



September 2023

Our mission...

Cancer Support Community North Texas uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

Who we are...

Cancer Support Community North Texas, your local clubhouses, offer a menu of personalized services and education for ALL people impacted by cancer. We are a part of an international non-profit network dedicated to providing support, education, and hope.



Celebración de la Sobrevivencia

Presencial, sábado, 16 de septiembre, 9:30-1:00pm

Cancer Support Community North Texas, Texas Health Presbyterian Hospital Dallas, y Texas Oncology se complacen en presentar la "Celebración de la Sobrevivencia" en honor al Mes de la Herencia Hispana. La Celebración de la Sobrevivencia está abierto a todos los sobrevivientes hispanos de cáncer y sus familias y es GRATIS. ¡Trae a tu familia y únete a nosotros para una tarde de diversión, socialización y comida deliciosa! Ponte tu mejor vestimenta, camiseta, sombrero, gorra o lo que represente tu país y trae una guarnición o postre de tu región. Registro preferido; bienvenida sin cita previa.

The Celebración de la Sobrevivencia is open to all Hispanic cancer survivors and their families and is FREE. Bring your family and join us for an afternoon of fun, socializing, and delicious food! Put on your best clothing, t-shirt, hat, cap, or whatever represents your country and bring a side dish or dessert from your region.



Texas Trivia!

A torrential 1899 rainstorm caused the worst flooding ever recorded along what river, which is sometimes used as the border between East and West Texas? (Answer on the Virtual Calendar Description page.)

Dallas County Clubhouse 214-345-8230

Collin County Clubhouse 972-981-7020

Tarrant County Clubhouse 682-212-5400

Info@CancerSupportTexas.org

www.cancersupporttexas.org



CSCNT Updates

We Have Programs for Everyone

If you are impacted by cancer, we have a program for you. We know that everyone's cancer experience is unique and the support you need will be too. Whether you have a diagnosis yourself or are supporting someone with a diagnosis, there are plenty of program activities for you. Support and networking groups, individual counseling, healthy lifestyle activities, social connections, information and education, resources, as well as support for children, teens, and families.

In September we are celebrating Hispanic Survivorship as part of Hispanic Heritage Month with a big celebration at our Dallas Clubhouse on September 16th. In Tarrant County some fun will be had at our Noogies & Families Movie Night on September 22, and in Collin County we hope you will join us as we bake pumpkin muffins in anticipation of Fall, also on September 22.

If you are interested in learning more about joining a support group or receiving short-term individual counseling, please reach out. Our Red Doors are Open, and we look forward to supporting you wherever you are on your cancer journey.

Mark Your Calendars for NoogieFest!

Join staff at your closest Cancer Support Community North Texas clubhouse for our annual NoogieFests! Noogies and their families are encouraged to wear a costume for the occasion and come ready to enjoy candy, crafts, and more. Registration is encouraged.

Collin County

- Noogiefest: October 14, 10:00-12:00PM

Tarrant County

- Noogiefest: October 27, 6:00-8:00PM

Dallas County

- Noogiefest: October 21, 10:00-12:00PM



Dallas County Clubhouse 214-345-8230

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Happenings Behind the Red Door

Early Giving for North Texas Giving Day begins on September 1, and runs through September 21 (NTGD). Scan the QR code to make your donation!



T-shirt Fundraiser! Scan the QR code to support us as we support our community, all while raising awareness for the needs associated with cancer care.



We are looking for sponsors for our 3rd Annual Red Tie Gala. Please share this packet (via the QR code below) with any potential donors, and, if you feel led to make a contribution and don't know where to start, email us at info@cancersupporttexas.org.



Highlighted Volunteer Opportunities for September

Collin Clubhouse

- Noogie Super Saturday, September 9, 11:30-12:30pm. 1 volunteer needed.

Dallas Clubhouse

- Celebración de la Sobrevivencia, September 16, 9:30-1:00pm.
 - 3 volunteers needed for set up.
 - 3 volunteers during the event.
 - 3 volunteers for tear down.
- Art Workshop, September 21, 1:00-3:00pm. 1 volunteer needed.
- Noogie Super Saturday, September 30, 10:00-11:30am. 2 volunteers needed.
- Chili Cook Off, September 30, 11:30-1:00pm. 2 volunteers needed.

Tarrant Clubhouse

- Noogies and Families - Dinner & a Movie Night, September 22, 5:00 – 7:00pm.
 - 2 volunteers needed.
- New Member Social Hour, September 29, 4:00-5:00pm. 1 volunteer needed.

