



CANCER SUPPORT COMMUNITY NORTH TEXAS

February 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.



HEALTHY SLEEP SOLUTIONS

THURSDAY, FEBRUARY 17TH | 3PM - 4PM | ZOOM

Did you know that sleep is a key factor in helping your body more effectively handle diseases and can influence cancer treatment and recovery? Join us in a conversation with Desiré S. Taylor, Ph.D., regarding ways to develop healthier sleep habits and improve the quality of your sleep. Dr. Taylor will discuss common sleep disorders, the relationship between sleep, health and cancer, and most importantly provide direction on how to improve your sleep. Please RSVP online or by emailing info@cancersupporttexas.org to receive the Zoom link.

EATING WELL DURING CANCER TREATMENT

WEDNESDAY, FEBRUARY 23RD | 12PM - 1PM | ZOOM

Please join Ashley Mowbray for a conversation on eating well during cancer treatment. Ashley Mowbray is a Registered Dietitian and Certified LEAP Therapist based in Dallas, Texas. She promotes healthy eating and sustainable living via the Instagram platform [@Fennel.and.Spice.Nutrition](https://www.instagram.com/Fennel.and.Spice.Nutrition) and counsils patients one on one through private practice. She takes an "all foods fit" approach with her clients with an emphasis on anti-inflammatory foods, gut health, and mental health above all else. Her ultimate goal is to help clients unlearn the falsehoods that diet culture has taught them, bring joy back to eating fruits and vegetables, and encourage you to celebrate yourself every time you make healthy choices! Please RSVP online.

Dallas County Clubhouse
214-345-8230

Collin County Clubhouse
972-981-7020

Tarrant County Clubhouse
682-212-5400



February 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

Friday, February 4th, 12-1:30pm (Zoom) | Tuesday, February 15th, 10-11:30am (Zoom)
 Friday, February 25th, 12-1:30pm (Zoom)

M	T	W	T	F	S
	1 Wellness Group 6-8pm	2 Mindfulness with Ben 10:15-11:15am	3 Qigong with Emily 1-2pm Grupo Amigos Unidos 1 6-8pm	4 New Member Meeting 12-1:30pm	5 Clubhouse Closed
7 Metastatic Group 2-4pm Living with Loss Group 6-8pm	8 Wellness Group 6-8pm	9 Mindfulness with Ben 10:15-11:15am Write to Heal 2-4pm	10 Mindfulness Drop-in Group 10:15-11:15am Qigong with Emily 1-2pm Grupo Amigos Unidos 2 6-8pm	11 Prevención de Cáncer Boredom Busters 12pm 2pm	12 Breast Cancer Networking Group 10-11:30am
14 Metastatic Group 2-4pm Post Treatment Group 6-8pm	15 New Member Meeting 10-11:30am Wellness Group 6-8pm	16 Mindfulness with Ben 10:15-11:15am	17 Qigong w/ Emily 1-2pm Creative Coasters 2-4pm Grupo Amigos Unidos 1 6-8pm Pink Not Gray Group 6-7:30pm	18 Nutrition with Tuesday 12pm	19 Clubhouse Closed
21 Metastatic Group 2-4pm Living with Loss Group 6-8pm	22 Wellness Group 6-8pm Yoga with Brandy 7-8pm	23 Mindfulness with Ben 10:15-11:15am Write to Heal 2-4pm	24 Mindfulness Drop-in Group 10:15-11:15am Qigong with Emily 1-2pm Grupo Amigos Unidos 2 6-8pm	25 New Member Meeting 12-1:30pm	26 Clubhouse Closed
28 Metastatic Group 2-4pm Post Treatment Group 6-8pm	<p>Events listed in red are special events; please see event description for more information.</p> <p>Events that are bolded are in-person at the Dallas County Clubhouse unless otherwise specified in the event description. Space is limited! Please RSVP online or by calling (214) 345-8230 to reserve your spot!</p> <p>Please reach out to us by calling (214) 345-8230 or emailing info@cancersupporttexas.org with any questions about the calendar.</p>				

