

**NOV. 3****'Look Good, Feel Better' for Women with Cancer**

10 a.m. to noon/Bryn Mawr Hospital/1-866-CALL-MLH  
This is a program for women undergoing cancer treatment. Learn beauty techniques to help maintain your appearance and self-confidence during chemotherapy/radiation. You may bring a female support person. Call to register.  
Time: 10am-noon  
Place: Bryn Mawr Hospital, Bryn Mawr, PA  
Phone: 1-866-CALL-MLH

**NOV. 6****Headache and Migraine Management Seminar**

Dr. Elliott Schulman will discuss the use of over-the-counter medications; the impact of hormones, sleep and stress, and possible treatments. The program is free and open to the public. Call for information.  
Time: 6:30pm  
Place: Annenberg Conference Center Rooms A, B & C, Lankenau Hospital, Lancaster Avenue, Wynnewood, PA  
Phone: 1-866-CALL-MLH

**NOV. 8****Haddonfield Road Race 5k**

Place: Haddonfield, NJ  
Web: www.lmsports.com

**NOV. 9****Roman Run**

5k Run, 1-mile walk.  
Time: 9am  
Place: Kelly Drive at Lloyd Hall, Philadelphia, PA  
Phone: 215-627-5487  
Email: bmahon@cahillite.com  
Web: www.rchsalumni.org/romanrun2008

**Introduction to Rock Climbing**

Time: 10am-3pm  
Place: High Rocks, Tinicum, PA  
Phone: 215-230-9085  
Email: info@doylestownrockgym.com  
Web: www.doylestownrockgym.com

**Snack and Juice Fundraiser for Children with Diabetes**

Saturday November 15th 7pm-9pm at ACAC in West Chester, PA  
Girls ages 10-16 and their families are invited to a night of family fun benefiting the American Diabetes Association's "Pump It Up" charity  
Donation of \$15 per family at the door

**NOV. 15****Snack and Juice Fundraiser for Children with Diabetes**

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**PLACE YOUR  
CALENDAR LISTING  
BOXED LISTINGS FOR ONLY  
\$75/CALL 215-396-0268**

**LEARN TO ROLL A  
WHITEWATER KAYAK!****Most Winter Sunday Mornings  
Beginning November 16th.**

Sponsored by the Philadelphia Canoe Club.  
St. Joe's Pool (54th & Overbrook/City Ave.)

Boats are available to borrow.  
For a detailed schedule and more information, select the "Training" link at:  
www.philacanoec.org  
**Questions?**  
E-mail Rosemary Rau at rosemaryrau@comcast.net

**NOV. 17, 18, 25,  
DEC. 2, 9 AND 16  
SmokeFREE Free Adult  
Quit-Smoking Class**

Time: 6-8pm  
Place: Grimes Center, St. Denis Church, 2401 St. Denis Lane, Havertown, PA  
Phone: 1-866-CALL-MLH  
Web: www.determinedtoquit.com

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**OPEN HOUSE  
NOVEMBER 18, 2008  
5-7 PM****LOURDES INSTITUTE  
OF WHOLISTIC STUDIES**

900 Haddon Avenue, Suite 114  
Collingswood, NJ 08108  
To Register for the Open House Please  
Call (856) 869-3134

**NOV. 22****Towamencin Turkey Trot 5k**

Place: Towamencin, PA  
Phone: 215-368-7602  
Web: www.towamencin.org

**NOV. 23****Philadelphia Marathon, Half-  
Marathon and Rothman Institute 8k**

Place: Philadelphia, PA  
Phone: 215-683-2122  
Web: www.philadelphiamarathon.com

**NOV. 27****Abington YMCA Gobble Wobble 5k**

Time: 9am  
Place: Abington, PA  
Phone: 215-884-9622  
Email: bkenas@philaymca.org  
Web: www.philaymca.org

**PNC Bank Thanksgiving Day  
Run/Walk for MS**

5k, 10k, kids' run.  
Time: 10:30am  
Place: Wilmington, DE  
Email:  
kate.cowperthwait@MSdelaware.org  
Web: www.MSdelaware.org

