Educational Opportunities

What’s So Great About Stretching?
Wednesdays in October and November
9:30 – 10:30 am
Learn about the importance of stretching as a practice and discipline with Dr. Catherine Budincich, D.C. This daily practice connects your mind to your body, builds strength, helps joints to articulate smoothly, and makes you feel younger and healthier. Wear comfortable clothing.

Cardio Jam!
Wednesdays in October, November and December, 11:00am – 12:00 pm
If you find yourself tapping your toes or jumping out of your chair when you hear your favorite song, then this class is for you. Join former NFL Cheerleader and Fitness Instructor, Gayle Marie, for an upbeat fitness class for all levels. Comfortable clothes, shoes, and a sweat towel recommended.

OK, I Went to the Nutrition Workshops, Now What Do I Do? Four Part Series
Wednesdays, October 3, 10, 17, and 24
11:30 am – 1:00 pm
Join Pam Braun, 14 year, late-stage cancer survivor, former chef, and author of The Ultimate Anti-Cancer Cookbook for hands-on cooking sessions. Learn how to shop, organize your pantry, and prepare delicious, nutritious anti-cancer meals. Come hungry as food will be prepared at each session. Classes are limited to 12 attendees who are willing to make a four-week commitment.

Frankly Speaking About Cancer: Clinical Trials - Lunch & Learn
Tuesday, October 9, 11:30 am – 1:00 pm
Clinical trials have led to major advances in the field of oncology today by validating the benefits of new and improved cancer treatments. Join Kathleen Kelly and Tiffini Gosha from City of Hope for an informative discussion. A light lunch will be served.

Beading Basics – instructional class for beginners, but veterans welcome!
Thursdays, October 11, November 8 and December 13, 1:00 – 5:00 pm
Beading is an ancient art and a healing process which can help one cope with all kinds of stress and cancer treatment. This basic workshop helps you learn the creative art of making beaded jewelry with Karla Barron. Materials will be provided and loaner tools are available for use. Class size is limited so please pre-register.

Beginning Bead Weaving
Mondays, October 15 & November 19
1:00 – 5:00 pm
Come and learn the technique of bead weaving, the art of creating jewelry using a needle and thread, from Mary Holley. Bring your reading glasses and some patience to create a beautiful piece of jewelry. Pre-register as class size is limited.

Need Better Sleep?
Monday, October 15, 6:00 – 8:00 pm
Join Dr. George C. Win, D.C. to learn how to improve your sleep naturally through pain management and physical treatments. Dr. Win will share therapies such as chiropractic, acupuncture, and cold laser therapy that help alleviate pain to get better sleep.

Card Making Workshop
Tuesday, October 16, 10:00 am – 12:00 pm
Join art instructor and three-time cancer survivor, Sharon Palmiter. Make and take creative note cards using a variety of media including stamps, stickers, colored pencils and more. Materials will be provided. Pre-register as space is limited.

Complementary and Natural Therapies
Thursdays, October 18, November 15, & December 20, 5:30 – 6:45 pm
Join Dr. Robert Chu, L.Ac and learn how acupuncture, nutrition and exercise can be integrated with standard medical protocols to help reduce the side effects of cancer treatment and improve overall health and vitality.

The 411 on Mindfulness
Monday, October 29, 3:00 - 4:30 pm
Join Beth Daher Lynch, MSW, CMT-P to learn the fundamentals of mindfulness; what is it exactly and why is it so popular now? Understand the history and neuroscience behind mindfulness and how it may benefit you. Come away with a definition of mindfulness and a few brief exercises to solidify the experience.

Our Mission
The mission of Cancer Support Community is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Educational Opportunities
Please call 626-796-1083 to register.
Educational Opportunities

Wellness Workshops
- Thursdays, November 1 and December 6, 5:30 – 7:00 pm
  Join Certified Health Coach, Courtney Titus, on topics that will include nutrition, self-care, sleep and creating a positive mindset. Classes will range from group discussions to PowerPoint presentations. If there is something specific you would like to learn about contact Courtney at whynotwellness@courtneytitus.com.

