



October 2022

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. Cancer Support Community North Texas, your local clubhouse, offers a menu of personalized services and education for ALL people affected by cancer.



Breast Cancer Presentation by Dr. Gallaty

WEDNESDAY, October 19th | 12:00 - 1:00pm | VIRTUAL

OPEN TO THE PUBLIC: Join us as Arienne M. Gallaty, M.D., Breast Surgeon at the Center for Cancer and Blood Disorders gives a special presentation on breast cancer and breast cancer myths. Please register by Tuesday, October 18, 2022, by 5:00pm.

JEANICE JANES BREAST CANCER SURVIVORS' RETREAT

SATURDAY, OCTOBER 1ST | 8:30- 11:30am | IN-PERSON

Join us for education, support, and celebration of healthy survivorship! This retreat will include an panel of experts to answer any questions you may have, breakout sessions, and more. Make sure to register by Thursday, September 29th and if you have any questions reach out to 214-345-8986.

Location: Texas Health Dallas, Margot Perot Building- Fogelson Auditorium #1, 8200 Walnut Hill Ln, Dallas, TX 75231

Dallas County Clubhouse
214-345-8230

Collin County Clubhouse
972-981-7020

Tarrant County Clubhouse
682-212-5400



October DALLAS COUNTY CLUBHOUSE

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

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

New Member Meetings

Wednesday, October 5th, 1-2:30pm (In-Person) | Saturday, October 8th, 10-11:30am (In-Person)

Thursday, October 13th, 11-12:30pm (In-Person) | Monday, October 17th, 5:30-7pm (In-Person)

Friday, October 28th, 3-4:30pm (In-Person)

SPECIAL THANKS: Jim Williams, Alma Luna, Emily Atlas, The Writers Garret, Kathy Bennet, Ben Garcia, Stephanie Shea, Lucy Wallace, Alison Palumbo, Arianne M. Gallaty

M	T	W	T	F	S
<p>Events that are bolded will be held in-person at the Dallas County Clubhouse. Please RSVP on-line or by calling the Clubhouse at least 48 hours in advance of the programs you would like to attend, as attendance will be limited.</p> <p>Events in red are special events; please find more information in the event description below.</p>					<p>1</p> <p>Jeanice Janes Breast Cancer Survivors' Retreat</p> <p>8:30 am- 11:30 am</p>
<p>3</p> <p>Metastatic Group 2-4 pm</p> <p>Living with Loss Group 6-8pm</p>	<p>4</p> <p>Wellness Group 6-8pm</p>	<p>5</p> <p>New Member Meeting 1-2:30pm</p> <p>It's so puzzling! 2-4pm</p>	<p>6</p> <p>Qigong with Emily 1-2pm</p>	<p>7</p> <p>24 Form Tai Chi 10-11am</p>	<p>8</p> <p>Neuroendocrine Group 10-11:30 am</p> <p>New Member Meeting- 10:30- 11:30 am</p>
<p>Metastatic Group 2-4 pm</p> <p>Yoga w/Stephanie - NEW! 3:30-4:30pm</p> <p>Bereavement Workshop 6-7:30 pm</p> <p>Post Treatment Group 6-8 pm</p> <p>10</p>	<p>11</p> <p>Wellness Group 6-8pm</p> <p>Dream Catchers 2-4pm</p> <p>Volunteer Orientation 5-6pm</p>	<p>12</p> <p>Write to Heal (Virtual) 2-4pm</p> <p>It's so puzzling! 2-4pm</p>	<p>13</p> <p>Mindfulness Drop-in Group 10:15-11:15 am</p> <p>New Member Meeting 11am-12:30</p> <p>Qigong with Emily 1-2pm</p> <p>Amigos Unidos Grupo 1 y 2 Juntos con Cena 6-8 pm</p>	<p>14</p> <p>24 Form Tai Chi 10-11am</p>	<p>15</p> <p>Breast Cancer Networking Group 10-11:30am</p> <p>Let's Get Screened- 9:30-11:30 am</p>
<p>Metastatic Group 2-4pm</p> <p>Yoga w/Stephanie - NEW! 3:30-4:30pm</p> <p>New Member Meeting 5:30-7pm</p> <p>Living with Loss Group - 6-8pm</p> <p>17</p>	<p>18</p> <p>Wellness Group 6-8pm</p>	<p>19</p> <p>It's so puzzling! 2-4 pm</p> <p>Breast Cancer Diagnosis & Treatment among African American Women 5:30-6:30pm</p>	<p>20</p> <p>Crafts & Chats with Alma 12-2 pm</p> <p>Qigong with Emily 1-2pm</p> <p>Pink Not Gray Group 6-7:30pm</p> <p>Grupo Amigos Unidos 1 6-8pm</p>	<p>21</p> <p>24 Form Tai Chi 10-11am</p> <p>Presentación de Mitos sobre el Cáncer de Mama 12-1 pm</p>	<p>22</p> <p>NoogieFest: Trunk -or- Treat 1-3 pm</p>
<p>Metastatic Group 2-4pm</p> <p>Yoga w/ Stephanie 3:30-4:30pm</p> <p>Bereavement Workshop 6-7:30</p> <p>Post Treatment Group 6-8pm</p> <p>24</p>	<p>25</p> <p>Wellness Group 6-8pm</p>	<p>26</p> <p>Write to Heal (Virtual) 2-4pm</p> <p>It's so puzzling! 2-4pm</p> <p>Construcción del Altar del Día de los Muertos (Oct. 24-31)</p>	<p>27</p> <p>Mindfulness Drop-in Group 10:15-11:15am</p> <p>Qigong with Emily 1-2pm</p> <p>Grupo Amigos Unidos 2 6-8pm</p> <p>Construcción del Altar del Día de los Muertos (Oct. 24-31)</p>	<p>28</p> <p>24 Form Tai Chi 10-11am</p> <p>New Member Meeting- 3- 4:30 pm</p> <p>Construcción del Altar del Día de los Muertos (Oct. 24-31)</p>	<p>29</p> <p>Clubhouse Closed</p>
<p>31</p> <p>Yoga w/Stephanie 3:30-4:30pm</p>					

