

October 2024



## Red Tie Gala features ‘Golden Age of Flight’ theme

We hope to see you at our annual Red Tie Gala on November 2 at the Frontiers of Flight Museum in Dallas. It will be a night of community and celebration!

Proceeds from the event benefit cancer patients and their families through donor-supported, free mental health and social programs. Serving 11 surrounding counties, 100% of funds raised stay in the North Texas community.

This year’s theme is the Golden Age of Flight, inspired by our amazing venue. Festive dress-up, red carpet experience, fine-dining stations, wine and spirits pull, and silent and live auctions combined with top-notch entertainment guarantee a wonderful evening.

Aubrey Craft Jr., who has prostate cancer, says, "Cancer Support Community North Texas has changed my life. I honestly might not be here right now because there was no joy. And all I saw was a dark whole that I was falling into. I didn't feel like anyone around me would understand or could understand what cancer does to a person, and the people here (at CSCNT) do. They help me find joy and a reason to live and a reason to go on."

Help North Texans like Aubrey by participating in the Red Tie Gala!

**Purchase tickets or sponsorships at**  
**[RedTieDallas.org](https://RedTieDallas.org)**

## October Event Highlights

**Noogiefest Family Fall Party**  
Dallas County Clubhouse  
Saturday, October 26, 2:30-3:30 pm

**Family Improv Show**  
Dallas County Clubhouse  
Saturday, October 26, 3:30-5:00 pm

**Fall Bingo!**  
Tarrant County Clubhouse  
Friday, October 25, 1:00 - 3:00 pm

### RSVP for ALL Events

Register through our website calendar, call the clubhouse or email [info@cancersupporttexas.org](mailto:info@cancersupporttexas.org) in advance.

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### Mission

CSCNT uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

### Vision

Everyone impacted by cancer receives the support they want and need throughout their experience.



We so appreciate our volunteers like Janet Moll!



We gathered in community together at our member dinner.

### A Warm Welcome

Cancer is overwhelming and disrupts lives. Community gives a sense of hopefulness. We are a relentless ally for anyone who is managing the realities of this disruptive disease. Through support groups, individual counseling, healthy lifestyle activities, social events, resources, and children's programs, you'll find the community to help you navigate your cancer experience.

Nothing takes the place of the power, inspiration, companionship, and connection that comes from community. We provide relevant and highly personalized support when and where it is needed most because **Community is Stronger than Cancer.**

### Give a Tribute Gift

Bob Bunnett gives to CSCNT in memory of his wife Borbala, who had pancreatic cancer.

"CSCNT will help people who need social and emotional support along their journeys — it's a critical service my kids and I will be proud knowing we helped make happen for cancer patients and their families," Bob says.

Tribute gifts are a meaningful way to honor someone special in your life. Whether you're celebrating a birthday, commemorating an anniversary, or remembering a loved one, a tribute gift is a heartfelt gesture for someone that also supports the work of CSCNT. After entering your donation amount, select the tribute type from the drop-down menu at [CancerSupportTexas.org/donate](https://CancerSupportTexas.org/donate)



# About the Calendar

Events on each calendar are color-coded as seen below. To view the full calendar of events and to register, please visit our website calendar online or by scanning the QR code on the calendar page using a mobile device.

Support & Networking Group

Healthy Lifestyle Class

Educational Presentation

Social Event

Clubhouse Tours & Volunteer Orientations

Noogieland Event (Children's Programming)

To join a support group, you must be added to the roster by a member of our team. Please reach out to your clubhouse via phone or email [info@cancersupporttexas.org](mailto:info@cancersupporttexas.org) for more information.

## 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 members' strong reactions to smells during treatment, please do not wear cologne or perfume when at CSCNT. CSCNT is also a tobacco free environment.

# How to Become a Member

Anyone who has been touched by cancer can join Cancer Support Community North Texas. That includes men, women, and children living with any type of cancer, as well as their family and friends. Cancer Support Community brings people together who are experiencing similar situations. Whether you're looking for an understanding ear, a chance to laugh, or an informational resource, this is the place to learn how to live with cancer, whatever the outcome. All programs and services are provided at no cost to participants.

1

## Get in Touch

Fill out our contact form online or give us a call at 214-345-8230 for more information. You are welcome to sign up for one of our scheduled clubhouse tours.



2

## Create Your Plan

After completing the new member paperwork, we will schedule you for an individual planning meeting with a licensed staff member. You'll learn more about our program and discuss how you would like to participate at the clubhouse. Once you have completed this process, you'll have the full benefit of membership and can attend all of our great offerings.