Sign up here



If you are interested in learning more about volunteering, or volunteering at a different time, contact Taylor Strong at tstrong@cancersupporttexas.org

Dallas County Clubhouse 214-345-8230

Collin County Clubhouse 972-981-7020

Tarrant County Clubhouse 682-212-5400

Info@CancerSupportTexas.org
www.cancersupporttexas.org



September DALLAS COUNTY CLUBHOUSE

8196 Walnut Hill Lane, LL10 | Dallas, TX 75231 | Phone: (214) 345-8230

Monday - Friday: 9:00-5:00pm with select evenings and Saturdays

Clubhouse Tours/Tours en la Casa Club

Miércoles 6 de septiembre, 12:00-1:00pm (en persona) | Wednesday, September 20, 1:00-2:00pm (In-Person)

SPECIAL THANKS: Doctor Khoan Vu, Emily Atlas, Jim Williams, Lesley Snelson, Ben Garcia, Kristen Wingfield, Stephanie Shea, Jenn Miller, Jane Cornish Smith, Isabella Ferrari, Holly Sullivan, Texas A&M Med School Students and The Writers Garret.

M	T	W	T	F	S
<p>Events that are bolded will be held in-person at the Dallas County Clubhouse. Please RSVP online 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>24 Form Tai Chi 10:00- 11:00am</p> <p>Clubhouse closes at 1:00pm</p>	<p>2</p> <p>Clubhouse Closed</p>
<p>4</p> <p>Clubhouse Closed for Labor Day</p>	<p>5</p> <p>Wellness Group 6:00-8:00pm</p> <p>Family & Friends Group 6:00-8:00pm</p>	<p>6</p> <p>Visita a la casa club 12:00-1:00pm</p>	<p>7</p> <p>Grupo Amigos Unidos Zoom: Presentación – La Nutrición y el Cáncer 6:00 - 8:00pm</p>	<p>8</p> <p>24 Form Tai Chi 10:00- 11:00am</p> <p>Bingo Night!* 6:00-7:00pm</p> <p>Sound Bath Meditation with Stephanie* 7:30-8:15pm</p>	<p>9</p> <p>Clubhouse Closed</p>
<p>11</p> <p>Chair Pilates* 1:00-1:30pm</p> <p>Mat Pilates* 1:30-2:00pm</p> <p>Living with Loss Group 6:00-8:00pm</p>	<p>12</p> <p>Yin Yoga* 3:00-4:00pm</p> <p>Wellness Group 6:00-8:00pm</p> <p>Post Treatment Group 6:00-8:00pm</p> <p>NoogieVille - The Eras Tour 6:00-8:00pm</p>	<p>13</p> <p>Gentle Yoga with Jenn* 3:00-4:00pm</p> <p>Blood Cancer Presentation 4:00-5:00pm</p>	<p>14</p> <p>Teatime at the Red Door* 11:00-12:00pm</p>	<p>15</p> <p>24 Form Tai Chi 10:00- 11:00am</p>	<p>16</p> <p>Celebración de la Sobrevivencia 9:30-1:00pm</p>
<p>18</p> <p>Chair Pilates* 1:00-1:30pm</p> <p>Mat Pilates* 1:30-2:00pm</p>	<p>19</p> <p>Yin Yoga* 3:00-4:00pm</p> <p>Wellness Group 6:00-8:00pm</p> <p>Family & Friends Group 6:00-8:00pm</p>	<p>20</p> <p>Clubhouse Tour 1:00-2:00pm</p> <p>Gentle Yoga with Jenn* 3:00-4:00pm</p>	<p>21</p> <p>Art Workshop- Clay Mini Pumpkins 1:00-3:00pm</p>	<p>22</p> <p>24 Form Tai Chi 10:00- 11:00am</p>	<p>23</p> <p>Clubhouse Closed</p>
<p>25</p> <p>Chair Pilates* 1:00-1:30pm</p> <p>Mat Pilates* 1:30-2:00pm</p> <p>Living with Loss Group 6:00-8:00pm</p>	<p>26</p> <p>Yin Yoga* 3:00-4:00pm</p> <p>Wellness Group 6:00-8:00pm</p> <p>Post Treatment Group 6:00-8:00pm</p> <p>NoogieVille - Slime-a-Palooza 6:00-8:00pm</p>	<p>27</p>	<p>28</p> <p>New Member Social Hour* 4:00 - 5:00pm</p>	<p>29</p> <p>24 Form Tai Chi 10:00- 11:00am</p>	<p>30</p> <p>Noogie Super Saturday 10:00-11:30am</p> <p>Chili Cook-off!* 11:30-1:00pm</p>

FOR MEMBERS ONLY

Living with Loss Support Group

In-Person, Mondays, September 11 & 25, 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 afterloss.

