



December 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.



Managing Holiday Stress Presentation

Thursday, December 1st | 12:00 - 1:00pm | VIRTUAL on Zoom

OPEN TO THE PUBLIC: Join us as we explore different techniques that may help you manage your stress this holiday season. This presentation is in partnership with Medical City Healthcare. To register please email Phillip.Foreman@HCAHealthcare.com by Wednesday, November 30, 2022, at 5:00pm

Living Grounded and Open-Hearted Presentation with Lunch

Wednesday, December 7 | 11:00 -12:30 pm | In-Person, Dallas Clubhouse

OPEN TO THE PUBLIC: Laura Sarna, For The Love of Healing, discusses how grounding ourselves and operating with an open heart lets us experience life from a stable and calm place. Together let's explore how it feels, some of the roadblocks that can rock us off course, and then how to return to our constant quiet center. Bring an open mind and curiosity to this experiential class. Then join us for a delicious light lunch. RSVP required by Friday, December 2.

Dallas County Clubhouse
214-345-8230

Collin County Clubhouse
972-981-7020

Tarrant County Clubhouse
682-212-5400



December 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

Thursday, December 8th, 11:00-12:30pm (In-Person) | Tuesday, December 13th, 3:00-4:30pm (In-Person)

SPECIAL THANKS: Jim Williams, Alma Luna, Emily Atlas, The Writers Garret, Kathy Bennet, Carmen Nordmeyer, Ben Garcia, Stephanie Shea, and Laura Sarna

M	T	W	T	F	S
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. Events in red are special events; please find more information in the event description below.			1 Qigong with Emily 1:00-2:00pm	2 24 Form Tai Chi 10:00-11:00am	3 Clubhouse Closed
5 Metastatic Group 2:00-4:00 pm Yoga w/Stephanie 3:30-4:30pm Living with Loss Group 6:00-8:00pm	6 Clay Gift Making 1:00-3:00pm Wellness Group 6:00-8:00pm	7 Living Grounded and Open-Hearted Presentation with Lunch 11:00-12:30pm It's so Puzzling! 2:00-4:00pm	8 Mindfulness Drop-in Group 10:15-11:15 am New Member Meeting 11:00-12:30pm Qigong with Emily 1:00-2:00pm Amigos Unidos Grupo 1 y 2 Juntos con Cena 6:00-8:00pm	9 24 Form Tai Chi 10:00-11:00am	10 Remembrance Celebration 10:30-12:30pm
12 Metastatic Group 2:00-4:00 pm Yoga w/Stephanie 3:30-4:30pm Bereavement Workshop 6:00-7:30pm Post Treatment Group 6:00-8:00pm	13 Write to Heal 2:00-4:00pm New Member Meeting 3:00-4:30pm Wellness Group 6:00-8:00pm	14 It's so Puzzling! 2:00-4:00pm	15 Crafts & Chats with Alma 12:00-2:00pm Qigong with Emily 1:00-2:00pm Holiday Party 5:30-8:00pm Pink Not Gray Networking Group 6:00-7:30pm	16 24 Form Tai Chi 10:00-11:00am	17 Breast Cancer Networking Group 10:00-11:30am
19 Clubhouse Closed	20 Clubhouse Closed	21 Clubhouse Closed	22 Clubhouse Closed	23 Clubhouse Closed	24 Clubhouse Closed
26 Clubhouse Closed	27 Clubhouse Closed	28 Clubhouse Closed	29 Clubhouse Closed	30 Clubhouse Closed	31 Clubhouse Closed

FOR MEMBERS ONLY

Metastatic Support Group

Virtual on Zoom, Mondays, December 5 & 12, 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, Monday, December 5, 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, Monday, December 12, 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, December 6 & 13, 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, Tuesday, December 13, 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, Thursday, December 8, 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, December 2, 9 & 16, 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, December 1, 8 & 15, 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, December 15, 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, December 17, 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.

Gentle Yoga with Stephanie

In-Person, Mondays, December 5 & 12, 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, 8 de diciembre, 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, Monday, December 12, 2022, 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, December 15, 2022, 12:00-2:00pm

Presencial, Jueves, 15 de diciembre, 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!