FOR MEMBERS ONLY

Metastatic Support Group

Virtual on Zoom, Mondays, October 3, 10, 17, & 24, 2022, 2:00-4:00pm

This group is open to any member of CSCNT with a metastatic cancer diagnosis.

Living with Loss Support Group

In-Person, Mondays, October 3, & 17, 2022, 6:00-8:00pm

Living with Loss is an ongoing support group for people whose loved one has died of cancer. This group focuses on topics related to living with loss and moving forward with life after loss.

Post Treatment Support Group

Virtual on zoom, Mondays, October 10 & 24, 2022, 6:00-8:00pm

This support group for survivors who are post-treatment, addresses the lingering physical and emotional impact of cancer and long-term side effects of treatment.

Wellness Support Group

In-Person, Tuesdays, October 4, 11, 18, & 24, 2022, 6:00-8:00pm

The Wellness Support Group is a support group for those in active cancer treatment. Join others in treatment to talk with people who understand what you're going through, learn from others further along in the cancer journey, and develop bonds that can sustain you.

Write to Heal

Virtual on Zoom, Wednesdays, October 12 & 26, 2022, 2:00-4:00pm

Write to Heal uses language as a means towards building a more vibrant, wholly healthful community. Studies confirm that expressive/creative writing can be used as a tool to help heal individuals suffering from physical and psychological trauma, as well as to proactively develop & enrich healthy and productive lives. Join us for a member led, creative writing group designed to spark your imagination and stir your creative spirit!

Mindfulness Drop-In Group

Virtual on Zoom, Thursdays, October 13 & 27, 2022, 10:15-11:15am

Join Ben Garcia, BSN, RN, Certified Life Coach and Oncology Nurse, for this drop-in mindfulness group. The participants will share their personal journeys with mindfulness, gain new mindfulness skills, and enjoy a guided meditation together. Participation in the 4-week program is encouraged before joining the drop-ins, but not required.

24 Form Tai Chi with Jim:

In Person, Fridays, October 7, 14, 21, & 28, 2022, 10:00-11:00am

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!

Qigong with Emily

Virtual on Zoom, Thursdays, October 6, 13, 20, & 27, 2022, 1:00-2:00pm

Qigong is an ancient Chinese healing art that involves breathing exercises, gentle movements, guided visualization, and mental focus. Please join Emily R. Atlas, Certified Qigong & 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.