Post TreatmentSupport Group

In-Person, Tuesdays, September 12 & 26, 6:00-8:00pm

Post Treatment Support Group is for survivors who are post-treatment and addresses the lingering physical and emotional impact of cancer and long-term side effects of treatment.

Family & Friends Support Group

In-Person, Tuesdays, September 5 & 19, 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.

Wellness Support Group

In-Person, Tuesdays, September 5, 12, 19, & 26, 6:00-8:00pm

The Wellness Support Group is a support group for members in active cancer treatment.

Grupo Amigos Unidos Zoom: Presentación – La Nutrición y el Cáncer

Virtual en Zoom, jueves, 7 de septiembre, 6:00-8:00pm

Unase a Isabella Ferrari, especialista certificada por la junta en nutrición oncológica con Doherty Nutrition para una presentación sobre la nutrición y el cáncer. Hablaremos de como la nutrición puede hacer el camino del tratamiento del cáncer y después del cáncer mucho más llevadero. También discutiremos como la nutrición puede reducir el riesgo de recurrencia del cáncer.

24 FormTai Chi with Jim:

In-Person, Fridays, September 1, 8, 15, 22, & 29, 11:00-12:00pm

Tai chi helps cancer survivors with fatigue, immune system function, stress reduction, balance, concentration, and overall quality of life. Wear comfortable clothes! Please register by 5pm the Thursday before.

Yin Yoga*

In-Person, Tuesdays, September 12, 19, & 26, 3:00-4:00pm

Join Holly Sullivan for CSCNT Dallas' first Yin yoga class. Yin yoga works the deeper tissues of the ligaments, joints, deep fascial networks and even our bones. Yin yoga is primarily the belly button to the knees. During Yin yoga you will be holding the pose for a set time with props (blocks, bolsters, blankets) to assist you to go deeper into the pose to strengthen the tissues while adding breath to deepen the pose.

Gentle Yoga with Jenn*

In-Person, Wednesdays, September 13 & 20, 3:00-4:00pm

Jenn Miller, LMT, RYT, Reiki Master, is the Founder of Warrior Heart Wisdom, a holistic healing practice based in Dallas. Join Jenn for an hour of gentle yoga. Yoga mats available. Please register by 5:00pm the Monday before.

Chair Pilates*

In-Person, Mondays, September 11, 18, & 25, 1:00-1:30pm

Join CSCNT member Lesley Snelson, Senior Pilates Trainer, for a shortened and modified form of Pilates that uses a chair not a mat. Please register by 5:00pm the Friday before.

Mat Pilates*

In-Person, Mondays, September 11, 18, & 25, 1:30-2:00pm

Join CSCNT member Lesley Snelson, Senior Pilates Trainer, for a shortened and modified form of Mat Pilates. Please register by 5:00pm the Friday before.

Art Workshop - Clay Mini Pumpkins

In-Person, Thursday, September 21, 1:00-3:00pm

Have fun creating little gourds from white air-dry clay! Artists will come away from the workshop with several pumpkins to grace autumn tables. Once dry, the mini sculptures can be painted if desired. Facilitated by area artist and CSCNT member, Jane Cornish Smith. All materials provided, limit 8 participants. Please register by Tuesday, September 19 at 5:00pm.

What'sComingUp: Noogiefest will be on October 21!

Eventos con la marca de * indique su descripción se encuentra en español en el calendario del sitio web.

NoogieVille

In-Person, Tuesdays, September 12 & 26, 6:00-8:00pm

Texas A&M Medical School Student volunteers invite kids and teens of all ages (bimonthly) for a themed evening of crafts, books, and more! Please register by the Friday before at 5:00pm.

Chili Cook-off!*

In-Person, Saturday, September 30, 11:30-1:00pm

Are you team beans or no beans? Join Dallas Clubhouse for our first annual chili cook-off! We need at least 5 members who are willing to show off their culinary skills and bring chili. We will be voting for the best chili. Please register for the event and sign up to bring chili by Monday, September 25 at 12:00 pm.

OPEN TO THE PUBLIC

Red Door Clubhouse Tours*

Presencial, Miércoles, 6 de septiembre, 11:00-12:00pm

In-Person, Wednesday, September 20, 1:00-2:00pm

Come learn more about Cancer Support Community North Texas and all our no cost social and emotional support options. 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. Tours are for anyone wanting to learn more about CSCNT including those with a diagnosis, loved ones, prospective volunteers, healthcare professionals, etc. For more information call the Dallas County Clubhouse at 214.845.8230. Please register by the day before the tour at 5:00pm.