Monthly Activity Descriptions

FOR MEMBERS ONLY

Metastatic Groups

Virtual, Mondays, February 7th, 14th, 21st & 28th, 2-4pm

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

Living with Loss Groups

Virtual, Mondays, February 7th & 21st, 6-8pm

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 Groups

Virtual, Mondays, February 14th & 28th, 6-8pm

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 Groups

Virtual, Tuesdays, February 1st, 8th, 15th & 22nd, 6-8pm

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

Write to Heal

Virtual, Wednesdays, February 9th & 23rd, 2-4pm

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 and enrich healthy and productive lives. Join us for a member-led, creative writing group designed to spark your imagination and stir your creative spirit!

Amigos Unidos

Virtual, Jueves 3, 10, 17 y 24 de febrero, 6-8pm

Grupo de apoyo para pacientes y sus familias.

Support Group for Spanish-speaking patients and their families.

Qigong with Emily

Virtual, Thursdays, February 3rd, 10th, 17th & 24th, 1-2pm

Qigong (chee-gong): Tapping into our Healer Within – is an ancient Chinese healing art that involves breathing exercises, gentle movements, guided visualization and mental focus. Please join Emily R. Atlas, a Certified Qigong and 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. Qigong is easy to follow and can be done standing, seated or lying down.

Breast Cancer Networking Group

Virtual, Saturday, February 12th, 10-11:30am

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.

Pink Not Gray Group

Virtual, Thursday, February 17th, 6-7:30pm

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. Due to the continuing need to connect young women breast cancer survivors, CSCNT will be facilitating this virtual group quarterly.

Mindfulness with Ben

Wednesdays, February 2nd, 9th, 16th & 23rd, 10:15-11:15am

MEMBERS ONLY, ZOOM: Join Ben Garcia, BSN, RN, Certified Life Coach and Oncology Nurse, as he leads a 4-week structured course based on the book “Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life”.

Mindfulness Drop-In Group

Thursday, February 10th & 24th, 10:15-11:15am

MEMBERS ONLY, ZOOM: 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.

Prevención de Cáncer

viernes, 11 de febrero, 12:00 h

El mes de febrero es reconocido como el mes Nacional de Prevención al Cáncer. Por favor acompañe a la enfermera de oncología Iris Andrade, BSN, RN, OCN en una presentación educativa. La presentación será enfocada en puntos importantes sobre el tema, como la prevención y temprana detección del cáncer.

Boredom Busters: Valentine's Day

Friday, February 11th, 2pm

OPEN TO THE PUBLIC, FACEBOOK: Join Program Manager, Angela Sims, for a Valentine's Day craft that you can make with craft supplies you might already have at home! You can make it for yourself or to give to a loved one!

Creative Coasters

Thursday, February 17th, 2-4pm

MEMBERS ONLY, IN-PERSON: Join in on a fun in-person workshop making artful coasters! Dallas area artist and CSC member, Jane Cornish-Smith, will facilitate participants in creating useful and expressive artworks for the home. All materials will be provided. Space is limited to 8 participants! RSVP online or by calling 214-345-8230 to reserve your spot.

Nutrition with Tuesday

Friday, February 18th, 12pm

OPEN TO THE PUBLIC, FACEBOOK: Join Tuesday Brooks, MBA, RDN, LD, as she discusses what foods to prioritize during cancer treatment. Tuesday is a Registered Dietitian Nutritionist and online cancer dietitian. More information can be found on her website at tuesdayhoelscher.com.

Gentle Yoga with Brandy

Tuesday, February 22nd, 7-8pm

MEMBERS ONLY, ZOOM: Join Brandy Edwards, creator of the Self-Love Challenge, for a gentle yoga class. This class is beginner friendly and consists of slow movements with extended time for meditation, breath work and relaxation.