# October

8196 Walnut Hill Lane, LL10 | Dallas, TX 75231 | Phone: (214) 345-8230  
 Hours: Monday - Friday, 9:00-5:00 pm with select evenings and Saturdays



## Dallas County

Scan the QR code to learn more about our events and to register



| Monday                                                                                   | Tuesday                                                                                                                                              | Wednesday                                           | Thursday                                                                                                   | Friday                                                                                                                                                                                                                                                                                                                                                    | Saturday                                                                           |
|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
|         | 1<br>Living with Cancer Support Group 6:00-8:00 pm                                                                                                   | 2<br>Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm  | 3                                                                                                          | 4<br>24 Form Tai Chi with Jim 10:00-11:00 am<br>After Treatment Exercise: A Breast Cancer Survivor Program 11:00 am -12:00 pm                                                                                                                                                                                                                             | 5<br>Clubhouse Closed                                                              |
| 7<br>Living with Loss Support Group 6:00-8:00 pm                                         | 8<br>Volunteer Orientation 5:00-5:45 pm<br>Living with Cancer Support Group 6:00-8:00 pm<br>Life after Treatment Support Group 6:00-8:00 pm          | 9<br>Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm  | 10<br>Pilates: Chair* 10:00-10:30 am<br>Mat* 10:30-11:00 am<br>Teatime at the Red Door* 11:00 am -12:00 pm | 11<br>24 Form Tai Chi with Jim 10:00-11:00 am<br>After Treatment Exercise: A Breast Cancer Survivor Program 11:00 am -12:00 pm                                                                                                                                                                                                                            | 12<br>Clubhouse Closed                                                             |
| 14<br> | 15<br>Living with Cancer Support Group 6:00-8:00 pm                                                                                                  | 16<br>Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm | 17<br>Art Workshop: Cards and Gift Tags 1:00-3:00 pm                                                       | 18<br>24 Form Tai Chi with Jim 10:00-11:00 am<br>After Treatment Exercise: A Breast Cancer Survivor Program 11:00 am -12:00 pm                                                                                                                                                                                                                            | 19<br>Clubhouse Closed                                                             |
| 21<br>Living with Loss Support Group 6:00-8:00 pm                                        | 22<br>Apps & CSCNT App Launch Party 5:15-6:15 pm<br>Living with Cancer Support Group 6:15-8:00 pm<br>Life after Treatment Support Group 6:15-8:00 pm | 23<br>Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm | 24<br>Pilates: Chair* 10:00-10:30 am<br>Mat* 10:30-11:00 am                                                | 25<br>24 Form Tai Chi with Jim 10:00-11:00 am<br>After Treatment Exercise: A Breast Cancer Survivor Program 11:00 am -12:00 pm                                                                                                                                                                                                                            | 26<br>NoogieFest Fall Family Party 2:30-3:30 pm<br>Family Improv Show 3:30-5:00 pm |
| 28<br> | 29<br>Frankly Speaking About Cancer: Liver Cancer 12:30-1:30 pm<br>Living with Cancer Support Group 6:00-8:00 pm                                     | 30<br>Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm | 31<br>Treats not Tricks 3:30-4:30 pm                                                                       | <b>Special Thanks:</b> Tamara Luce, Ginger Benedict, Tincy Samuel, Jennifer Miller, Julia Anderson, Jim Williams, Jane Cornish Smith<br><br><b>Eventos con la marca de * indique su descripción se encuentra en español en el calendario del sitio web.</b><br><br><b>What's Coming Up:</b> Red Tie Gala - November 2, Friendsgiving Dinner - November 19 |                                                                                    |

# October

10840 Texas Health Trail, Suite 120 | Fort Worth, TX 76244 | Phone: (214) 345-8230  
 Limited operating hours. Please refer to the calendar.