Bingo Night!*

In-Person, Friday, September 8, 6:00-7:00pm

Come and join Kristen Wingfield for a night of fun and games. Light snacks will be provided. Please register by Wednesday, September 6 at 5:00pm.

Sound Bath Meditation with Stephanie*

In-Person, Friday, September 8, 7:30-8:15pm

Members and one guest are invited to join Stephanie for a relaxing evening fully immersed in the soothing sounds of crystal bowls and chimes. Limited mats and blankets available. Please register for the event by Wednesday, September 6 at 5:00pm.

Blood Cancer Presentation

In-Person, Wednesday, September 13, 4:00-5:00pm

Please join us as Doctor Khoan Vu presents on blood cancers in recognition of Blood Cancer Awareness month. Dr. Vu works as a Hematologist and Medical Oncologist with Texas Oncology. His clinical interests are classical hematology and malignant hematology (e.g. leukemia, lymphoma, myeloma). Please register by Tuesday, September 12 at 5:00pm.

Teatime at the Red Door*

In-Person, Thursday, September 14, 11:00-12:00pm

Come enjoy tea and treats, meet new friends, and catch up with old friends. Tea and treats will be provided. Please register by Tuesday, September 12 at 5:00pm.

Celebración de la Sobrevivencia

Presencial, sábado, 16 de septiembre, 9:30-1:00pm

Cancer Support Community North Texas, Texas Health Presbyterian Hospital Dallas, y Texas Oncology se complacen en presentar la "Celebración de la Sobrevivencia" en honor al Mes de la Herencia Hispana. La Celebración de la Sobrevivencia está abierto a todos los sobrevivientes hispanos de cáncer y sus familias y es GRATIS. ¡Trae a tu familia y únete a nosotros para una tarde de diversión, socialización y comida deliciosa! Ponte tu mejor vestimenta, camiseta, sombrero, gorra o lo que represente tu país y trae una guarnición o postre de tu región. Registro preferido; bienvenida sin cita previa.

New Member Social Hour*

In-Person, Thursday, September 28, 4:00-5:00pm

New Members, come and meet other new members at this event that is specifically for you! Current Members, if you would like to come and welcome new members, we would love you to join us as well! This is a time to meet new people who are also on a cancer journey, and to relax and be social. Please RSVP by the day prior at 5:00 pm. Light refreshments will be served.

Noogie Super Saturday

In-Person, Saturday, September 30, 10:00-11:30am

ATTENTION ALL NOOGIES! Children from the ages of 4 to 12 years old are invited to paint pumpkins and make their own trail mix. Please register by Thursday, September 28 at 5:00pm.



September TARRANT COUNTY CLUBHOUSE

10840 Texas Health Trail, Suite 120 Fort Worth, TX 76244 | Phone: (682) 212-5400

Monday - Friday: 9:00-5:00pm with select evenings and Saturdays

Clubhouse Tours

Friday, September 8, 12:00-1:00pm (In-Person) | Monday, September 25, 10:00-11:00am (In-Person)

Special thanks to Mary Alexander and Puma Biotechnology, and Kaye Dawson, Community Liaison of Ardent Hospice. Also, to our yoga volunteer instructor Diane Morrow, and our Qigong volunteer instructor Ron Smith.

M	T	W	T	F	S
<p>Events that are bolded will be held in-person at the Tarrant County Clubhouse. Please RSVP online 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>				1 Clubhouse closes at 1:00pm	2 Clubhouse Closed
4 Clubhouse Closed for Labor Day	5	6 Strategies for Eating & Living Well 1:00-2:00pm Post-Treatment Support Group 2:00-4:00pm	7 Family & Friends Support Group 10:00-12:00pm Gentle Yoga with Mindful Meditation 2:00-3:00pm	8 Clubhouse Tour 12:00-1:00pm Kindness Cards 10:00-11:30am	9 Breast Cancer Networking Group 10:00-11:30am StrongHer Yoga 11:45-12:45pm
11 You, Me, and a Cup of Tea 12:00-2:00pm Metastatic Support Group 2:00-4:00pm	12	13 Advanced Care Planning 12:00-1:00pm	14 CCBD Open Support Group 11:00-12:30pm Gentle Yoga with Mindful Meditation 2:00-3:00pm Living with Loss 5:00-6:30pm	15 Diamond Dots 2:00-4:00pm	16 Clubhouse Closed
18 You, Me, and a Cup of Tea 12:00-2:00pm Metastatic Support Group 2:00-4:00pm	19 Kindness Cards 10:00-11:30am	20 Post Treatment Support Group 2:00-4:00pm	21 Family & Friends Support Group 10:00-12:00pm Gentle Yoga with Mindful Meditation 2:00-3:00pm Advanced Care Planning Part 2 3:00-4:00pm	22 Noogies & Families Dinner & a Movie Night 5:00-7:00pm	23 Clubhouse Closed
25 Clubhouse Tour 10:00-11:00am You, Me, and a Cup of Tea 12:00-2:00pm Metastatic Support Group 2:00-4:00pm	26	27	28 Red Door Open House 8:30-10:00am Gentle Yoga with Mindful Meditation 2:00-3:00pm Living with Loss 5:00-6:30pm	29 Crafting and Camaraderie 10:00-12:00pm New Member Social Hour 4:00-5:00pm	30 Clubhouse Closed