Look Good, Feel Better
- Tuesday, November 6, 10:00 am - 12:30 pm
  Women in active cancer treatment learn to mitigate the appearance-related side effects of treatment demonstrated by a licensed cosmetician sponsored by the American Cancer Society. Pre-registration required.

Healthy Holiday Cooking
- Tuesday, November 13, 6:00 – 8:00 pm
  The traditional holiday meal can still be a healthy meal. Pam Braun, late-stage cancer survivor, and author of The Ultimate Anti-Cancer Cookbook, will demonstrate how to make healthy versions of some of our fat-laden favorites. Kick off the holiday season with a healthy flair and impress this year’s guests. Come hungry! There is usually lots of fun and food when Pam comes to visit.

Staying Stress Free During the Holidays
- Wednesday, November 14, 2:00 – 3:30 pm
  Do you look forward to and at the same time dread the days between Thanksgiving and New Year’s? Join Korie Beth Brown, Ph.D., RYT-500, for an exploration of meditation techniques for self-care during the happy, harried, holidays! We will focus on guided meditations to combat stress and anxiety as well as the use of mantras as a vehicle for concentration and inner peace.

Quiet the Mind Meditation - 4 Week Series
- Tuesdays, November 27, December 4, 11, & 18, 1:00 – 2:00 pm
  Join Emily Gonzales, Chopra Center™ Certified Instructor to learn techniques for quieting the mind and shifting to a calm and balanced state of wellbeing. Learn tools to develop your own personal meditation practice.

Chemotherapy Related Fatigue and Exercise
- Tuesday, December 4, 6:30 – 8:00 pm
  Dr. Arash Asher, MD will discuss the latest science on what really causes fatigue during and after cancer treatment. Learn strategies to manage and overcome this distressing symptom, including analyzing recent insights on the role of exercise for combating cancer-related fatigue.

Breast Reconstruction Options
- Tuesday, December 11, 6:30 – 8:00 pm
  Women with breast cancer and their caregivers are invited to an empowerment program that streamlines information, options, and tools for decision-making around breast reconstruction. Presented by Dr. Nima Naghshineh MD MSc, plastic & reconstructive surgeon.

Healthy Lifestyle

Walking for Wellness
- (at the Pasadena Rose Bowl)
- Mondays & Fridays, 5:00 pm
- Holly (626)319-9542 - CALL TO RSVP

Yoga
- Mondays, 12:30-1:30 pm
  Nicole Galli, Yoga Instructor
- Mondays, Yoga, 6-7:15 pm (Restorative)
  Francine Ang, Certified Yoga Instructor
- Wednesdays, 6:30-7:30 pm
  Tatervik Sarkisian, Certified Yoga Instructor
- Thursdays, 11:00 am-12:00 pm
  Korie Beth Brown, Certified Yoga Instructor
- Saturdays, 10:00-11:30 am (Gentle)
  Arlene Vidor, Certified Yoga Instructor
- Saturdays, Yoga En Espanol, 2:00-3:00 pm
  Llivia Higuera, Certified Yoga Instructor

Zumba Sentao*
- Mondays 11:00 am - 12:00 pm
  Adrianne Aguirre, Licensed Zumba Instructor

Guided Meditation
- Mondays, 1:00-2:00 pm
  Dr. Shirley Cox, PsyD

Feldenkrais
- Mondays, 2:00-3:00 pm
  Andrew Heffernan, GCFP

Crochettherapy & Knittervention
- Mondays, 4:00-6:00 pm
  Lupe Vela and Cathy Fabre

Pilates at Noon
- Tuesdays, 12:00-1:00 pm
  Kelly Etter, Certified Pilates Instructor

Dynamic Strength Training
- Tuesdays, 5:30-6:15 pm
  Brandon Flowers and Rick Caputo, Certified Fitness Trainers