February 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

Wednesday, February 9th, 3-4:30pm (Zoom) | Wednesday, February 23rd, 1-2:30pm (Zoom)

M	T	W	T	F	S
	1 Meditation w/ Lynne 12-1pm Metastatic Group 1-3pm Gentle Yoga 6-7pm	2 Post Treatment Group 1-3pm Living w/ Loss Group 6-8pm Wellness Group 6-8pm	3	4 Friday Metastatic Group 12-2pm	5 Clubhouse Closed
7 Gentle Exercise 10-11am Living with Loss Group 2-4pm	8 Meditation w/ Lynne 12-1pm Metastatic Group 1-3pm Gentle Yoga 6-7pm	9 New Member Meeting 3-4:30pm Wellness Group 6-8pm	10 Creating Peace of Mind 12-1pm Metastatic Networking Group 2-3:30pm	11 Friday Metastatic Group 12-2pm	12 Clubhouse Closed
14 Gentle Exercise 10-11am Family & Friends Group 6-8pm	15 Meditation w/ Lynne 12-1pm Metastatic Group 1-3pm Gentle Yoga 6-7pm	16 Post Treatment Group 1-3pm Living w/ Loss Group 6-8pm Wellness Group 6-8pm	17 Healthy Sleep Solutions 3-4pm	18 Friday Metastatic Group 12-2pm	19 Breast Cancer Networking Group 10-11:30am
21 Gentle Exercise 10-11am Living with Loss Group 2-4pm	22 Meditation w/ Lynne 12-1pm Metastatic Group 1-3pm RN on Cancer Prevention 3:30-4:30pm Gentle Yoga 6-7pm	23 New Member Meeting 1-2:30pm Wellness Group 6-8pm	24 Creating Peace of Mind 12-1pm Gardening Club 1-2pm	25 Friday Metastatic Group 12-2pm	26 Clubhouse Closed
28 Gentle Exercise 10-11am Family & Friends Group 6-8pm	<p>Events listed in red are special events; please see event description for more information.</p> <p>Events that are bolded are in-person at the Collin County Clubhouse unless otherwise specified in the event description. Space is limited! Please RSVP online or by calling (972) 981-7020 to reserve your spot.</p> <p>Please reach out to us by calling (972) 981-7020 or emailing info@cancersupporttexas.org with any questions about the calendar.</p>				

Monthly Activity Descriptions

FOR MEMBERS ONLY

Living with Loss Groups

Virtual, Mondays, February 7th & 21st, 2-4pm

Virtual, Wednesdays, February 2nd & 16th, 6-8pm

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 Group

Virtual, Mondays, February 14th & 28th, 6-8pm

Cancer impacts the entire family. The Family & Friends 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 Group

Virtual, Tuesdays, February 1st, 8th, 15th & 22nd, 1-3pm

Virtual, Fridays, February 4th, 11th, 18th & 25th, 12-2pm

This group is open to members with a metastatic cancer diagnosis.

Post-Treatment Group

Virtual, Wednesdays, February 2nd & 16th, 1-3pm

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 Group

Virtual, Wednesdays, February 2nd, 9th, 16th & 23rd, 6-8pm

The Wellness 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.

Metastatic Networking Group

Virtual, Thursday, February 10th, 2-3:30pm

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.

Creating Peace of Mind

Virtual, Thursdays, February 10th & 24th, 12-1pm

Join mindfulness practitioner Melissa Berg-Baker of Notice More, Stress Less, in this mindfulness class 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 rather than react impulsively, better understand and befriend your internal world, and nurture a deeper sense of courage within.

Gardening Club

Virtual, Thursday, February 24th, 1-2pm

Calling all members! Join us for gardening club, a social event where we will discuss all things gardening. Share your visions for your autumn garden. RSVP to cbolton@cancersupporttexas.org

Gentle Exercise with David

Mondays, February 7th, 14th, 21st & 28th, 10-11am

OPEN TO THE PUBLIC, FACEBOOK: Starting your day with gentle movements can yield big results. David Ashley will teach you gentle movements that strengthen and stretch your entire body while getting your blood pumping. David holds a B.S. in Kinesiology, is a personal trainer and is a certified hypervolt instructor.