FOR MEMBERS ONLY

Metastatic Support Group

In-Person, Mondays, September 11, 18, & 25, 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, Thursdays, September 14 & 28, 5:00- 6:30pm

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, September 6 & 20, 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.

Family & Friends Support Group

In-Person, Thursdays, September 7 & 21, 10:00-12:00pm

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.

Breast Cancer Networking Group

In-Person, Saturday, September 9, 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.

Crafting & Camaraderie

In-Person, Friday, September 29, 10:00-12:30pm

Join fellow Tarrant County clubhouse members by bringing any craft project that you have been working on for a social craft time. Please register by the Wednesday prior to Crafting and Camaraderie at 5:00pm.

New Member Social Hour

In-Person, Friday, September 29, 4:00-5:00pm

New Members, come and meet other new members at this event that is especially for you! Current Members, if you would like to come and welcome new members, we welcome you to join us as well! This is a time to meet new people who are also on a cancer journey, and to just relax and be social. Please RSVP by the day prior at 5:00 pm. Light refreshments will be served.

Clubhouse Tour

In-Person, Friday, September 8, 12:00-1:00pm

In-Person, Monday, September 25, 10:00-11:00am

Come learn more about Cancer Support Community North Texas and all our no cost social and emotional support options. 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. Tours are for anyone wanting to learn more about CSCNT including those with a diagnosis, loved ones, prospective volunteers, healthcare professionals, etc. For more information call the Tarrant County Clubhouse at 682-212-5400. Please register by the day before the tour at 5:00 pm.

Diamond Dots

In-Person, Friday, September 15, 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 the Wednesday prior to its so Puzzling at 5:00pm.

StrongHER Yoga

In-Person, Saturday, September 9, 11:45-12:45pm

Cancer StrongHER empowers female survivors of ALL cancers through a free and fun fitness and active lifestyle program. This yoga session is taught by Stephanie Mamnatov, an ACSM Cancer Exercise Trainer, who has been working with cancer patients and survivors in Fort Worth since 2010. Please register by Tuesday, September 5, at 5:00pm.

Noogies and Families - Dinner & a Movie Night

In-Person, Friday, September 22, 5:00 - 7:00pm

Join us for the family friendly movie Matilda, a movie themed dinner and desserts, and lots of laughs. Please RSVP by Wednesday, September 20th at 6:00 pm.

OPEN TO THE PUBLIC

Kindness Cards

In-Person, Friday, September 8, 10:00-11:30am

In-Person, Tuesday, September 19, 10:00-11:30am

September is childhood cancer awareness month; we want to give everyone an opportunity to come in and create a card for a child currently in treatment. We will deliver them to Cook Children's Hematology and Oncology in Fort Worth. Please register by the day before the event at 12:00 pm.

Strategies for Eating and Living Well (with sponsored lunch)

In-Person, Wednesday, September 6, 1:00- 2:00pm

Join us as we hear from Mary Alexander, a Certified Breast Care Nurse with Puma Biotechnology. We will explore choosing healthy options, and common barriers that we face during cancer treatment and post treatment. This is for sure something you don't want to miss! Lunch will be provided by Puma Biotechnology, please be sure to register by September 1 to ensure we have an accurate count.

You, Me, and a Cup of Tea

In-Person, Mondays, September 11, 18, & 25, 12:00-2:00pm

Come in and enjoy various teas and lemonade! Michelle Louis, our CSCNT CEO, will be joining us on September 11th. We are pleased to offer this as an opportunity to meet our staff and learn more about us. Please register the Wednesday before You, Me, and a Cup of Tea.

Red Door Open House

In-Person, Thursday, September 28, 8:30-10:00am

Attention all medical and mental health professionals! You are cordially invited to tour our clubhouse and learn more about the services we provide. Please email Angel at abryd@cancersupporttexas.com by the 27th to RSVP.

