



Hearth Place Cancer Support Centre

Drop-in Centre hours are Tuesday to Thursday 10:00 a.m. to 4:00 p.m.
Monday and Friday 10:00 a.m. to 12:00 p.m. -- Phone: 905 579 4833



Calendar of Events for January 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 1 Hearth Place is Closed For New Year's Day | 2 9:30 Walk Club* | 3 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 6:30 - 8:00 Melanoma Support Group* | 4 | 5 10:00 - 12:00 Sharing Circle for Health and Wellness "What Is the Sharing Circle?" |
| 8 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 1/7 1:00 - 5:00 Hearth Place is closed 1:30 - 3:30 Take A Breath Workshop* 7:00 - 8:30 Bouncing Back* 7/9 | 9 9:30 Walk Club* 12:30 - 4:00 After Breast Cancer Clinic by appt.* 2:00 - 3:30 Namaste Grief Support Group* 6/8 5:30 - 7:30 Men's Support Group | 10 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session* 7:00 - 9:00 Pink Sensations* | 11 9:15 - 10:15 Do It With Ease* 1/7 11:00 - 12:00 Tai Chi * 1/7 7:00 - 9:00 Lymphoma & Blood Related Cancers Support Group* | 12 10:30 - 11:30 Drum Song*1/6 |
| 15 9:00 - 4:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 2/7 1:00 - 5:00 Hearth Place is closed 1:30 - 3:30 Money Matters Workshop* 4:30 - 6:30 Colorectal Cancer Support Group* 6:30 - 8:00 Hearth Beats Choir* 7:00 - 8:30 Bouncing Back* 8/9 | 16 9:30 Walk Club* 10:00 - 12:00 Look Good Feel Better* 5:00 - 7:00 Meditation & Spiritual Study* 6:15 - 7:30 Kids Connection* 1/6 | 17 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session* 5:30 - 7:30 Life Story * | 18 9:15 - 10:15 Do It With Ease* 2/7 10:30 - 12:30 Skills For Healing * 1/9 11:00 - 12:00 Tai Chi* 2/7 | 19 10:30 -11:30 Drum Song*2/6 |
| 22 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 3/7 1:00 - 5:00 Hearth Place is Closed 2:30 - 4:00 Food For Thought Workshop* 7:00 - 8:30 Bouncing Back* 9/9 | 23 9:30 Walk Club* 7:00 - 8:00 Zumba* 1/9 11:00 -12:00 Gynecological Support Group* 1/6 12:00 - 2:00 Namaste Grief Group* 7/8 6:15 - 7:30 Kids Connection* 2/6 | 24 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session* 5:30 - 7:30 Life Story * 7:00 - 9:00 Lymphoma & Blood Related Cancers Support Group* | 25 9:15 -10:15 Do It With Ease* 3/7 10:30 - 12:30 Skills For Healing * 2/9 11:00 - 12:00 Tai Chi* 3/7 1:00 - 3:00 Gynecological Alumni Support Group* 6:30 - 8:00 Pediatric Cancer Family Support Program* | 26 10:00 - 12:00 Sharing Circle for Health and Wellness "Grandfather Teachings" 10:30 - 11:30 Drum Song*3/6 |
| 29 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 4/7 1:00 - 5:00 Hearth Place is closed 6:30 - 8:00 Hearth Beats Choir* | 30 9:30 Walk Club* 11:00 -12:00 Zumba* 2/9 12:00 - 2:00 Gynecological Support Group* 2/6 5:00 - 7:00 Meditation & Spiritual Study* 6:15 - 7:30 Kids Connection* 3/6 | 31 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session 5:30 - 7:30 Life Story * | *Please call to pre-register. Be aware that the size of some classes may be limited or require minimum registration to run. | *Wellness Therapies of Reiki, Therapeutic Touch, Reflexology and Massage are available by appointment. Please call for availability and to schedule an appointment. |

PROGRAM HIGHLIGHTS

Zumba

Begins January 23rd from 11:00am -12:00pm
Zumba is a danced based fitness class suitable for all fitness levels. Our class is designed for people who are in or have recently completed treatments and is intended to be a fun and gentle hour where we can dance and laugh.

Drum Song

Fridays for 6 weeks beginning January 12th from 10:30-11:30am
Come learn some basic hand drumming rhythms while you reduce stress, energize and relax. This is not a drop-in program.

Do It With Ease

Thursday mornings beginning January 11th from 9:15 - 10:15am
This 7 week exercise program is open to men and women who have recently completed treatment. It will help to gently build the strength and endurance that various cancer treatments can deplete.

Gynecological Support Group

6 weeks beginning Tuesday, January 23rd from 12:00 - 2:00pm
Women are invited to this new series of our 'Gyne' Support group offering learning and sharing opportunities. Input on topics will be welcomed by participants but may include coping with side effects, self-image etc. Our Alumni group will continue to meet on the 4th Thursday of each month.

Kids Connection

6 Weeks beginning Tuesday, January 16th from 6:15-7:30pm
A support group for children ages 4-12 who are coping with the diagnosis of a loved one with cancer. Pre-registration is required for this group.

FUNDRAISING INFORMATION

23rd Annual Ski & Spa Day Thursday, January 25, 2018

Only \$150 per person. Includes transportation to and from Oshawa, breakfast, lift tickets at Craighleith Ski Club or entrance to Scandinave Spa with lunch, snacks, dinner, door prizes, cocktails and more!
www.hearthplace.org/skispa

3rd party: Valentine's Dance

Saturday, February 17, 2018 at the Scugog Community Recreation Centre in Port Perry.
Tickets are \$30 per person and include hot buffet dinner and a live band. Tickets available at HP reception.

Under the Big Top Gala

Saturday, April 14, 2018 • Ajax Convention Centre
Live band, four course dinner, activities, hosted bar, \$50 tax receipt and more!
Early bird tickets are only \$175 per person. Buy your ticket online at www.hearthplace.org/gala

Call or email Irena for more event and fundraising information and Janette for program information - 905-579-4833
irena@hearthplace.org or Janette@hearthplace.org