## Tarrant County

Scan the QR code to learn more about our events and to register



| Monday                                                                                          | Tuesday | Wednesday                                                                                  | Thursday                                                                                                       | Friday                                                                                                                                                                                                  | Saturday                                                                                        |
|-------------------------------------------------------------------------------------------------|---------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
|                | 1       | 2<br>Life After Treatment Support Group<br>10:00-12:00 pm<br>Meditation<br>12:00- 12:30 pm | 3                                                                                                              | 4<br>Mindful Yoga<br>2:00- 3:00 pm                                                                                                                                                                      | 5<br>Clubhouse Closed                                                                           |
| 7<br>Meditation<br>1:30- 2:00 pm<br>Living with Advanced Cancer Support Group<br>2:00- 4:00 pm  | 8       | 9<br>Qigong & Tai Chi with Ron<br>10:30- 11:30 am                                          | 10<br>CCBD Open Support Group<br>11:00 am - 12:30 pm<br>(Held at CCBD's Magnolia location)<br>Clubhouse Closed | 11<br>Clubhouse Closed                                                                                                                                                                                  | 12<br>Breast Cancer Networking Group<br>10:00-11:30 am<br>StrongHer Yoga<br>11:45 am - 12:45 pm |
| 14<br>Living with Advanced Cancer Support Group<br>2:00- 4:00 pm                                | 15      | 16<br>Life After Treatment Support Group<br>10:00-12:00 pm                                 | 17                                                                                                             | 18                                                                                                                                                                                                      | 19<br>Clubhouse Closed                                                                          |
| 21<br>Living with Advanced Cancer Support Group<br>2:00- 4:00 pm                                | 22      | 23                                                                                         | 24                                                                                                             | 25<br>Crafting & Camaraderie<br>11:00 am - 12:30 pm<br>Fall Bingo!<br>1:00 - 3:00 pm                                                                                                                    | 26<br>Clubhouse Closed                                                                          |
| 28<br>Meditation<br>1:30- 2:00 pm<br>Living with Advanced Cancer Support Group<br>2:00- 4:00 pm | 29      | 30                                                                                         | 31                                                                                                             | <p><b>What's Coming Up:</b> Please review our online calendar for all of the latest in-person and virtual happenings.</p> <p><b>Special Thanks:</b> Ron Smith, Diane Morrow, and Stephanie Mamantov</p> |                                                                                                 |

# October

6300 W. Parker Rd., MOB 2, Suite 129A | Plano, TX 75093 | Phone: (214) 345-8230  
 Limited operating hours. Please refer to the calendar.



## Collin County

Scan the QR code to learn more about our events and to register



| Monday                                                                            | Tuesday                | Wednesday                                         | Thursday                                                                                                | Friday                                                                                                                                                                                                                     | Saturday               |
|-----------------------------------------------------------------------------------|------------------------|---------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
|  | 1<br>Clubhouse Closed  | 2<br>Clubhouse Closed                             | 3<br>Clubhouse Closed                                                                                   | 4<br>Clubhouse Closed                                                                                                                                                                                                      | 5<br>Clubhouse Closed  |
| 7<br>Living with Advanced Cancer Support Group<br>1:00-3:00 pm                    | 8<br>Clubhouse Closed  | 9<br>Clubhouse Closed                             | 10<br>24 Form Tai Chi 10:30-11:30 am<br>Sound Bath Meditation 12:00-1:15 pm<br>Game Time! 1:15-3:15 pm  | 11<br>Clubhouse Closed                                                                                                                                                                                                     | 12<br>Clubhouse Closed |
| 14<br>Living with Advanced Cancer Support Group<br>1:00-3:00 pm                   | 15<br>Clubhouse Closed | 16<br>Breast Cancer Networking Group 1:00-2:30 pm | 17<br>Clubhouse Closed                                                                                  | 18<br>Clubhouse Closed                                                                                                                                                                                                     | 19<br>Clubhouse Closed |
| 21<br>Living with Advanced Cancer Support Group<br>1:00-3:00 pm                   | 22<br>Clubhouse Closed | 23<br>Clubhouse Closed                            | 24<br>24 Form Tai Chi 10:30-11:30 am<br>Creating Peace of Mind 12:00-1:00 pm<br>Game Time! 1:00-3:00 pm | 25<br>Clubhouse Closed                                                                                                                                                                                                     | 26<br>Clubhouse Closed |
| 28<br>Living with Advanced Cancer Support Group<br>1:00-3:00 pm                   | 29<br>Clubhouse Closed | 30<br>Clubhouse Closed                            | 31<br>Clubhouse Closed                                                                                  | <p><b>What's Coming Up:</b> Please review our online calendar for all of the latest in-person and virtual happenings.</p> <p><b>Special Thanks:</b> Lynne Patterson, Jim Williams, Ronda Miles, and Melissa Berg-Baker</p> |                        |