Advanced Care Planning

Virtual on Zoom, Wednesday, September 13, 12:00-1:00pm

What if something happened to you or your loved one suddenly, would you know where to begin? Kaye Dawson, Community Liaison of Ardent Hospice, will be here to present on the topic of Advanced Directives. Please register by September 11.

Advanced Care Planning Part 2

In-Person, Thursday, September 21, 3:00-4:00pm

Join us for part two, Advanced Care Planning- Advanced Directives Q & A. This will be a time to ask specific questions with Kaye Dawson, Community Liaison of Ardent Hospice. Please be sure to register by September 18. If you'd like to submit an anonymous question, please email Angel at abryd@cancersupporttexas.com by September 18.

What's Coming Up:

Noogiefest will be on October 27th!



September COLLIN COUNTY CLUBHOUSE

6300 W. Parker Rd., MOB 2, Suite 129A | Plano, TX 75093 | Phone: (972) 981-7020

Monday - Friday: 9:00-5:00pm with select evenings and Saturdays

Clubhouse Tours

Friday, September 15, 3:00-4:00pm (In-Person)

SPECIAL THANKS: Rajani Sinha, Lynne Patterson, Jim Williams, Ronda Miles, Melissa Berg-Baker, Aditi Velgekar, and Amanda Hair.

M	T	W	T	F	S
<p>Events that are bolded will be held in-person at the Collin County Clubhouse. Please RSVP online 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>Clubhouse Closes at 1:00pm</p>	<p>2</p> <p>Clubhouse Closed</p>
<p>4</p> <p>Clubhouse Closed for Labor Day</p>	<p>5</p> <p>24 Form Tai Chi 10:00-11:00am</p> <p>Meditation 12:00-1:00pm</p> <p>Metastatic Group 1:00-3:00pm</p> <p>Gentle Yoga 6:00-7:00pm</p>	<p>6</p> <p>Living with Loss Group 6:00-8:00pm</p> <p>Wellness Group 6:00-8:00pm</p>	<p>7</p> <p>Red Door Open House 11:00-12:00pm</p>	<p>8</p> <p>Game Time 2:00-4:00pm</p>	<p>9</p> <p>Noogie Super Saturday 11:00-12:30pm</p> <p>Neuroendocrine Networking Group 11:00-12:30pm</p>
<p>11</p> <p>Metastatic Group 1:00-3:00pm</p> <p>Family & Friends Group 6:00-8:00pm</p>	<p>12</p> <p>24 Form Tai Chi 10:00-11:00am</p> <p>Meditation 12:00-1:00pm</p> <p>Metastatic Group 1:00-3:00pm</p> <p>Gentle Yoga 6:00-7:00pm</p>	<p>13</p> <p>Men's Social Club 12:30-2:30pm</p> <p>Wellness Group 6:00-8:00pm</p>	<p>14</p> <p>Creating Peace of Mind 12:00-1:00pm</p>	<p>15</p> <p>Red Door Clubhouse Tour 3:00-4:00pm</p>	<p>16</p> <p>Clubhouse Closed</p>
<p>18</p> <p>Gardening Club 12:00-1:00pm</p> <p>Metastatic Group 1:00-3:00pm</p>	<p>19</p> <p>24 Form Tai Chi 10:00-11:00am</p> <p>Meditation 12:00-1:00pm</p> <p>Metastatic Group 1:00-3:00pm</p> <p>Gentle Yoga 6:00-7:00pm</p>	<p>20</p> <p>Breast Cancer Networking Group 1:00-2:30pm</p> <p>Living with Loss Group 6:00-8:00pm</p> <p>Wellness Group 6:00-8:00pm</p>	<p>21</p> <p>A Novel Idea Book Club 2:00-3:30pm</p>	<p>22</p> <p>Let's Make Pumpkin Muffins! 1:00-2:00pm</p> <p>Game Time 2:00-4:00pm</p>	<p>23</p> <p>Clubhouse Closed</p>
<p>25</p> <p>Metastatic Group 1:00-3:00pm</p> <p>Family and Friends Group 6:00-8:00pm</p>	<p>26</p> <p>24 Form Tai Chi 10:00-11:00am</p> <p>Meditation 12:00-1:00pm</p> <p>Metastatic Group 1:00-3:00pm</p> <p>Gentle Yoga 6:00-7:00pm</p>	<p>27</p> <p>Wellness Group 6:00-8:00pm</p>	<p>28</p> <p>Creating Peace of Mind 12:00-1:00pm</p> <p>Scrapbooking 1:30-3:30pm</p>	<p>29</p> <p>Understanding Lymphedema 4:00-5:00pm</p>	<p>30</p> <p>Clubhouse Closed</p>

FOR MEMBERS ONLY

Living with Loss Support Group

Virtual on Zoom, Wednesdays, September 6 & 20, 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, September 11 & 25, 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, Mondays, September 11, 18, & 25, 1:00-3:00pm

In-Person, Tuesdays, September 5, 12, 19, & 26, 1:00-3:00pm

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

Wellness Support Group

Virtual on Zoom, Wednesdays, September 6, 13, 20, & 27, 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, September 14, 12:00-1:00pm

In-Person, Thursday, September 28, 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, September 5, 12, 19, & 26, 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, September 5, 12, 19, & 26, 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.