**NOV. 28****1st Annual Haddon Township  
Turkey Trot**

5k, 1 mi.  
Place: Westmont, NJ

Phone: 856-854-1176, ext. 4156  
Email: jfoley@haddonstp.com

**NOV. 30****Orienteering**

Place: Brandywine Creek State Park, New Castle County, DE  
Email: jdewolf@icrsurvey.com  
Web: www.dvoa.us.orianteering.org

**PhillyFIT Bash and PhillyFIT 5K/1  
Mile walk/Dog walk**

Place: Bucks County Community College, 275 Swamp Rd., Newtown, PA 18940.  
Run starts at 9:00 a.m., the BASH starts at 11:00 a.m. and goes until 3:00. This is an event that you dont want to miss, it's EVERYTHING HEALTH AND FITNESS you can dream of!  
Phone: 215-396-0268  
Web: phillyfitmagazine.com  
**See ads on page 4 and 20.**

**DEC. 2****The 7 Stages of Marriage:  
A Workshop**

This workshop provides a practical timeline for understanding the journey and stages of marriage. Call or email for information/registration.  
Cost: \$25/person, \$50/couple.  
Time: 7-9:30pm  
Place: Council for Relationships, 921-A Bethlehem Pike, Suite 205, Spring House, PA  
Phone: 215-628-2450  
Email: rde-maria@councilforrelationships.org

**DEC. 3****Obesity: A Scientific Update**

Those in the health-care field can learn new information about obesity and earn 6 credits. Call to register.  
Cost: \$82/pre-registration, \$97/at the door, space permitting  
Time: 8:30am-3:30pm  
Place: Crowne Plaza Valley Forge, 260 Mall Blvd., King of Prussia, PA  
Phone: 1-800-973-6878

**DEC. 6****Lansdowne YMCA  
Jingle Bell 5K Run**

Time: 8am rain or shine  
Place: Lansdowne YMCA, Garrett Road and Lansdowne Avenue, Lansdowne, PA  
Phone: 610-259-1661, ext. 3015  
Email: mwolf@cyedc.org  
Web: www.communityymca.org

**DEC. 13****Alice's Run and Walk Running 5k**

Time: 1pm  
Place: Coatesville, PA  
Phone: 610-643-9622, ext. 102  
Email: jgiardina@ymcabwv.org  
Web: www.ymcabwv.org

**DEC. 14****Jingle Bell Run/Walk for Arthritis**

Place: Malvern, PA  
Phone: 215-574-3060  
Email: clutz@arthritis.org

**DEC. 21****NERRC Christmas Is for Giving 5K**

Time: 10am gun time  
Place: Pennypack Park, PA  
Email: mikec48@verizon.net  
Web: www.nerrc.net

**DEC. 28****Race Against Time 5k**

Time: Noon  
Place: Wilmington, DE  
Web: www.races2run.com

**JAN. 1****CJRRC Hangover Run 2009 5k**

Time: Noon  
Place: Westfield, NJ  
Phone: 866-841-9139, ext. 3807  
Email: runcjrrc@onebox.com  
Web: www.cjrrc.org

**Ongoing**

Blazers Ski Club  
Place: Philadelphia, PA  
Web: www.blazersskiclub.org

**Brandywine Valley Ski Association**

A year-round sports and social club dedicated to promoting skiing (2-3 trips a year in the Continental United States and Europe) and related activities: biking in summer, sailing weekend trip, happy hours twice a month, two summer pool parties, a holiday party, concert picnics at local wineries and Eagleview, camping and more!  
Time: General meetings are held the first Wednesday of each month September-May at 8pm.  
Place: Ruffini's Restaurant, 43 N. Bailey Road, Thorndale, PA  
Web: www.brandywinevalleyski.com

**Buck Ridge Ski Club**

Place: Bryn Mawr, PA  
Web: www.buckridgeskiclub.org

**Bucks County Ski Club**

Place: Doylestown, PA  
Web: www.buckscountyskiclub.com

**Central Ski Club**

Place: 76 Kelmar Ave., Frazer, PA 19355  
Phone: 610-644-8898

**Eastern Pennsylvania Ski Council**

Web: www.easternpaskiscouncil.org

**Main Line Ski Club**

Ages 21 and over. Upscale ski club featuring numerous social activities throughout the greater Philadelphia area. Trips to Europe, Western and Eastern U.S. Partners with Philadelphia Sailing Club. Also does bicycling and tennis.  
Time: Meets every second Tuesday of every month, September-April.  
Place: Crowne Plaza Hotel at King of Prussia Mall, King of Prussia, PA  
Web: www.mainlineskiclub.com