Cardio Jam
- Wednesdays, 11:00 am - 12:00 pm
  Gayle Marie Michel

Journaling
- Wednesdays, 11:00 am - 1:00 pm
  Thursdays, 11:00 am-1:00 pm
  Teri Poet

Focus on Fun: Photography
- Wednesdays, 3:00-5:00 pm
  Catherine Bicknell

Tai Chi
- Wednesdays, 5:00-6:00 pm
  John DiLullo

Watercolor Painting
- Thursdays, 9:00 am - 12:00 pm
  Richard Gutschow

Qi Gong
- Thursdays, 12:30-1:30 pm
  Robert Chu, L.Ac

Mindfulness For Health
- Thursdays, 2:00-3:00 pm
  Sylvia Holmes, Jo Anne Kindler, and Louise Wannier

The Resilience Toolkit
- Thursdays, 5:00-6:00 pm

Special Events

Halloween Party
- Wednesday, October 24
  6:00 – 7:30 pm
  Members of Children’s Corner and their families are invited to join in the Halloween festivities for some food, fun, games, crafts, costumes and more! The kids can dress in costume.

Playing Shakespeare
- Saturday, November 3
  1:00 – 3:00 pm
  All your favorite topics are covered in this two-hour workshop. Learn how to express your deepest longings, hugest passions, and darkest urges through the immortal language of Shakespeare! This will be an interactive class, where we’ll be on our feet experimenting with speaking and acting Shakespearean texts. Instructor, Andrew Heffernan, is a longtime professional actor and has performed in over a dozen productions of Shakespeare’s plays.

Love and Laughter with Jason Love
- Tuesday, November 27
  6:30 – 8:30 pm
  Join professional comedian Jason Love and a couple of his closest friends for laughter, joy, and a whole lotta fun in the CSCP Community Room! Enjoy an evening of PG-13 comedy for CSCP adult members. Each Love & Laughter features different, but equally hilarious, comedians.

Holiday Party
- Friday, December 7
  6:00 – 8:30 pm
  Join with CSCP members past and present to celebrate the holidays. Bring the family and a dish to share. Enjoy musical entertainment and a visit from Santa. Desserts and drinks will be provided by National Charity League Pasadena.
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**Monday**
- 11 am-12 pm: Zumba
- 12:30-1:30 pm: Yoga
- 1:2 pm: Guided Meditation
- 2:3 pm: Feldenkrais
- 4:6 pm: Crochetherapy
- 6:7:15 pm: Yoga
- 11:00 am: Support Groups
- 6:00 pm: MML Group
- 6:30 pm: Bereavement

**Tuesday**
- 11 am-12 pm: Orientation
- 12:1 pm: Pilates
- 5:30-6:15 pm: Dynamic Strength Training

**Wednesday**
- 9:30-10:30 am: Stretching
- 11 am-12 pm: Cardio Jam
- 11 am-12 pm: Journaling
- 11:30-1 pm: Nutrition 1
- 3:5 pm: Photography
- 5-6 pm: Tai Chi
- 6:30-7:30 pm: Yoga
- 6:00 pm: Support Groups
- Children's Corner
- 6:30 pm: Bereavement

**Thursday**
- 9 am-12 pm: Watercolor
- 11 am-12 pm: Yoga
- 11 am-12 pm: Journaling
- 12:30-1 pm: Qi Gong
- 2-3 pm: Mindfulness
- 5-6 pm: Resilience Toolkit
- 6-8 pm: Orientation
- 11:30 pm: Lunch Bunch
- 7:00 pm: Support Groups

**Friday**
- 10-11:30 pm: Gentle Yoga
- 12:2 pm: Grupo Fuerza Y Esperanza
- 2-3 pm: Yoga En Espanol

**Saturday**
- 10-11:30 pm: Gentle Yoga
- 12-2 pm: Grupo Fuerza Y Esperanza
- 2-3 pm: Yoga En Espanol

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**A SPECIAL SPANISH LANGUAGE PROGRAM**

**Soluciones Naturales para Energía**
Sábado, 20 de Octubre, 10:30 am - 12:00 pm

Ven a divertirte con nosotros! Una junta para transformar tu vida con soluciones naturales. Unase con la Dra. Marie Cipollo, D.C. mientras comparte formas de mejorar su energía. Algunos de los temas cubiertos serán mejorar su sueño, alivio del dolor natural, alivio de náuseas y mejorar su salud en general.