Meditation with Lynne

In-Person, Tuesdays, September 5, 12, 19, & 26, 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.

Breast Cancer Networking Group

In-Person, Wednesday, September 20, 1:00-2:30pm

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 breast cancer.

Neuroendocrine Networking Group

In-Person, Saturday, September 9, 11:00-12:30pm

This monthly networking group brings together members who have Neuroendocrine specific interests. This group rotates between the three Cancer Support Community North Texas Clubhouses. Please register online by September 7.

Game Time

In-Person, Friday, September 8 & 22, 2:00-4:00pm

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

Noogie Super Saturday

In-Person, Saturday, September 9, 11:00-12:30pm

Calling all Noogies and their families! The Clubhouse doors are open on Saturday for a craft-filled morning. Join us to make friendship bracelets, paper flowers, and tie-dye! Please bring something white for your kids to tie-dye. Please register online by September 7.

Men's Social Club

In-Person, Wednesday, September 13, 12:30-2:30pm

The men of Cancer Support Community are invited to gather for some guy's time. The clubhouse's game room will be stocked with board games, non-alcoholic beer, and snacks. Please register online by September 11.

Gardening Club

Virtual on Zoom, Monday, September 18, 12:00-1:00pm

Calling all gardening enthusiasts! Join us for this social event where we will discuss all things plants, dirt, water, and sun. Share your visions for your summer garden.

A Novel Idea Book Club

In-Person, Thursday, September 21, 2:00-3:30pm

Join literary enthusiast and program coordinator, Sarah Baldwin, LMSW, month-to-month for book club. For additional information and how to join book club, please inquire by emailing sbaldwin@cancersupporttexas.org.

Let's Make Pumpkin Muffins

In-Person, Friday, September 22, 1:00-2:00pm

Members are invited to join staff at the Plano Clubhouse to make and enjoy a fall treat. Coffee and muffins will be provided. Be sure to stick around after for Game Time! Please register online by September 20.

Scrapbooking

In-Person, Thursday, September 28, 1:30-3:30pm

Bring your pictures to document your memories on decorated pages or make special cards for any occasion. You'll enjoy the company of other CSCNT members and exercise your creativity. Scrapbooking supplies will be available.

OPEN TO THE PUBLIC

Understanding Lymphedema

Virtual on Zoom, Friday, September 29, 4:00-5:00pm

Join Rebecca Summers, OT, CLT-LANA, CSR from Lymphedema Therapy Source to learn about lymphedema. Rebecca will discuss signs, symptoms, and prevention strategies associated with lymphedema. The presentation will be held via Zoom. Please register online by September 27.

What's Coming Up:

Understanding Your Care Team and Communicating Your Needs on October 4, NoogieFest on October 14, Survivorship Celebration on November 4, Red Tie Gala on November 11.



September Virtual Calendar

M	T	W	T	F	S
				1 Clubhouse closing at 1:00pm	2 Closed
4 Clubhouse Closed for Labor Day	5 Metastatic Support Group 2:00-4:00pm Gentle Yoga 6:00-7:00pm	6 Wellness Group 6:00-8:00pm	7 Qigong with Emily 1:00-2:00pm Grupo Amigos Unidos Zoom: Presentación – La Nutrición y el Cáncer 6:00-8:00pm	8	9 Closed
11 Metastatic Support Group 2:00-4:00pm Family & Friends Group 6:00-8:00pm	12 Metastatic Support Group 2:00-4:00pm Write to Heal 2:00-4:00pm Gentle Yoga 6:00-7:00pm	13 Advanced Care Planning 12:00-1:00pm Wellness Group 6:00-8:00pm	14 Mindfulness Drop-in Group 10:15-11:15am Creating Peace of Mind 12:00-1:00pm Qigong with Emily 1:00-2:00pm	15	16 Breast Cancer Networking Group 10:00-11:30am
18 Gardening Club 12:00-1:00pm Metastatic Support Group 2:00-4:00pm	19 Metastatic Support Group 2:00-4:00pm Gentle Yoga 6:00-7:00pm	20 Virtual Open Support Group 12:00-1:00pm Wellness Group 6:00-8:00pm	21 Qigong with Emily 1:00-2:00pm	22	23 Closed
25 Metastatic Support Group 2:00-4:00pm Family & Friends Group 6:00-8:00pm	26 Metastatic Support Group 2:00-4:00pm Write to Heal 2:00-4:00pm Gentle Yoga 6:00-7:00pm	27 Wellness Group 6:00-8:00pm	28 Mindfulness Drop-in Group 10:15-11:15am Qigong with Emily 1:00-2:00pm	29 Understanding Lymphedema 4:00-5:00pm	30 Closed