It's So Puzzling

In-Person, Wednesdays, December 7, 14, 2022, 2:00-4:00 pm

Doing a jigsaw puzzle is not only relaxing, but it also serves as a healthy brain activity. Benefits include improvement in cognition, visual spatial reasoning, concentration, short term memory and problem solving. Exercise your mind while enjoying a tasty snack and refreshing beverage.

Clay Gift Making Workshop

In-Person, Tuesday, December 6, 2022, 1:00-3:00 pm

Need a last-minute gift for a loved one? We are here to help! In this workshop you will explore air dry clay and create mementos to take home for yourself or your loved ones!

Remembrance Celebration

In-Person, Saturday, December 10, 2022, 10:30-12:30pm

Come enjoy a light brunch as we reflect and celebrate your departed loved ones through art and storytelling. Please register by 12:00 pm, Tuesday, December 6.

Holiday Party

In-Person, Thursday, December 15, 2022, 5:30-8:00pm

Let's get jolly! Celebrate the end of the year with friends for food, fun, and possibly a surprise visit from the man of holly and jolly himself! Dinner and drinks will be provided. Please register guests online by Friday December 9 to get an idea of how many to order food for, thank you!

OPEN TO PUBLIC

Living Grounded and Open-Hearted Presentation with Lunch

In-Person, Wednesday, December 7, 2022, 11:00 -12:30 pm

Laura Sarna from The Love of Healing, Dallas, discusses how living a more grounded life can let your experiences provide information for learning and growth. Letting go of the drama and the story lets us let go of what ungrounds us, untethers us from feeling safe, stable, and lets us remember that we are loved. Laura will show you how to quickly calm and quiet yourself to feel more connected in your body. Then join us for a light lunch. RSVP required by Friday, December 2.

What's Coming Up:

"Grow Your Finances in the New Year with Brian Lozak" (1/13)

"The Artist Way Book Club & Open Studio" (1/11, 1/25)

"Navigating Medicare series with Kristen Wingman" (1/25)



December 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, December 9th, 12:00-1:00pm (Closed Zoom)

Special thanks to Santa for bringing such joy to our holiday dinner and to member, Barbara Long for leading Christmas Bingo.

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, as attendance may be limited. Events in red are special events; please find more information in the event description below.			1 Managing Holiday Stress Presentation 12:00-1:00pm Gentle Yoga with Mindful Meditation 2:30-3:00pm CommuniTea Time 3:30-4:00pm	2 Family Movie: The Polar Express 5:30-7:30pm	3 Clubhouse Closed
5 Qigong/Tai Chi with Ron 1:00-2:00pm Metastatic Group 2:00-4:00pm	6 Winter Snow Globe Craft 1:00-3:00pm	7 Holiday Sugar Cooking Decorating 10:00-12:00pm Post Treatment Group 2:00-4:00pm	8 Family & Friends Group 10:00-12:00pm Gentle Yoga with Mindful Meditation 2:30-3:00pm CommuniTea Time 3:30-4:00pm	9 Coffee Talk 10:00-11:00am Crafting & Camaraderie 11:00am -12:30pm New Member Meeting 12:00-1:30pm Diamond Dots 2:00-4:00pm	10 Breast Cancer Networking Group 10:00- 11:30am Noogieland Super Saturday: Snow-Person Snow Globe Craft, Winter Cookie Making, & Holiday Movie 10:00-11:30am
12 Brown Bag Lunch 12:00-1:00pm Qigong & Tai Chi w/ Ron 1:00-2:00pm Metastatic Group 2:00-4:00pm	13	14 Coffee Cozy Craft 1:30-3:00pm Hot Chocolate Bar & Coffee Social 3:00-4:00pm Living with Loss Group 6:00-8:00pm	15 Holiday Dinner 5:00-7:00pm	16 Christmas Bingo 2:00-4:00pm	17 Clubhouse Closed
19 Clubhouse Closed	20 Clubhouse Closed	21 Clubhouse Closed	22 Clubhouse Closed	23 Clubhouse Closed	24 Clubhouse Closed
26 Clubhouse Closed	27 Clubhouse Closed	28 Clubhouse Closed	29 Clubhouse Closed	30 Clubhouse Closed	31 Clubhouse Closed

Monthly Activity Descriptions

FOR MEMBERS ONLY

Metastatic Support Group

In-Person, Mondays, December 5 & 12, 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

In-Person, Wednesday, December 14, 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, Wednesday, December 7, 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, December 9, 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, Thursday, December 8, 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, December 10, 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, December 5 & 12, 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, December 9, 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, December 1 & 8, 2022, 3:30- 4:00pm

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.