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BLUE = Support Groups; RED = Special Programs; GREEN = Healthy Lifestyle; PURPLE = Ages 5-17
# November 2018

## Cancer Support Community Pasadena

76 East Del Mar Boulevard, 2nd Floor
Pasadena, California 91105
www.cscpasadena.org
626.796.1083

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11am Support Groups  
6:00pm MML Group  
6:30pm Bereavement | **6**  | 10am-12:30pm Look Good, Feel Better  
11am-1pm Orientation  
12-1pm Pilates  
5:30-6:15pm Dynamic Strength Training  
6-8pm Healthy Holiday Cooking | **7**  | 9:30-10:30am Stretching  
11am-12pm Cardio Jam  
11am-1pm Journaling  
2-3pm Mindfulness  
5-6pm Tai Chi  
6:30-7:30pm Yoga  
6:00pm Support Groups | **8**  | 9am-12pm Watercolor  
11am-12pm Yoga  
11am-1pm Journaling  
12:30-1:30pm Qi Gong  
1-5pm Beading Basics  
2-3pm Mindfulness  
5-6pm Resilience Toolkit  
6-8pm Orientation  
11:30pm Lunch Bunch  
7:00pm Support Groups | **9**  | CLOSED | **10**  | 10-11:30pm Gentle Yoga  
1-3pm Playing Shakespeare  
12-2pm Grupo Fuerza Y Esperanza  
2-3pm Yoga En Espanol | **11**  | **12**  | 11am-12pm Zumba  
12:30-1:30pm Yoga  
1-2pm Guided Meditation  
2-3pm Feldenkrais  
4-6pm Crothetherapy  
6-7:15pm Yoga  
11am Support Groups  
6:00pm Men's Group  
6:30pm Bereavement | **13**  | 11am-1pm Orientation  
12-1pm Pilates  
5:30-6:15pm Dynamic Strength Training  
6-8pm Healthy Holiday Cooking | **14**  | 9:30-10:30am Stretching  
11am-12pm Cardio Jam  
11am-1pm Journaling  
2-3pm Staying Stress Free During Holidays  
3-5pm Photography  
5-6pm Tai Chi  
6:30-7:30pm Yoga  
6:00pm Support Groups  
Children's Corner | **15**  | 9am-12pm Watercolor  
11am-12pm Yoga  
11am-1pm Journaling  
12:30-1:30pm Qi Gong  
2-3pm Mindfulness  
5-6pm Resilience Toolkit  
6-8pm Orientation  
11:30pm Lunch Bunch  
7:00pm Support Groups | **16**  | CLOSED | **17**  | 10-11:30pm Gentle Yoga  
12-2pm Grupo Fuerza Y Esperanza  
2-3pm Yoga En Espanol | **18**  | CLOSED | **19**  | 11am-12pm Zumba  
12:30-1:30pm Yoga  
1-2pm Meditation  
1-5pm Beg Beadweaving  
2-3pm Feldenkrais  
4-6pm Crothetherapy  
6-7:15pm Yoga  
11am Support Groups  
6:00pm Young Adults  
6:30pm Bereavement | **20**  | 11am-1pm Orientation  
12-1pm Pilates | **21**  | CLOSED for Thanksgiving | **22**  | CLOSED | **23**  | 10-11:30pm Gentle Yoga  
12-2pm Grupo Fuerza Y Esperanza  
2-3pm Yoga En Espanol | **24**  | **25**  | 11am-12pm Zumba  
12:30-1:30pm Yoga  
1-2pm Guided Meditation  
2-3pm Feldenkrais  
4-6pm Crothetherapy  
6-7:15pm Yoga  
11am Support Groups  
6:00pm Survivorship  
6:30pm Bereavement | **26**  | 11am-1pm Orientation  
12-1pm Pilates  
1-2pm Quiet the Mind Meditation Series  
5:30-6:15pm Dynamic Strength Training  
6:30-8:30pm Love and Laughter | **27**  | 9:30-10:30am Stretching  
11am-12pm Cardio Jam  
11am-1pm Journaling  
3-5pm Photography  
5-6pm Tai Chi  
6:30-7:30pm Yoga  
6:00pm Support Groups | **28**  | 9am-12pm Watercolor  
11am-12pm Yoga  
11am-1pm Journaling  
12:30-1:30pm Qi Gong  
2-3pm Mindfulness  
5-6pm Resilience Toolkit  
6-8pm Orientation  
11:30pm Lunch Bunch  
7:00pm Support Groups | **29**  | CLOSED | **30**  | CLOSED |