Pink Not Gray Networking Group

Virtual on Zoom, Thursday, October 20, 2022, 6:00-7:30pm

Pink Not Gray is a network of young women with personal experience with breast cancer at any stage looking for meaningful conversations and support from others like them

Breast Cancer Networking Group

Virtual on Zoom, Saturday, October 15, 2022, 10:00-11:30am

Networking groups meet monthly to bring together members who have diagnosis specific interests. The focus of networking groups is narrower and more specialized than that of wellness groups. This networking group is open to members who have breast cancer.

Grupo Amigos Unidos

Virtual en zoom, Jueves, 20, 27 de octubre, 2022, 6:00-8:00pm

Grupo de apoyo para pacientes y sus familias. Support Group for Spanish-speaking patients and their families.

NEW! Gentle Yoga with Stephanie

In-Person, Mondays, October 10, 17, 24, & 31, 2022, 3:30-4:30pm

This is a gentle yoga class for students of all levels. The class will focus on alignment in the body and connecting each pose back to the breath. Gentle yoga is helping for releasing tension from the body and mind. Facilitated by Stephanie Shea.

Amigos Unidos Grupo 1 y 2 Juntos con Cena

Presencial, Jueves, 13 de octubre, 2022, 6:00-8:00pm

Los grupos Amigos Unidos 1 y 2 están invitados a una cena grupal. Proporcionamos la comida para el grupo cada dos meses. Durante los otros meses, los miembros del grupo pueden turnarse para traer comida para compartir. Comeremos y socializaremos durante la primera hora y tendremos un grupo regular durante la segunda hora. Debe confirmar su asistencia para participar.

Six Session Bereavement Workshop

Virtual, Mondays, 10/10, 10/24, 11/14, 11/28, 12/12, 6:00-7:30 pm

Facilitated by Angela Sims LPC and Jaime Powell MHP, this structured workshop will examine topics such as myths of grief, feelings of loss, clichés of grief, and healing through upcoming events and special occasions. Join others in this 6 session bereavement group to work through some of the issues that often arise after a loss. We request that members attend all six sessions, as the content will build upon the previous week. Free membership at CSCNT is required. Please contact jpowell@CancerSupportTexas.org for more information.

Crafts & Chats with Alma/ Manualidades y Charlas con Alma

In Person, Thursday, October 20, 2022, 12:00-2:00pm

Join us each month for crafts with CSC Member, Alma Luna. Come meet new friends and reconnect with old ones as we create beautiful decorations to brighten up your home! Únase a nosotros cada mes para hacer manualidades con el miembro de CSC, Alma Luna. ¡Venga a conocer nuevos amigos y reconéctase con los viejos mientras creamos hermosas decoraciones para alegrar su hogar!

Presentación de Mitos sobre el Cáncer de Mama

Presentación de Facebook, viernes 21 de octubre, 2022, 12:00-1:00pm

Únase a nosotros mientras Arianne M. Gallaty, MD, Cirujana de Mama Capacitada en el Center for Cancer and Blood Disorders, habla sobre los mitos del cáncer de mama. Descubre qué es Realidad y qué es Ficción.

Dreamcatchers!

In-Person, Tuesday, October 11, 2022, 2:00-4:00pm

The Obijiwe people, (an indigenous community in the Midwest), believed the Spider woman gave dream catchers to infants to protect them from having bad dreams. In this workshop, we will honor this tradition by weaving our own dream catchers and discussing helpful rituals to promote restful sleep.

Construcción del Altar del Día de los Muertos / Day of the Dead Altar Construction

Presencial, lunes 24 de octubre - lunes 31 de octubre/ In-Person, Mon. Oct. 24 – Mon., Oct. 31

Traiga decoraciones, recuerdos y fotos para honrar a sus seres queridos fallecidos para ayudarnos a crear un hermoso altar para el Día de Muertos, una tradición mexicana que se celebra el 1 y 2 de noviembre. / Please bring decorations, momentos, and photos to honor your departed loved ones and create a beautiful altar for the Day of the Dead.

OPEN TO PUBLIC

NoogieFest: Trunk-or-Treat

In-Person, Saturday, October 22, 2022, 1:00-3:00pm

Beep, beep, it's time for Trunk-or-Treat! Dallas and Collin County clubhouses unite for a spooktacular day as costumed kiddos explore trunks for tricks, treats, or something in-between! This event is open to the public, but please register online so we have an idea of how many spooky trick or treaters are to attend!