**New Hope Nordics**

A ski club in the Middle Atlantic (Philadelphia area) that is 100% dedicated to cross-country skiing.  
Place: 2562 Ogden Ave., Bensalem, PA 19020  
Web: prnt4u.com/nhn1.htm

**Penguin Ski Club**

Time: General meetings held first Tuesday of each month (September-April) at 8pm  
Place: Phoenix Sport Club, 301 W. Bristol Road, Feasterville, PA  
Web: penguinskiclub.com

**Tiroler Ski Club**

Place: Philadelphia, PA  
Web: www.tirolerskiclub.com

**Wissahickon Ski Club**

Place: Wago 1 Summer Hill Ct., Lafayette Hill, PA 19144  
Web: www.wissahickonskiclub.org

**Saturday Support Group  
for Adults With Diabetes**

All adults with diabetes are invited to an intelligent discussion about diabetes, weight control and healthy living. Free.  
Time: First Saturday of the month, 11am-noon  
Place: Integrated Diabetes Services, 333 E. Lancaster Ave., Wynnewood, PA

Phone: 610-642-6055  
Web: www.integrateddiabetes.com

### Asperger Syndrome Family/Caregiver Support Meetings

All parents and other adult family members or caregivers of children with Asperger syndrome and similar diagnoses are welcome. Meetings are held the second Tuesday of every other month. The group's mission is to raise public awareness, advocate for improved education and services, and provide support and information. There is no fee for the meetings. Call for information.

Time: Second Tuesday of every other month, 7:30pm  
Place: Grace Chapel, Darby and Eagle roads, Havertown, PA  
Time: 3rd Tues. of every other month, 7pm  
Place: Avon Grove Charter School, 110 E. State Road, West Grove, PA  
Time: Third Thursday of every other month, 7-9pm  
Place: Good Shepherd Lutheran Church, 132 E. Valley Forge Rd., King of Prussia  
Phone: 610-449-6776

### Comprehensive Breast Center Support and Networking Group

For women who have been diagnosed with breast cancer.

Time: Third Tuesday of the month, 7-8:30pm  
Place: Comprehensive Breast Center, Bryn Mawr Hospital, Bryn Mawr, PA  
Phone: 610-526-4400

### Macular Degeneration Support Group

Call for information and/or transportation assistance.

Time: Every second Tuesday, 10am-noon  
Place: Paoli Baptist Church, 33 E. Lancaster Ave., Paoli, PA

Phone: 610-644-6316

### Support Group for People With Cancer

Sponsored by the Wellness Community of Philadelphia. Time: Tuesdays, 6:30-8:30pm  
Place: The Cancer Center at Paoli Hospital, 255 W. Lancaster Ave., Paoli, PA  
Phone: 215-879-7733

### Cherry Hill Road Bike Ride

Date and Time: Saturdays, 8am  
Place: Keswick Cycle, Cherry Hill, NJ  
Phone: 856-795-0079  
Email: salesstaff@keswickcycle.com  
Web: www.keswickcycle.com

### Sunday Morning Mountain Bike Rides

Time: 9am Place: Valley Green Inn in the Wissahickon Park, Philadelphia, PA  
Phone: 215-885-7433  
Email: salesstaff@keswickcycle.com  
Web: www.keswickcycle.com

### Coed Adult Sports Leagues

Evenings and weekends.  
Place: Philadelphia, PA  
Phone: 215-483-9340  
Web: www.phillysportandsocialclubs.com

### Weekly Indoor Spinning at High Road Cycles

Road cycling.  
Dates, Times and Places: Tuesday, 6pm, Wayne, PA; Wednesday, 6:30pm, Doylestown, PA  
Phone: Wayne, 610-687-1110; Doylestown, 215-348-8015  
Web: www.highroadcycles.com

### Women Only Climbing Clinic

Rock/ice climbing.  
Date and Time: Last Friday, 6:30-8pm  
Place: Philadelphia, PA  
Phone: 215-928-1800  
Web: www.govertical.com



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