



# 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 May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Please call to pre-register. Be aware that the size of some classes may be limited or require minimum registration to run.</p>	<p>*Wellness Therapies of Reiki, Therapeutic Touch, Reflexology and Massage are available by appointment. Please call for availability and to schedule an appointment.</p>	<p>1 9:30 &amp; 11:00 Yoga* 12:30 - 2:30 <b>Metastatic Cancer Support Group*</b> 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session* 3:00 - 5:30 Steps Towards Spiritual Healing* 9/9 6:30 - 8:00 Melanoma Support Group* 7:00 - 8:30 Bouncing Back* 9/9</p>	<p>2 9:15 - 10:15 Do It With Ease* 1/9</p>	<p>3 10:00 - 12:00 Sharing Circle for Health and Wellness "Indigenous Songs" 10:30 - 11:30 Drum Song* 1/8</p>
<p>6 9:00 - 3:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 1/7 1:00 - 5:00 Drop-in service not available</p>	<p>7 9:30 Walk Club* 11:00 - 12:00 Zumba* 1/6 2:00 - 3:30 Namaste Grief Support Group* 3/6 4:00 - 5:30 Caregiver Support Group* 5:30 - 7:30 Meditation &amp; Spiritual Study*</p>	<p>8 9:30 &amp; 11:00 Yoga* 12:30 - 2:30 <b>Metastatic Cancer Support Group*</b> 1:30 - 2:30 Tai Chi* 1/8 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session*</p>	<p>9 9:15 - 10:15 Do It With Ease* 2/9 7:00 - 9:00 Lymphoma &amp; Blood Related Cancers Support Group*</p>	<p>10 10:30 - 11:30 Drum Song* 2/8</p>
<p>13 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 2/7 1:00 - 5:00 Drop in service not available 6:15 - 7:45 Healing Kids Hearts* 1/6 6:30 - 8:00 Hearth Beats Choir*</p>	<p>14 9:30 Walk Club* 11:00-12:00 Zumba* 2/6 1:00 - 4:00 After Breast Cancer Fitting Clinic by appt.* 5:30 - 7:30 Men's Support Group*</p>	<p>15 9:30 &amp; 11:00 Yoga* 12:30 - 2:30 <b>Metastatic Cancer Support Group*</b> 1:30 - 2:30 Tai Chi* 2/8 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session*</p>	<p>16 9:15 - 10:15 Do It With Ease* 3/9 1:00 - 3:30 Steps Towards Spiritual Healing* 1/9</p>	<p>17 10:30 - 11:30 Drum Song* 3/8</p>
<p>20 <b>Closed for Victoria Day</b></p>	<p>21 9:30 Walk Club* 10:00 - 12:00 Look Good Feel Better* 11:00-12:00 Zumba* 3/6 2:00 - 3:30 Namaste Grief Support Group* 4/6 4:00 - 5:30 Caregiver Support Group* 5:30 - 7:30 Meditation &amp; Spiritual Study*</p>	<p>22 9:30 &amp; 11:00 Yoga* 12:30 - 2:30 <b>Metastatic Cancer Support Group*</b> 1:30 - 2:30 Tai Chi* 3/8 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session* 7:00 - 9:00 Lymphoma &amp; Blood Related Cancers Support Group*</p>	<p>23 9:15 - 10:15 Do It With Ease* 4/9 1:00 - 3:30 Steps Towards Spiritual Healing* 2/9 1:00 - 3:00 Gynecological Cancer Alumni Support Group* 6:30 - 8:00 Pediatric Cancer Family Support Program*</p>	<p>24 10:00 - 12:00 Sharing Circle for Health and Wellness "Smudge Ceremony" 10:00 - 12:00 One Guiding Word* 5/12 10:30 - 11:30 Drum Song* 4/8</p>
<p>27 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 3/7 1:00 - 5:00 Drop in service not available 4:30 - 6:30 Colorectal Cancer Support Group* 6:30 - 7:45 Healing Kids Hearts* 2/6</p>	<p>28 9:30 Walk Club*</p>	<p>29 9:30 &amp; 11:00 Yoga* 12:30 - 2:30 <b>Metastatic Cancer Support Group*</b> 1:30 - 2:30 Tai Chi* 4/8 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session*</p>	<p>30 9:15 - 10:15 Do It With Ease* 5/9 1:00 - 3:30 Steps Towards Spiritual Healing* 3/9</p>	<p>31 10:30 - 11:30 Drum Song* 5/8</p>

### PROGRAM HIGHLIGHTS

Programs highlighted in RED will be taking place at

**WOODVIEW COMMUNITY CENTRE**

151 Cadillac Ave N, Oshawa, L1G 6C3

while we are under construction. Please note we will have limited onsite parking for our programs until the fall. Please check our website [www.hearthplace.org](http://www.hearthplace.org) regularly for updates.

#### Do It With Ease

Thursday mornings from 9:15 - 10:15am beginning May 2nd  
This 8 week exercise program is open to men and women who have recently completed treatment. It will help to gently rebuild the strength and endurance that various cancer treatments can deplete.

#### ZUMBA

Tuesday mornings beginning May 7th from 11:00am - 12:00pm  
Join us for an hour of laughter and dance. No experience needed. This class is designed for those in treatment or just finishing treatment.

#### Healing Kids Hearts

Monday evenings beginning May 13th from 6:15 - 7:45pm  
This program is for children ages 6-12 who are grieving the death of a loved one from cancer. Registration is required.

#### Tai Chi (offsite)

Wednesday afternoons beginning May 8th from 1:30 - 2:30pm  
Come and try Tai Chi, a gentle moving meditation of the body and spirit. Everyone is welcome!

#### Drum Song

Friday, April 12th from 10:30 - 11:30am  
The spirit of the drum can be a therapeutic process, join our weekly drum class. No experience required and fun is guaranteed!

### FUNDRAISING EVENTS FUNDRAISING INFORMATION

#### AITG Plant & Book Sale

Saturday, May 11th, Hearth Place  
For more information go to [www.artistsinthegarden.com](http://www.artistsinthegarden.com)

#### 24th Annual Golf 'Fore' Hearth Place Charity Tournament

Friday, June 7th, Wolf Run Golf Club  
To register go to [www.hearthplace.org/golf](http://www.hearthplace.org/golf)

#### 20th Annual Artist In the Garden, Garden Tour

Saturday, June 15th  
For more information go to [www.artistsinthegarden.com](http://www.artistsinthegarden.com)

#### 3rd party: Pampered Chef Fundraiser

Thursday, May 2nd, Hearth Place Cancer Support Centre  
For more information email [klmacleod@rogers.com](mailto:klmacleod@rogers.com)

#### 3rd party: Buffalo Wild Wings Fundraiser

Wednesday, July 3rd, Buffalo Wild Wings  
Taunton & Harmony in Oshawa

Call or email Shauna for more event and fundraising information and Janette for program information - 905-579-4833  
[Shauna@hearthplace.org](mailto:Shauna@hearthplace.org) or [Janette@hearthplace.org](mailto:Janette@hearthplace.org)