FOR MEMBERS ONLY

Metastatic Support Group

Virtual on Zoom, Mondays, September 11, 18, & 25, 2:00-4:00 pm

Virtual on Zoom, Tuesdays, September 5, 12, 19, & 26, 2:00-4:00pm

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

Virtual Open Support Group

Virtual on Zoom, Wednesday, September 20, 12:00-1:00pm

This Monthly Support Group is open to adults who have been impacted by a cancer diagnosis. This includes caregivers, loved ones, support people, and those with a diagnosis.

Family & Friends Support Group

Virtual on Zoom, Mondays, September 11 & 25, 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.

Wellness Support Group

Virtual on Zoom, Wednesdays, September 6, 13, 20, & 27, 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.

Grupo Amigos Unidos Zoom: Presentación – La Nutrición y el Cáncer

Virtual en Zoom, jueves, 7 de septiembre, 6:00-8:00pm

Unase a Isabella Ferrari, especialista certificada por la junta en nutrición oncológica con Doherty Nutrition para una presentación sobre la nutrición y el cáncer. Hablaremos de como la nutrición puede hacer el camino del tratamiento del cáncer y después del cáncer mucho más llevadero. También discutiremos como la nutrición puede reducir el riesgo de recurrencia del cáncer

Creating Peace of Mind

Virtual on Zoom, Thursday, September 14, 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.

Write to Heal

Virtual on Zoom, Tuesdays, September 12 & 26, 2:00-4:00pm

Write to Heal uses language as a means towards building a more vibrant, wholly healthful community. The group is led by The Writers Garret. Please register.

Mindfulness Drop-In Group

Virtual on Zoom, Thursdays, September 14 & 28, 10:15-11:15am

Join Ben Garcia, BCN, RN, Certified Life Coach and Oncology Nurse, for this drop-in mindfulness group. Please register.

Qigong with Emily

Virtual on Zoom, Thursdays, September 7, 14, 21, & 28, 1:00-2:00pm

Please join Emily R. Atlas, certified Qigong and Tai Chi instructor and a two-time cancer survivor as she taps into this practice to help calm the mind and improve balance, as well as facilitate greater vitality and a healthier life. Please register.

Gentle Yoga for the Soul

Virtual on Zoom, Tuesdays, September 5, 12, 19, & 26, 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.

Breast Cancer Networking Group

Virtual on Zoom, Saturday, September 16, 10:00-11:30am

Networking groups meet monthly to bring together members who have diagnosis specific interests. This networking group is open to members who have breast cancer.

Gardening Club

Virtual on Zoom, Monday, September 18, 12:00-1:00pm

Calling all gardening enthusiasts! Join us for this social event where we will discuss all things plants, dirt, water, and sun. Share your visions for your summer garden.

OPEN TO THE PUBLIC

Advanced Care Planning

Virtual on Zoom, Wednesday, September 13, 12:00-1:00pm

What if something happened to you or your loved one suddenly, would you know where to begin? Kaye Dawson, Community Liaison of Ardent Hospice, will be here to present on the topic of Advanced Directives. Please register by September 11.

Understanding Lymphedema

Virtual on Zoom, Friday, September 29, 4:00-5:00pm

Join Rebecca Summers, OT, CLT-LANA, CSR from Lymphedema Therapy Source to learn about lymphedema. Rebecca will discuss signs, symptoms, and prevention strategies associated with lymphedema. The presentation will be held via Zoom. Please register online by September 27

Eventos con la marca de * indique su descripción se encuentra en español en el calendario del sitio web.

Trivia Answer: Brazos River

September 2023

MEMBER INFORMATION

Location Icons Be sure to note the color coding on the calendar indicating the clubhouse hosting each event. Members are welcome to attend programming at any of our in person locations or virtually. Virtual events can be found across all of our calendars

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 registering through the website calendar, calling the clubhouse, or emailing INFO@CancerSupportTexas.org in advance. Activities without sufficient enrollment will be cancelled.



Calendar sponsored by
Junior League of Dallas, Inc.

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