Winter Snow Globe Craft

In-Person, Tuesday, December 6, 2022, 1:00-3:00pm

Warm up to the Winter Snow Globe Craft! We will learn to make winter snow globes which you can enjoy at home, or to give as a gift! All supplies will be provided by CSCNT. Please register by Friday, December 2, 2022, at 5:00pm.

Diamond Dots

In-Person, Friday, December 9, 2022, 2:00-4:00pm

DIAMOND DOTZ® is a fun craft to create stunning, shimmery designs that are created with tiny "Diamond" like accents. Please register by Friday, December 8, at 5:00pm.

Noogie Super Saturday

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

Noogies! Join us as we learn how to make a snow-person snow globe craft, make Winter cookies, and watch a holiday movie. Please register by Friday, December 9, at 1:00pm.

Coffee Cozy Craft

In-Person, Wednesday, December 14, 2022, 1:30-3:00pm

Coffee Cozy Craft! Say that 3 times, fast! Join us as we learn to make Coffee Cozy Crafts to enjoy your favorite hot drink, or to give as a gift! Please register by Monday, December 12, at 5:00pm.

Holiday Dinner

In-Person, Thursday, December 15, 2022, 5:00-7:00pm

The holiday season is a special time to gather and reflect with the ones we care about. Join us for some holiday cheer, a catered dinner, and a visit from Santa!! Please register by Wednesday, December 7, 2022, at 5:00pm. We will be limiting the number of members who can register as we are still socially distancing in the clubhouse.

Family Movie: Polar Express

In-Person, Friday, December 2, 2022, 5:30-7:30pm

All aboard! Calling all Noogies, adults, and families to join in watching the movie classic, The Polar Express. We will provide movie themed treats to enjoy during the film. Please register by Wednesday, November 30, at 5:00pm.

Holiday Sugar Cookie Decorating

In-Person, Wednesday, December 7, 2022, 10:00-12:00pm

Life is too short to eat just one cookie! Join us as we decorate delicious holiday sugar cookies for you and yours! Please register by Monday, December 5, at 5:00pm.

OPEN TO THE PUBLIC

Managing Holiday Stress Presentation

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

Join us as we explore different techniques that may help you manage your stress this holiday season. This presentation is in partnership with Medical City Healthcare. To register please email Phillip.Foreman@HCAHealthcare.com by Wednesday, November 30, 2022, at 5:00pm.

Brown Bag Lunch

In-Person, Monday, December 12, 2022, 12:00-1:00pm

Bring your lunch and enjoy the company! Join us as we lunch together in the clubhouse and make new friends. Please register by Friday, December 9, at 5:00pm.

Hot Chocolate Bar & Coffee Social

In-Person, Tuesday, December 14, 2022, 3:00-4:00pm

It's a hot chocolate kind of day! Join us as we warm up and socialize with a hot chocolate bar and coffee! Please register by Monday, December 5, at 5:00pm.

Christmas Bingo

In-Person, Friday, December 16, 2022, 2:00-4:00pm

Join us as member, Barbara Long leads us in a fun afternoon of Christmas Bingo! Please register by Wednesday, December 14, at 5:00pm.

What's Coming Up:

Happy 2023! Vision Board, Microblading for Hair Loss Workshop, Qigong Workshop with Ron, Therapy Dog Visit