GET SCREENED NOW: Breast Cancer Screening Event

In-Person, Saturday, October 15, 2022, 9:30-11:30am

During the pandemic, 10 million people missed their cancer screenings - and most were for breast cancer! Let's change that! In honor of Breast Cancer Awareness Month, join Sisters, Pretty N' Pink and CSCNT as part of the #GetScreenedNow national movement and get your screening paperwork started (and a date on the calendar!), talk to a genetic counselor, enjoy some yoga and pink cupcakes. Bring a friend and register here to attend and pledge to Get Screened!

BREAST CANCER DIAGNOSIS & TREATMENT AMONG AFRICAN AMERICAN WOMEN

Virtual Presentation, Wednesday, October 19, 2022, 5:30-6:30pm

Lucy Wallace, MD, FACS, Co-Medical Director, Breast Cancer Research and Treatment Center and Alison Palumbo, MD, radiologist at American Radiology Associates, Dallas, will discuss the disparities in breast cancer diagnosis and treatment among African American women, and the challenges and consequences resulting from these circumstances.



October TARRANT COUNTY CLUBHOUSE

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

New Member Meetings

Friday, October 14th, 12-1:30pm (Zoom)| Monday, October 31st, 10-11:30am (In-Person)

SPECIAL THANKS: Arienne M. Gallaty, M.D. with the Center for Cancer and Blood Disorders, and Angela Lendzioszek

M	T	W	T	F	S
<p>Events that are bolded will be held in-person at the Tarrant County Clubhouse. Please RSVP online at least 48 hours in advance of the programs you would like to attend, as attendance will be limited.</p> <p>Events in red are special events; please find more information in the event description below.</p>					1 Clubhouse Closed
3 Qigong/Tai Chi with Ron 1-2pm Metastatic Group 2-4pm	4 Fall Watercolor Workshop by Angela Lendzioszek 10-11am	5 Post Treatment Group 2-4pm	6 Gentle Yoga with Mindful Meditation 2:30pm CommuniTea Time 3:30-4pm	7 Movie Matinee: The Adam Project 1-3pm	8 Breast Cancer Networking Group 10-11:30am
10 Qigong & Tai Chi w/ Ron 1-2pm Metastatic Group 2-4pm	11 Quarterly Birthday Celebration for Members 2-4pm Living with Loss Group 6-8pm	12 HER2+ Reduce My Recurrence Lunch & Learn by Mary Alexander, MSN, RN, CBCN 12-2pm	13 Family & Friends Group 10-12pm Gentle Yoga with Mindful Meditation 2:30 pm CommuniTea Time 3:30-4 pm	14 Coffee Talk 10-11am Crafting & Camaraderie 11:00am -12:30pm New Member Meeting 12pm-1:30pm	15 Noogieland Halloween Craft (Pre-Recorded) 10am
17 Qigong & Tai Chi w/ Ron 1-2pm Metastatic Group 2-4pm	18 Pumpkin Painting 1-3pm	19 Breast Cancer Presentation by Dr. Gallaty 12-1:00pm Post Treatment Group 2-4pm	20 Gentle Yoga with Mindful Meditation 2:30 pm CommuniTea Time 3:30-4 pm	21	22 NoogieFest! 2-4pm
24 Qigong & Tai Chi w/ Ron 1-2pm Metastatic Group 2-4pm	25 Living with Loss Group 6-8pm	26	27 Family & Friends Group 10-12pm Gentle Yoga with Mindful Meditation 2:30 pm CommuniTea Time 3:30-4 pm	28 Game Day 10am-12 pm	29 Clubhouse Closed
31 New Member Meeting 10am Qigong & Tai Chi w/ Ron 1-2 pm Metastatic Group 2-4 pm					

Monthly Activity Descriptions

FOR MEMBERS ONLY

Metastatic Support Group

In-Person, Mondays, October 3, 10, 17, 24 & 31, 2022, 2:00-4:00pm

This group is open to any member of Cancer Support Community North Texas with a metastatic cancer diagnosis.

Living with Loss Support Group

Virtual on Zoom, Tuesdays, October 11 & 25, 2022, 6:00-8:00pm

Living with Loss is an ongoing support group for people whose loved one has died of cancer. This group focuses on topics related to living with loss and moving forward with life after loss.