# October

All events below will be hosted virtually on Zoom

Virtual

Scan the QR code to learn more about our events and to register



| Monday                                                                                                                                                                | Tuesday                                                                                                                                                                                               | Wednesday                                                                                                     | Thursday                                                                                                                              | Friday                                                                                                                                                                                                                                                                                                                                       | Saturday                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
|                                                                                      | <p>1<br/>Living with Advanced Cancer Support Group 2 2:00-4:00 pm<br/>Gentle Yoga for the Soul 6:00-7:00 pm</p>                                                                                       | <p>2<br/>Living with Cancer Support Group 6:00-8:00 pm</p>                                                    | <p>3<br/>Qigong with Emilly 1:00-2:00 pm<br/>Colorectal Cancer Networking Group 1:00-2:30 pm<br/>Grupo Amigos Unidos 6:00-8:00 pm</p> | <p>4</p>                                                                                                                                                                                                                                                  | <p>5<br/>Clubhouse Closed</p>                               |
| <p>7<br/>Living with Advanced Cancer Support Group 1 2:00-4:00 pm<br/>Living with Loss Support Group 6:00-8:00 pm</p>                                                 | <p>8<br/>Write to Heal 2:00-4:00 pm<br/>Living with Advanced Cancer Support Group 2 2:00-4:00 pm<br/>Gentle Yoga for the Soul 6:00-7:00 pm<br/>Family &amp; Friends Support Group 2 6:00-8:00 pm</p>  | <p>9<br/>Young Adult Support Group 12:00-1:00 pm<br/>Living with Cancer Support Group 6:00-8:00 pm</p>        | <p>10<br/>Qigong with Emilly 1:00-2:00 pm</p>                                                                                         | <p>11</p>                                                                                                                                                                                                                                                 | <p>12<br/>Clubhouse Closed</p>                              |
| <p>14<br/>Living with Advanced Cancer Support Group 1 2:00-4:00 pm<br/>Family &amp; Friends Support Group 1 6:00-8:00 pm</p>                                          | <p>15<br/>Living with Advanced Cancer Support Group 2 2:00-4:00 pm<br/>Gentle Yoga for the Soul 6:00-7:00 pm</p>                                                                                      | <p>16<br/>Living with Cancer Support Group 6:00-8:00 pm</p>                                                   | <p>17<br/>Qigong with Emilly 1:00-2:00 pm<br/>Clinical Trials Support Group 1:00-2:30 pm</p>                                          | <p>18</p>                                                                                                                                                                                                                                               | <p>19<br/>Breast Cancer Networking Group 10:00-11:30 am</p> |
| <p>21<br/>Living with Advanced Cancer Support Group 1 2:00-4:00 pm<br/>Living with Loss Support Group 6:00-8:00 pm<br/>Blood Cancer Networking Group 6:00-8:00 pm</p> | <p>22<br/>Write to Heal 2:00-4:00 pm<br/>Living with Advanced Cancer Support Group 2 2:00-4:00 pm<br/>Gentle Yoga for the Soul 6:00-7:00 pm<br/>Family &amp; Friends Support Group 2 6:00-8:00 pm</p> | <p>23<br/>Neuroendocrine Networking Group 12:00-1:30 pm<br/>Living with Cancer Support Group 6:00-8:00 pm</p> | <p>24<br/>Qigong with Emilly 1:00-2:00 pm</p>                                                                                         | <p>25</p>                                                                                                                                                                                                                                               | <p>26<br/>Clubhouse Closed</p>                              |
| <p>28<br/>Volunteer Orientation 12:00-1:00 pm<br/>Living with Advanced Cancer Support Group 1 2:00-4:00 pm<br/>Family &amp; Friends Support Group 1 6:00-8:00 pm</p>  | <p>29<br/>Frankly Speaking About Cancer: Liver Cancer 12:30-1:30 pm<br/>Living with Advanced Cancer Support Group 2 2:00-4:00 pm<br/>Gentle Yoga for the Soul 6:00-7:00 pm</p>                        | <p>30<br/>Living with Cancer Support Group 6:00-8:00 pm</p>                                                   | <p>31<br/>Qigong with Emilly 1:00-2:00 pm</p>                                                                                         | <p><b>What's Coming Up: Clinical Trials for Patients with Multiple Myeloma- November 6, Caring for the Caregiver - November 7</b><br/> <b>Special Thanks: Emily Atlas, Rajani Sinha, and The Writer's Garret</b><br/>           Eventos con la marca de * indique su descripción se encuentra en español en el calendario del sitio web.</p> |                                                             |