F	S
				1 Guided Imagery, Visualization & Painting 10am-12pm	2 Noogieland Super Saturday 10am-12pm
4 Red Door Readers 10am-12pm Open Art 12-2pm Qigong 1-2pm Metastatic Group 2-4pm	5 Stability Ball 12:15-1pm Zumba 1-1:45pm Wellness Group 2-4pm New Member Meeting 6-7:30pm	6 Family & Friends Group 10am-12pm Yoga w/ Jace 11am-12pm Meditation w/ Jace 12:15-12:45pm Crazy, Sexy Cancer 1:30-3:30pm	7 Crocheting & More 10am-12pm Metastatic Group 2-4pm Living with Loss Group 4-6pm Family & Friends Group 6-8pm	8 The Art of Bird Feeders 10am-12pm	9 Clubhouse Closed
11 Scrapbooking 10:30am-12:30pm Open Art 12-2pm Qigong 1-2pm Metastatic Group 2-4pm	12 Post Treatment Group 10am-12pm Stability Ball 12:15-1pm Zumba 1-1:45pm Wellness Group 2-4pm	13 Yoga w/ Jace 11am-12pm Meditation w/ Jace 12:15-12:45pm Communita 1-2pm	14 Crocheting & More 10am-12pm Managing Cancer Cost 12:30-2pm Metastatic Group 2-4pm	15 The Art of Kombucha 10am-12pm New Member Meeting 3:30-5pm	16 Clubhouse Closed
18 New Member Meeting 9:30-11am Open Art 12-2pm Qigong 1-2pm Metastatic Group 2-4pm	19 Stability Ball 12:15-1pm Zumba 1-1:45pm Wellness Group 2-4pm Introduction Into Chakras 6-7:30pm	20 Family & Friends Group 10am-12pm Yoga w/ Jace 11am-12pm Meditation w/ Jace 12:15-12:45pm Soups in a Jar 1-2:30	21 Crocheting & More 10am-12pm Metastatic Group 2-4pm Living with Loss Group 4-6pm Family & Friends Group 6-8pm	22 Art: Master's Series 10am-12pm	23 Clubhouse Closed
25 Scrapbooking 10:30am-12:30pm Open Art 12-2pm Qigong 1-2pm Metastatic Group 2-4pm	26 Post Treatment Group 10am-12pm Stability Ball 12:15-1pm Zumba 1-1:45pm Wellness Group 2-4pm New Member Meeting 6-7:30pm	27 Yoga w/ Jace 11am-12pm Meditation w/ Jace 12:15-12:45pm Communita 1-2pm	28 Crocheting & More 10am-12pm Metastatic Group 2-4pm	Notes:	

Monthly Activity Descriptions

FOR MEMBERS ONLY

Red Door Readers Club

Monday, February 4th, 10am-12pm

Read any good books lately? 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 *And Then There Were None* by Agatha Christie. Books provided.

Card Making & Scrapbooking

Mondays, February 11th & 25th, 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, February 4th, 11th, 18th & 25th, 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, February 5th, 12th, 19th, & 26th, 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!

Zumba with Eleanor

Tuesdays, February 5th, 12th, 19th, & 26th, 1-1:45pm

Ready to kick up your exercise routine to the next level? Join Zumba instructor Eleanor Nebe, long time Non-Hodgkin's Lymphoma survivor, in this upbeat, Latin dance inspired workout. This is a Zumba Basic class and will be at a lower intensity than the average class.

Yoga with Jace

Wednesdays, February 6th, 13th, 20th & 27th, 11am-12pm

Jace Maxwell, E-RYT 200, RYT 500, YACEP, is the owner and Managing Partner of the Roanoke location of Studio Samadhi and is a Reiki master and teacher. She has her 300 hour certification in Hatha Yoga. She is continually inspired by yoga's transformative power—both internally and externally and finds it to be 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 with Jace

Wednesdays, February 6th, 13th, 20th & 27th, 12:15-12:45pm

Jace Maxwell, E-RYT 200, RYT 500, YACEP, is the owner and Managing Partner of the Roanoke location of Studio Samadhi and is a Reiki master and teacher. She has her 300 hour certification in Hatha Yoga. She is continually inspired by yoga's transformative power—both internally and externally and finds it to be 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.

CommuniTea

Wednesdays, February 13th & 27th, 1-2pm

Following your yoga and meditation practice, or maybe your busy morning, please join us in enjoying a cup of warm tea.

Coffee, Crocheting & More

Thursdays, February 7th, 14th, 21st & 28th, 10am-12pm

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

Guided Imagery, Visualization and Painting Friday, February 1st 10am-12pm

MEMBERS ONLY: Join us in an explorative and imaginative guided imagery exercise to stimulate creativity for a spontaneous painting experience. Following a guided imagery exercise we will further explore our imaginations and creativity through painting.