Post Treatment Support Group

In-Person, Wednesdays, October 5 & 19, 2022, 2:00-4:00pm

This support group for survivors who are post-treatment, addresses the lingering physical and emotional impact of cancer and long-term side effects of treatment.

Crafting & Camaraderie

In-Person, Friday, October 14, 2022, 11:00-12:30pm

Join fellow Tarrant County clubhouse members for an open crafting time. Bring any craft project that you have been working on for a social craft time. Please RSVP online 24 hours in advance as space is limited.

Family & Friends Support Group

In-Person, Thursdays, October 13 & 27, 2022, 10:00-12:00pm

Cancer impacts the entire family. The Family & Friends Support Group is open to any spouses, partners, parents, adult children, siblings or close friends of someone with cancer. These groups focus on reducing stress by sharing ideas on supporting a loved one, the importance of self-care, and enhancing community.

Breast Cancer Networking Group

In-Person, Saturday, October 8, 2022, 10:00-11:30am

Networking groups meet monthly to bring together members who have diagnosis specific interests. The focus of networking groups is narrower and more specialized than that of wellness groups. This networking group is open to members who have breast cancer.

Qigong & Tai Chi with Ron

In-Person, Mondays, October 3, 10, 17, 24, & 31, 2022, 1:00-2:00pm

Ron Smith, a student of Master Li Changduo and Madam Hu Yang, will guide us through this gentle exploration of Qigong and Tai Chi. If planning to attend in person, please register by Monday mornings at 10:00 AM so that we may plan for your in-person attendance. If attending in person, please plan to arrive a few minutes before the class begins to allow time for settling in before class.

Coffee Talk

In-Person, Friday, October 14, 2022, 10:00-11:00am

Join your CSC friends for this monthly social gathering. Once a month we will meet and chat over your favorite cup of java. All members are welcome, but you must RSVP by the Thursday prior to Coffee Talk, at 12pm.

CommuniTea Time

In-Person, Thursdays, October 6, 13, 20, 27, 2022, 3:30- 4:00 pm

On Thursdays "Spill the Tea" with us. We will have hot water and a variety of hot teas to choose from. On especially hot days we may also offer cold beverages to hydrate before heading into the heat. Please register online.

Pumpkin Painting

In-Person, Tuesday, October 18, 1:00-3:00pm

Join us at the Tarrant County Clubhouse for pumpkin painting fun! We'll provide pumpkins and decorating supplies and feel free to bring your own as well. Please register by Monday, October 17, 2022, at 5:00pm.

Game Day

In-Person, Friday, October 28, 2022, 10:00 -12:00pm

Join us at the Tarrant County Clubhouse for a fun-filled game day. We will offer plenty of board games, cards, dominos, bingo, and more! Please register by Thursday, October 27, 2022, at 5:00pm.

Fall Watercolor Workshop

In-Person, Tuesday October 4, 2022, 10:00-11:00am

Join us at the Tarrant Clubhouse as Angela Lendzioszek leads us in a Fall watercolor workshop. Please register by Friday, September 30, 2022, at 5:00pm.

Movie Matinee: The Adam Project

In-Person, Friday, October 7, 2022, 1:00- 3:00pm

Join us at the Tarrant County Clubhouse for a movie matinee to watch the inspirational movie, The Adam Project. Please register by Thursday, October 6, 2022, at 5:00pm.

Quarterly Birthday Celebration

In-Person, Tuesday, October 11, 2:00-4:00pm

Happy Birthday to you! Come celebrate the October through December birthdays of members at the Tarrant County Clubhouse! Please register by Friday, October 7, 2022, at 5:00pm.

OPEN TO THE PUBLIC

Breast Cancer Presentation by Dr. Gallaty

Virtual, Wednesday, October 19, 2022, 12:00-1:00pm

Join us as Arienne M. Gallaty, M.D., Breast Surgeon at the Center for Cancer and Blood Disorders gives a special presentation on breast cancer and breast cancer myths. Please register by Tuesday, October 18, 2022, by 5:00pm.

HER2+ Reduce My Recurrence Lunch & Learn

In-Person, Wednesday, October 12, 2022, 12:00-2:00pm

Registration by Monday, October 10, required. Join us for a Lunch & Learn with Mary Alexander, MSN, RN, CBCN, Clinical Nurse Educator, Field Based Trainer at Puma Biotechnology. Mary will discuss Understanding HER2+ Breast Cancer Recurrence, including characteristics of HER2+ breast cancer, ways to reduce the risk of recurrence, treatment planning, and helpful resources. Please register by Monday, October 10, 2022, at 5:00pm.

