

TEAM SURVIVOR Bulletin

November/December 2003 Announcements & Program Listings

DEAR PARTICIPANTS & SUPPORTERS:

This year we are offering a special opportunity to send your holiday greetings on an honorary donation card that supports TEAM Survivor's programs and services. Please refer to the enclosed flyer for the order information. Orders must be received by Nov. 20th. Thank you for your support!

"HIKE, POOL FESTIVITIES & POTLUCK LUNCH" Sunday, Nov. 16th—Join us for outdoor fun!!!

Enjoy the beautiful crisp fall weather! All fitness and experience levels welcome. Here's the plan:

1. Meet @ 8:45 am in the parking lot of Mount St. Mary's College Brentwood pool parking lot. Call to RSVP and for map/directions.
2. We will lead you on an easy to moderate hike. This is a short 3-mile nature walk on a fire road with great city and coastal views. The entire roundtrip is about 90 minutes.
3. We will return to the pool at 10:30 am for games and swimming—flotation props (& lounge chairs) will be available.
4. Then enjoy a potluck lunch!
5. Please RSVP to (310) 829-7849 x4 or email to: info@teamsurvivor-la.org

PROGRAMS THAT ARE NEW OR CHANGED:

- ♦ Dragon Boating—Paddling in unison to the beat of an accompanying drummer—Join us for fun & full body workout!
*See new off-season practice schedule
*New teams coming to Marina del Rey & Orange County....call to get a headstart on joining them.
- ♦ Cardiovascular Interval Training—new—Walk/Run with the Medal-winning Dragon Boating Team!
- ♦ Burbank Lying Down & Letting Go™ —see fall dates
- ♦ West L.A. Lying Down & Letting Go™—see fall dates
- ♦ Van Nuys Outdoor Biking—see winter schedule
- ♦ Fullerton Walk & Talk—new
- ♦ Huntington Beach Walk & Talk—2 new times
- ♦ Irvine Walk & Talk—new day/time
- ♦ City of Orange Walk & Talk—new
- ♦ Rancho Santa Marg/Mission Viejo Walk & Talk—new
- ♦ OC Cypress Indoor Training—new location/trainer

As it gets closer to the holidays, please be sure to check the TEAM Survivor Hotline for special holiday schedules and closures.

**For up-to-the-minute updates, call:
PROGRAM HOTLINE: (310) 281-6152**

Los Angeles Programs Meeting Times & Places

WALKING GROUPS

Griffith Park—Walk & Talk

- ♦ Tuesdays, 7:30 a.m., & watch for holiday schedule
- ♦ Meet in front of Griffith Park Pony Rides Concession
- ♦ Free parking in Pony Rides lot; From <5> frwy, take Los Feliz exit & enter park from Riverside Dr/Griffith Park Dr. entrance; drive about 1/4 mile up the road and look for Pony Rides parking lot on your right.
- ♦ Contact Patrice at (323) 906-1195

Long Beach—Walk & Talk

- ♦ Fridays, 12:00 p.m.
- ♦ Meet at bottom of ramp @ Ocean & Junipero; free parking on street or metered parking@ ramp bottom
- ♦ Call Ida (562) 425-7800

Metro L.A.—Walk & Talk

- ♦ 2nd Saturday of every month, 10 a.m.—varies
- ♦ Location and activity will vary each month
- ♦ Based from yoga class @ T.H.E. Clinic—see yoga info
- ♦ Contact Shirley at (310) 756-9862

Pasadena Rose Bowl—Walk & Talk

- ♦ Thursdays, 5:30 p.m., (not on Dec. 25th & Jan. 1st.)
- ♦ Meet at entrance to Parking Lot K on Seco Street, near the bridge over the wash.
- ♦ Contact Linda at (323) 221-2334

Culver City—Walk & Talk (on hiatus)

- ♦ Contact Keri at TSLA office (310) 829-7849x4

USC Campus Track—Walk & Talk (on hiatus)

- ♦ Contact Keri at TSLA office (310) 829-7849x4

Santa Monica—Walk & Talk

- ♦ Saturdays, rotates every week:
Call for time: 9:30 am -or- 10:30 am
- ♦ Location—rotates each week:
Call each week: Palisades Park -or-
In front of Shutters Hotel @ Pico Blvd. & beach
- ♦ Contact Diane at (310) 497-7772