Meditation with Lynne

Virtual, Tuesdays, February 1st, 8th, 15th & 22nd, 12-1pm

OPEN TO THE PUBLIC, FACEBOOK: Explore meditation practices that will complement and deepen your existing practice or assist you in developing a new practice. Lynne Patterson, with Dallas Meditates, will guide us as we explore various breath, sound and meditation techniques each week. Enjoy the many benefits of meditation such as stress reduction and mental clarity.

Gentle Yoga for the Soul

Tuesdays, February 1st, 8th, 15th & 22nd, 6-7pm

OPEN TO THE PUBLIC, FACEBOOK: Yoga is an outstanding form of exercise and relaxation with many benefits. Caren Lock facilitates this workshop that is suitable for all levels.

Healthy Sleep Solutions

Thursday, February 17th, 3-4pm

MEMBERS ONLY, ZOOM: Did you know that sleep is a key factor in helping your body more effectively handle diseases and can influence cancer treatment and recovery? Join us in a conversation with Desiré S. Taylor, Ph.D., regarding ways to develop healthier sleep habits and improve the quality of your sleep. Dr. Taylor will discuss common sleep disorders, the relationship between sleep, health and cancer, and most importantly provide direction on how to improve your sleep.

RN on Cancer Prevention

Tuesday, February 22nd, 3:30-4:30pm

MEMBERS ONLY, ZOOM: February is cancer awareness month. Nurse Susan Wertheim presents on the topic of cancer prevention and practical tips. Sue has been a nurse for over 38 years and currently works as an oncology nurse navigator for Texas Health Resources.

Breast Cancer Networking Group

Virtual, Saturday, February 19th, 10-11:30am

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.



February 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, February 11th, 12-1:30pm (Zoom) | Wednesday, February 23rd, 10-11:30am (Zoom)

M	T	W	T	F	S
	1 Wellness Group 2-4pm	2 Yoga & Meditation 11:30am Post Treatment Group 2-4pm	3 Crafting & Camaraderie 10am-12pm	4 Valentine's Card Making 10am	5 Clubhouse Closed
7 Metastatic Group 2-4pm	8 Wellness Group 2-4pm Living with Loss Group 6-8pm	9 Yoga & Meditation 11:30am Valentine's Cookie Decorating 1pm	10 Family & Friends Group 10am-12pm	11 Coffee Talk 10-11am New Member Meeting 12-1:30pm	12 Breast Cancer Networking Group 10-11:30am Heart Wreaths 10am
14 Metastatic Group 2-4pm	15 Wellness Group 2-4pm	16 Yoga & Meditation 11:30am Post Treatment Group 2-4pm	17 Metastatic Networking Group 10-11:30am	18 Gynecological Oncology & Genetics 12pm	19 Clubhouse Closed
21 Metastatic Group 2-4pm	22 Fun & Games 10-11:30am Wellness Group 2-4pm Living with Loss Group 6-8pm	23 New Member Meeting 10-11:30am Yoga & Meditation 11:30am Eating Well During Treatment 12pm	24 Family & Friends Group 10am-12pm	25 Red Door Readers 1-3pm	26 Clubhouse Closed
28 Metastatic Group 2-4pm	Special thanks to: Jace Maxwell & Amanda Duck, PA-C, RD, LD What's Coming Up: Tote Bag Making Workshop and St. Patrick's Day Fun!				

Monthly Activity Descriptions

FOR MEMBERS ONLY

Metastatic Groups

Virtual, Mondays, February 7th, 14th, 21st & 28th, 2-4pm

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

Wellness Group

Virtual, Tuesdays, February 1st, 8th, 15th & 22nd, 2-4pm

The Wellness 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.

Living with Loss Group

Virtual, Tuesdays, February 8th & 22nd, 6-8pm

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 Group

Virtual, Wednesdays, February 2nd & 16th, 2-4pm

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 Group

Virtual, Thursdays, February 10th & 24th, 10am-12pm

Cancer impacts the entire family. The Family & Friends 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 Networking Group

Virtual, Thursday, February 17th, 10-11:30am

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 metastatic cancer.