Noogieland: Halloween Craft

Pre-Recorded to Facebook, Saturday, October 15, 2022, 10:00am

A bookmark boo! Get ready for Halloween and join us in this brief, pre-recorded video as we learn how to make a spooktacular Halloween bookmark!

NoogieFest!

In-Person, Saturday, October 22, 2022, 2:00-4:00pm

It's time for our annual spooktacular Noogiefest celebration! Join us at our Tarrant County Clubhouse for trick-or-treating! Bring a friend, come dressed in costume, win prizes, & join the fun! Registration is encouraged.



October 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 | Select Saturdays

New Member Meetings

Thursday, October 6th, 3-4:30 pm (In-Person) | Wednesday, October 12th, 3-4:30pm (In-Person)

SPECIAL THANKS: Jim Williams, Rhonda Miles, Lynne Patterson, Rajani Sinha, and Melissa Berg-Baker

M	T	W	T	F	S
Events that are bolded will be held in-person at the Tarrant County Clubhouse. Please RSVP online at least 48 hours in advance of the programs you would like to attend, as attendance will be limited. Events in red are special events; please find more information in the event description below.					1
					Clubhouse Closed
3 Gentle Exercise 10-11am Day Living with Loss Group 2-4 pm	4 24 Form Tai Chi Meditation w/ Lynne Metastatic Group Gentle Yoga 10-11am 12-1pm 1-3pm 6-7pm	5 Post Treatment Group 1-3pm Wellness Group 6-8pm Evening Living with Loss Group 6-8pm	6 October Birthday Celebration 2-3 pm New Member Meeting 3-4:30 pm	7 Labyrinth Mindfulness Walk 10-11 am Open Art 11-1pm	8 Clubhouse Closed
10 Gentle Exercise 10-11am Family & Friends Group 6-8pm	11 24 Form Tai Chi Meditation w/ Lynne Metastatic Group Gentle Yoga 10-11am 12-1pm 1-3pm 6-7pm	12 New Member Meeting 3-4:30pm Wellness Group 6-8pm	13 Creating Peace of Mind 12-1pm Metastatic Networking Group 2-3:30pm	14 Labyrinth Mindfulness Walk 10-11 am Open Art 11-1pm	15 Clubhouse Closed
17 Gentle Exercise 10-11am Day Living with Loss Group 2-4 pm	18 24 Form Tai Chi Meditation w/ Lynne Metastatic Group Gentle Yoga 10-11am 12-1pm 1-3pm 6-7pm	19 Post Treatment Group 1-3pm Evening Living w/ Loss Group 6-8pm Wellness Group 6-8pm	20	21 Labyrinth Mindfulness Walk 10-11 am Open Art 11-1pm	22 NoogieFest: Trunk-or-Treat (Dallas Clubhouse) 1-3pm
24 Gentle Exercise 10-11am Family & Friends Group 6-8pm	25 24 Form Tai Chi Meditation w/ Lynne Metastatic Group Gentle Yoga 10-11am 12-1pm 1-3pm 6-7pm	26 Gardening Club 3-4pm Wellness Group 6-8pm	27 Creating Peace of Mind 12-1pm Cider and Gingerbread Gathering 1-2pm	28 Labyrinth Mindfulness Walk 10-11 am Open Art 11-1pm	29 Clubhouse Closed
31 Gentle Exercise 10-11am					

Monthly Activity Descriptions

FOR MEMBERS ONLY

Living with Loss Support Group

Day group, Virtual on Zoom, Mondays, October 3 & 17, 2022, 2:00-4:00pm

Evenings, In-Person, Wednesdays, October 5 & 19, 2022, 6:00-8:00pm

Living with Loss is an ongoing support group for people whose loved one has died of cancer. This group focuses on topics related to living with loss and moving forward with life after loss.

Family & Friends Support Group

Virtual on Zoom, Mondays, October 10 & 24, 2022, 6:00-8:00pm

The Family & Friends Support Group is open to any spouses, partners, parents, adult children, siblings, or close friends of someone with cancer. These groups focus on reducing stress by sharing ideas on supporting a loved one, the importance of self-care, and enhancing communication with loved ones.