December 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, December 1st, 3:00-4:30 pm (In-Person) | Wednesday, December 14th, 3:00-4:30pm (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 Collin 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 December Birthday Celebration 2:00-3:00pm New Member Meeting 3:00-4:30 pm	2 Open Art 11:00-1:00pm Eat This, Not That 3:00-4:00pm	3 Breast Cancer Networking Group 10:00-11:30am Frosting & Family 10:00-11:30am
5 Gentle Exercise 10:00-11:00am Day Living with Loss Group 2:00-4:00pm	6 24 Form Tai Chi 10:00-11:00am Meditation w/ Lynne 12:00-1:00pm Metastatic Group 1:00-3:00pm Gentle Yoga 6:00-7:00pm	7 Post Treatment Group 1:00-3:00pm Wellness Group 6:00-8:00pm Evening Living with Loss Group 6:00-8:00pm	8 Creating Peace of Mind 12:00-1:00pm	9 Game Time 2:00-4:00pm	10 Neuroendocrine Group 10:00-11:30am
12 Gentle Exercise 10:00-11:00am Family & Friends Group 6:00-8:00pm	13 24 Form Tai Chi 10:00-11:00am Meditation w/ Lynne 12:00-1:00pm Metastatic Group 1:00-3:00pm Gentle Yoga 6:00-7:00pm	14 New Member Meeting 3:00-4:30pm Wellness Group 6:00-8:00pm	15 Hot Chocolate Bombs & Holiday Mug Exchange 5:00-7:00pm	16 Open Art 11:00-1:00pm	17 Clubhouse Closed
19 Clubhouse Closed	20 Clubhouse Closed	21 Clubhouse Closed	22 Clubhouse Closed	23 Clubhouse Closed	24 Clubhouse Closed
26 Clubhouse Closed	27 Clubhouse Closed	28 Clubhouse Closed	29 Clubhouse Closed	30 Clubhouse Closed	31 Clubhouse Closed

Monthly Activity Descriptions

FOR MEMBERS ONLY

Living with Loss Support Group

Day group, Virtual on Zoom, Monday, December 5, 2022, 2:00-4:00pm

Evenings, In-Person, Wednesday, December 7, 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, Monday, December 12, 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, December 6 & 13, 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, Wednesday, December 7, 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, December 7 & 14, 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.

Creating Peace of Mind

Virtual on Zoom, Thursday, December 8, 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.

24 Form Tai Chi

In-Person, Tuesdays, December 6, & 13, 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.

Breast Cancer Networking Group

In-Person, Saturday, December 3, 2022, 10:00-11:30am

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 breast cancer.

Neuroendocrine Group

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

This monthly networking group brings together members who have Neuroendocrine specific interests. This group rotates between the three Cancer Support Community North Texas Clubhouses. The December meeting is at the Collin County clubhouse.

Gentle Yoga for the Soul

Virtual on Zoom, Tuesdays, December 6 & 13, 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.

Open Art

In-Person, Fridays, December 2 & 16, 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 your own! We have all the supplies you need, just bring your creativity.

Game Time

In-Person, Friday, December 9, 2022, 2:00-4:00pm

Come to the Plano Clubhouse for cards, dominoes, and other games with fellow members.

December Birthday Bash

In-Person, Thursday, December 1, 2022, 2:00-3:00pm

Come and celebrate December birthdays with fellow CSCNT members. We will have cake and play party games. Please register online by 5pm on November 29, 2022.

Hot Chocolate Bombs & Holiday Mug Exchange

In-Person, Thursday, December 15, 2022, 5:00-7:00pm

Bring a mug, take a mug at the Plano Clubhouse! Also, stay for a sweet surprise: hot chocolate bombs. All ages welcome for this Holiday celebration. Hot chocolate bomb recipe cards will be available. Stay for the two-hour social event! RSVP by 5:00 pm, December 13.

Frosting and Family: Cookie Decorating at the Clubhouse!

In-Person, Saturday, December 3, 2022, 10:00-11:30am

Cancer Support Community members and their families are invited to join staff at the Plano clubhouse for a morning of hot chocolate, holiday music, and cookie decorating! We will have colorful frostings and sprinkles to choose from. Please register online by December 1.

OPEN TO THE PUBLIC

Meditation with Lynne

Virtual on Facebook, Tuesdays, December 6 & 13, 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, December 5 & 12, 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.

Eat This, Not That

In-Person, Friday, December 2, 2022, 3:00-4:00pm

Figuring out what to eat and what not to eat amid a cancer diagnosis and treatment can be consuming and overwhelming. Angela Lemond, RDN, LD & Counseling Intern presents the facts about food and how you can make informed decisions about your diet after a cancer diagnosis. RSVP by 5:00pm on November 29.

What's Coming Up:

Let's make Brazilian cheese bread!

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.



AmazonSmile is a website operated by Amazon with the same products & prices as Amazon.com. When you shop

on AmazonSmile, they donate 0.5% of the purchase price of eligible products to the charitable organization of your choice. Make Cancer Support Community North Texas your charity of choice this holiday season!

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CancerSupportTexas.org

Scan the QR Code with your smartphone



PO Box 12688
Dallas, TX 75225



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