Simi Valley—Walk & Talk

- ♦ Thursdays, 5:45 p.m.
- ♦ Meet at St. Rose of Lima Church, 1305 Royal Ave. in west parking lot. From 118 frwy, take First St. exit, go south approx. 1.3 miles to Royal Ave. & turn left; corner of Royal & Pride, across from Royal H.S.
- ♦ Contact Cathy at (805) 526-7985 (evenings) or (818) 887-2400 x421 (days)

Van Nuys Lake Balboa Park—Walk & Talk

- ♦ Tuesdays 7:30 a.m. -AND- Saturdays 8:30 a.m.
- ♦ Lake Balboa Park; Exit 101 frwy @ Balboa, turn north. Cross Burbank Blvd., turn east into 1st entrance of park; drive up and around curve; park in first lot on left. Meet @ junction of sidewalk & walking path.
- ♦ Contact Catherine at (818) 901-1812

Los Angeles Programs Meeting Times & Places

For up-to-the-minute updates, call: TSLA PROGRAM HOTLINE: (310) 281-6152

AQUATICS

Westside Swimming / Aqua Exercise*

*in cooperation with the Encore Program from the YWCA Santa Monica/Westside

- ◆ 11:00 a.m. - 12:00 p.m., special holiday schedule
Sundays: Nov 2nd, Nov. 16th, & Dec. 7th
- ◆ Mount St. Mary's College, 12001 Chalon Road
- ◆ West on Sunset Blvd., turn right on Bundy Drive. Travel 1.5 miles to Norman Pl. and turn right. Turn left at the end of Norman onto Chalon Rd. Driveway for College on the right. Stop at gate for directions to Fitness Center/Pool. Free parking at the College.
- ◆ Contact Keri Uejo (310) 829-7849 x4

CORE FITNESS & RESISTANCE TRAINING

Pasadena

with Exercise Specialist Mike Strickland, NASM CPT
Must call TSLA Office to register prior to attending for first time: (310) 829-7849

- ◆ Weekly on Tuesdays 7:00* - 8:00 p.m.
* If first time, must RSVP and arrive by 6:45 pm or earlier to review fitness needs with trainer. Ask for Mike Strickland.
- ◆ Hosted by Breakthru Fitness, 87 Fraser Alley, Pasadena. (Lower floor of 88 W. Colorado Blvd & accessible via Fraser Alley.) Located on corner of Delacey St. & Colorado Blvd., in Old Town Pasadena. Free 90 minute parking in Delacey St. parking structure.

CYCLING - OUTDOOR

Van Nuys to Lake Balboa—Nov. to Jan. schedule

- ◆ Most Tue & Sat., depending on weather & holidays
- ◆ Call first to coordinate with Ruth at (818) 782-6074

DRAGON BOATING

Los Angeles Team: L.A. Pink Dragons (LAPD)

Team of 20 cancer survivors paddling in unison to the beat of a drummer. Fun team environment & amazing full body workout!

- ◆ Practice OPEN TO ALL: Team invites anyone interested to join the practice workouts—we need people!
- ◆ *Weekly Boating Practice Schedule: while off-season* Sat. mornings—call for time & directions
- ◆ *Pre-Practice Cardio Vascular Endurance Training:* Interval training run/walk, call for information
- ◆ *New teams coming to Marina Del Rey and Orange County!* Get a head start by calling us now...
- ◆ Contact Linda (323) 221-2334 for information.

HIKING & NATURE WALKS—see also front page

HIKE—SWIM—EAT!!! Sunday Nov. 16th.