Metastatic Support Group

In-Person, Tuesdays, October 4, 11, 18 & 25, 2022, 1:00-3:00pm

This group is open to any member of Cancer Support Community North Texas with a metastatic cancer diagnosis.

Post-Treatment Support Group

Virtual on Zoom, Wednesdays, October 5 & 19, 2022, 1:00-3:00pm

This support group for survivors who are post-treatment, addresses the lingering physical and emotional impact of cancer and long-term side effects of treatment.

Wellness Support Group

Virtual on Zoom, Wednesdays, October 5, 12, 19 & 26, 2022, 6:00-8:00pm

The Wellness Support Group is a support group for those in active cancer treatment. Join others in treatment to talk with people who understand what you're going through, learn from others further along in the cancer journey, and develop bonds that can sustain you.

Metastatic Networking Group

Virtual on Zoom, Thursday, October 13, 2022, 2:00-3:30pm

Networking groups meet monthly to bring together members who have diagnosis specific interests. The focus of networking groups is more specialized than that of wellness groups. This networking group is open to members who have metastatic cancer.

Creating Peace of Mind

Virtual on Zoom, Thursday, October 13, 2022, 12:00 -1:00pm

In-Person, Thursday, October 27, 2022, 12:00-1:00pm

Join mindfulness practitioner Melissa Berg-Baker of Notice More, Stress Less, where you will learn tools to help you stay in the present moment with kindness and create more peace of mind. These tools may help you respond more thoughtfully and intentionally.

Gardening Club

Virtual on Zoom, Wednesday, October 26, 2022, 3:00-4:00 pm

Calling all members! Join us for gardening club, a social event where we will discuss all things gardening. Share your visions for your autumn garden. Please register by the day prior at 5:00 pm.

24 Form Tai Chi

In-Person, Tuesdays, October 4, 11, 18 & 25, 2022, 10:00-11:00am

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

Gentle Yoga for the Soul

Virtual on Zoom, Tuesdays, October 4, 11, 18, & 25, 2022, 6:00-7:00pm

Yoga is an outstanding form of exercise and relaxation with many benefits. Rajani Sinha facilitates this workshop. Suitable for all levels. Wear comfortable clothes.

Labyrinth Mindfulness Walk

In-Person, Fridays, October 7, 14, 21, & 28, 2022, 10:00-11:00am

Not far from the Collin County Clubhouse, on the campus of the THP Plano campus, is a labyrinth. Labyrinths foster mindfulness, aiming to focus attention on the journey, step by step, rather than the destination.

Open Art

In-Person, Fridays, October 7, 14, 21, & 28, 2022, 11:00-1:00pm

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

October Birthday Bash

In-Person, Thursday, October 6, 2022, 2:00-3:00pm

Come and celebrate October birthdays with fellow CSCNT members. We will have cake and play party games. Please register online by 5pm on October 5, 2022.

Cider and Gingerbread Gathering

In-Person, Thursday, October 27, 2022, 1:00-2:00pm

Collin County Clubhouse has the cozy vibes for fall. Come by for cider and gingerbread! If you are interested in hygge delights and socialization, RSVP by 12 pm on October 25, 2022.

OPEN TO THE PUBLIC

Meditation with Lynne

Virtual on Facebook, Tuesdays, October 4, 11, 18, & 25, 2022, 12:00-1:00pm

Explore meditation practices with Lynne Patterson each week that will complement and deepen your existing practice or assist you in developing a new practice. We will utilize various breath, sound, and meditation techniques each week.

Gentle Exercise with David

Virtual on Facebook, Mondays, October 3, 10, 17, 24, & 31, 2022, 10:00-11:00am

Starting your day with gentle movements can yield big results. In this class, personal trainer, David Ashley, will teach you gentle movements that strengthen and stretch your entire body while getting your blood pumping.

Noogiefest: Trunk-or-Treat

In-Person at the Dallas Clubhouse, Saturday, October 22, 1:00-3:00pm

Beep, beep, it's time for trunk-or-treat! Dallas and Collin County clubhouses unite for a spooktacular day as costumed kiddos explore trunks for tricks, treats, or something in-between! This event is open to the public, but please register online so we have an idea of how many spooky trick or treaters are to attend!

October 2022



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 members' 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.

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**CANCER SUPPORT
COMMUNITY
NORTH TEXAS**

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**JUNIOR LEAGUE
OF
DALLAS**

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