Noogieland Super Saturday Saturday, February 2nd, 10am-12pm

MEMBERS ONLY: It's time for Noogieland fun with Valentine's crafting! Please join us as we celebrate and create heartfelt Valentine's projects!

Introductory Qigong Monday, February 4th, 11th, 18th & 25th, 1-2pm

MEMBERS ONLY: Qigong is a very ancient Chinese practice of cultivating your breath and energy. Soaring Crane Qigong is a modern form, developed by Grand Master Zhao, Jin Xiang in the late 1970s. In this 5 week class we will learn basic Qigong principles and practice the five-part Crane form which can be done standing or seated. Instructor Ron Smith, a student of Master Li Changduo and Madam Hu Yang, will lead us in this gently exploration of Qigong.

Crazy, Sexy, CANCER; A Documentary Wednesday, February 6th, 1:30-3pm

MEMBERS ONLY: Hip and humorous, intimate and empowering, this cutting-edge documentary shatters old stigmas with a force of spirit, redefining what it means to truly live—not just for those struggling with cancer, but for anyone who needs a personal revolution.

The Art of Bird Feeders! Friday, February 8th, 10am-12pm

MEMBERS ONLY: Join us in creating homemade bird feeders from an array of natural materials! Various shapes, sizes and textures will be explored as we create edible bird feeders!

Managing Cancer Cost with Insurance Thursday, February 14th, 12:30-2pm

OPEN TO THE PUBLIC: Financial distress with cancer treatment is a very real "side effect." Join us as our very own Cancer Resource Specialist Jackie Castillo, LMSW guides us through unraveling the complexities of insurance. Come and learn what resources might be available with your insurance.

The Art of Kombucha Friday, February 15th, 10am-12pm

MEMBERS ONLY: Please join us as we discover the ease in creating flavorful kombuchas while further exploring the numerous healing benefits of this magical elixir. Clubhouse member Claire Scherer and Tarrant County Program Manager, Stacey Birst-Yates, will guide members through kombucha making, kombucha recipes, and kombucha tasting!

Journey Through the Chakras-Our Energy Centers Tuesday, February 19th, 6-7:30pm

MEMBERS ONLY: Jace Maxwell, E-RYT 200, RYT 500, YACEP, Reiki Master, owner of Roanoke location Studio Samadhi, will take us on a journey through the chakras and the energetic workings of mind, body, and spirit. Understand the physical, mental, emotional, and spiritual significance of these energy centers and learn how to bring balance and ease into your life from the inside out.

Soups in a Jar Wednesday, February 20th, 1-2:30pm

MEMBERS ONLY: Join us as we create affordable, and delicious soup mixes in a jar! This delightful hand-made gift may just be perfect for you or your favorite friend or family member! Tarrant County Clubhouse Program Manager, Stacey Birst-Yates, will lead us in this fun and nutritious activity!

Art: Master's Series-Henry Moore Friday, February 22nd, 10am-12pm

MEMBERS ONLY: Please join us as we explore the art work of Henry Moore, an English artist, best known for his semi-abstract monumental bronze sculptures which are located around the world as public works of art.

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.



- At 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

- Spring Break Fun
- NEW! Breast Cancer Networking Group in Tarrant County

RSVP

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

You can RSVP by calling your local clubhouse or by emailing RSVP@CancerSupportTexas.org.

VISIT US ONLINE



CancerSupportTexas.org
 Scan the QR Code with your smartphone



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CANCER SUPPORT COMMUNITY
NORTH TEXAS

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PO Box 12688
 Dallas, TX 75225

FEBRUARY 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.

HAPPY
Valentine's Day

3	4	8	2	6	7	1
	8				9	
7	6		9			4
	8	1		2		3
	3					9
	7		9	4		1
8	2			4		5
		7			3	
4	1		3	8	9	6
						2

You asked for more puzzles, so here you go!
 What do you want to see on the cover of the next newsletter? Email Info@CancerSupportTexas.org!

1	2	3		
4				5
6				
7				
				8

ACROSS
 1 "Downton Abbey" ailer
 4 U.C.L.A. athlete
 6 Ruffles potato chip feature
 7 "You ___ to know better"
 8 Word with the longest entry in the O.E.D.

DOWN
 1 Car that's popular among progressives
 2 Barely move
 3 One of the senses
 4 Many a fraternity member, in modern slang
 5 Brooklyn baller

Dallas County Clubhouse
 214-345-8230

Collin County Clubhouse
 972-981-7020

Tarrant County Clubhouse
 682-212-5400