Coffee Talk

Virtual, Friday, February 11th, 10-11am

Join your CSC friends for this monthly social gathering to chat over your favorite cup of java. All members are welcome, but you must RSVP 24 hours in advance.

Red Door Readers

Virtual, Friday, February 25th, 1-3pm

Read any good books lately, looking for a new favorite author or genre? There's nothing quite as relaxing and rewarding as curling up with a good book then sharing the experience with good friends. Please join us for our monthly book club meeting. Call the clubhouse at 682.212.5400 for the latest book selection.

Breast Cancer Networking Group

In-Person, Saturday, February 12th, 10-11:30am

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.

Yoga & Meditation with Jace

Wednesdays, February 2nd, 9th, 16th & 23rd, 11:30am

OPEN TO THE PUBLIC, FACEBOOK: Jace Maxwell, E-RYT 200, RYT 500, YACEP, Reiki Master is the owner and an instructor at Zen Yoga in Roanoke. Jace is continually inspired by yoga's transformative power. She strives to bring a sense of fun, freedom and kindness to her classes, and hopes to impart nuggets of yogic wisdom along the way.

Crafting & Camaraderie

Thursday, February 3rd, 10am-12pm

MEMBERS ONLY, ZOOM: Join fellow Tarrant County clubhouse members for an open craft-time. Bring any craft project that you have been working on for a social craft time.

Valentine's Card Making

Friday, February 4th, 10-11:30am

MEMBERS ONLY, ZOOM: In preparation for Valentine's Day let's make some handmade cards. Decorative papers and punches, stencils, stamps and gems. Interested in making cards? Then this is the workshop for you! Please RSVP by February 7th to arrange pick-up of your supplies.

Valentine's Cookie Decorating

Wednesday, February 9th, 1-2:30pm

MEMBERS ONLY, ZOOM: Join us for a virtual Valentine's cookie decorating event! Sugar cookies to keep for yourself or share with loved ones. We will provide the cookies and you provide your own decorations. *Cookies will be available for pickup from the Tarrant County Clubhouse on February 8th and 9th before the event. Please RSVP and schedule cookie pick-up time by Monday, February 7th.*

Noogieland - Making Paper Heart Wreaths

Saturday, February 12th, 10am

OPEN TO THE PUBLIC, FACEBOOK: Help your kids to make a Valentine's Paper Heart Wreath. Tarrant County Program Manager Victoria Scarborough will lead this pre-recorded video. Supplies Needed: Construction paper, glue, scissors, paper plate, ribbon (optional).

Gynecological Oncology & Genetics

Friday, February 18th, 12-1pm

OPEN TO THE PUBLIC, ZOOM: Join Amanda Duck, PA-C, RD, LD with Texas Oncology for a presentation on Gynecological Oncology and Genetics.

Fun & Games

Tuesday, February 22nd, 10-11:30am

MEMBERS ONLY, ZOOM: Join your fellow members of CSCNT for fun and games. We have bingo, board games, and card games. Choose one from the clubhouse collection or bring one from home.

Eating Well During Cancer Treatment

Wednesday, February 23rd, 12pm

OPEN TO THE PUBLIC, ZOOM: Join Ashley Mowbray for a presentation on eating well during cancer treatment. Please RSVP online to receive the Zoom link for the presentation.



If you are newly diagnosed or facing a new treatment decision, we can help. Open to Options is designed to help you identify important questions about your treatment options based upon your personal needs.

Available at no cost to anyone in the community, this service will help you to:

- Communicate more clearly with your medical teams.
- Ask critical questions about your options.
- Work with your health care team to make treatment decisions that best fit your personal needs and goals.

Call us today if you have any questions or to schedule an Open to Options appointment please call (214) 345-8230.

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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PO Box 12688
Dallas, TX 75225



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OF
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