**BLUE** = Support Groups;  **RED** = Special Programs;  **GREEN** = Healthy Lifestyle;  **PURPLE** = Ages 5-17
Cancer Support Community Pasadena cares about the health of its employees, volunteers, its members, and the community. It is CSC’s policy to follow the protocol of the Centers for Disease Control which states that people with influenza-like illness should remain at home until at least 24 hours after they are free of fever (100 degrees F) or signs of fever without the use of fever-reducing medications. Employees or volunteers who report to work ill will be sent home in accordance with this policy and the CDC health guidelines. Symptoms include fever, cough, runny or stuffy nose, body aches, headache, chills, unusual fatigue, diarrhea or vomiting.

CSCP hopes everyone enjoys their holidays with their families. We will be closed to spend time with ours from December 22nd to January 1st.

We'll see all of you January 2, 2019!

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**Addional Resources in English & Spanish at the**

**CSCP Helpline**

(888)793-9355

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**Resources in English & Spanish**

**CSCP Holiday Party!**

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**CSCP Holiday Closed**
Networking Groups

The following groups do not require reservations or attendance at an orientation meeting:

Grupo Fuerza Y Esperanza
Todos los Sábados 12-2pm
Grupo de apoyo semanal para pacientes y sus familiares.

Men’s Group
2nd Monday of each month, 6-7:30 pm
Patients and survivors welcome.

Young Adults Group
3rd Monday of each month, 6-7:30 pm
For individuals diagnosed in their 20s and 30s.

Survivorship Group
4th Monday of each month, 6-7:30 pm
For individuals who have completed treatment and have ongoing cancer related issues.

Weekly Support Groups

Those wishing to participate in a weekly support group must attend an orientation meeting and have a brief interview prior to being assigned to a support group.

Mondays: 11 am–12:30 pm - Patient Groups
6:30–8 pm - Bereavement Group *

Wednesdays: 6–7:30 pm - Patient Groups
6–7:30 pm - Family & Friends Group
6–7:30 pm - Children’s Corner

Thursdays: 11:30 am-1 pm - Breast Cancer Group
7–8:30 pm - Patient Group
7–8:30 pm - Family & Friends Group

*This group is for those who have lost a loved one to cancer. Orientation not required. Call for interview.

Calendrier des Services Gratuits
Octobre-Novembre-Décembre 2018

2018 Benefactors Society

Benefactors
Ellen and Harvey Knell
Terri and Jerry Kohl
Julie and Scott Nesbit
RBC Wealth Management
Rusnak Auto Group
Louise Wannier

Patrons
The Agency
Melissa Alcorn/Anderson & Murison
Laurie and Tom Daly
The Havner Family Foundation
LeAnn and Michael Healy
Margaret and David Mgrublian
Dana and Michael Naples
Ann Olson
Vicki and Brad Schwartz
Sue and Steve Silk
Meg and John Symes
Wells Fargo Private Banking

www_cscpasadena.org
626.796.0019 Fax
626.796.1883
Cancer Support Community
Pasadena, CA 91105
Second Floor
76 East Del Mar Boulevard