1. Meet @ 8:45 am in parking lot of Mount St. Mary's College Brentwood pool parking lot. Easy to moderate hike, Short 3-mile, 90 min. roundtrip hike.
2. Return to pool @ 10:30 am for games, swim or R&R. Then potluck lunch! RSVP (310) 829-7849 x4

LYING DOWN & LETTING GO™ YOGA CLASSES

Burbank

- ◆ Mondays, 7:00 - 8:30 p.m.
- ◆ Fall session runs Oct. 13th—Dec. 15th.
- ◆ Winter session resumes Jan. 12, 2004
- ◆ Providence St. Joseph Medical Center, corner of Buena Vista and Alameda
- ◆ Directions heading west: Exit 134 fwy at Buena Vista. North on Buena Vista, left on Alameda, left into main hospital parking lot.
- ◆ Directions heading east: Exit 134 fwy at Buena Vista. Left on Bob Hope Drive, right on Alameda, right into main hospital parking lot.
- ◆ Ask at front desk for directions to class.
- ◆ Validated parking. Suggested to bring yoga mat, blanket, water and socks.
- ◆ Contact TSLA Office (310) 829-7849 for free registration.

Metro Los Angeles—Stentorian Fire Station

- ◆ Weekly, Thursdays, 6:00—7:00 pm
- ◆ Limited space, so RSVP if its first time.
- ◆ 1409 W. Vernon Ave., Los Angeles, CA 90062; Northwest corner of Vernon & Normandie;
- ◆ Free parking, enter lot from Normandie
- ◆ Contact Shirley Smith at (323) 756-9862 or TSLA Office (310) 829-7849 for free registration.

Metro Los Angeles—T.H.E. Clinic

- ◆ 1st, 3rd, 4th (& 5th) Saturdays, 10:00—11:15 am (On the 2nd Saturday of each month will be a special activity announced the week prior.)
- ◆ 3860 MLK Jr. Blvd., Los Angeles, CA 90008; 2 blocks west of Crenshaw Blvd., on south side of MLK Jr. Blvd.; Free parking.
- ◆ Contact Shirley Smith (323) 756-9862 or TSLA Office (310) 829-7849 for free registration.

Redondo Beach

- ◆ Weekly, Thursdays 6:00 - 7:00 p.m.
- ◆ The Wellness Community—South Bay Cities, 109 West Torrance Blvd., Redondo Beach.
- ◆ From Torrance Blvd., cross PCH & Catalina, see ocean, start downhill and turn right into 2nd driveway. Push button to get ticket, go to upper parking lot. See building 109 at end of parking lot. Bring a quarter (25 cents) for City of Redondo parking box.
- ◆ Contact TSLA Office (310) 829-7849 for free registration.

Sherman Oaks—coming soon!

- ◆ Contact Keri Uejo (310) 829-7849 x4

West Los Angeles

- ◆ Fall session will runs Oct. 14th—Dec. 16th
- ◆ Winter session resumes Jan. 13, 2004.
- ◆ Tuesdays, 7:00 - 8:30 p.m.
- ◆ Wilshire Boulevard Temple (dance studio); Irmas Campus: 11661 W. Olympic Blvd., Los Angeles, CA 90064; Northeast corner of Olympic and Barrington
- ◆ Free parking - enter lot off of Barrington
- ◆ Contact TSLA Office (310) 829-7849 for free registration.

Orange County Programs Meeting Times & Places

NEW!!! Indoor Weight & Resistance Training

With Exercise Specialist Alejandra Boice

- ◆ Hosted @ ALEJANDRA'S HOME GYM in Cypress
- ◆ Tuesdays, 7:15pm; Contact Alejandra to RSVP: home (714) 827-2682 or work (714) 523-1771

TSOC Running Club

- ◆ Weekly on Saturdays, 7:30 a.m.
- ◆ Meet @ Coco's parking lot in Irvine, 4595 Barranca
- ◆ RSVP to Betty (949) 275-3888

Fountain Valley—Walk & Talk

- ◆ Tuesdays, 10:30 a.m., Meet @ Mile Square Park, NW corner of Warner and Euclid (Euclid park entrance)

Fullerton—Walk & Talk—Let's start walking!!!

- ◆ Contact Candace (714) 871-8511 details.

NEW!!! Huntington Beach—Walk & Talk on Beach

- ◆ Sundays 8 am. Meet @ Jack in the Box, 17243 PCH. Call Alejandra (714) 827-2682

NEW!!! Huntington Beach—Walk & Talk in Park

- ◆ Mondays 8:15 am. Meet @ Huntington Beach Central Park in parking lot on GoldenWest, south of Slater. Call Kathy (714) 846-8794

Irvine—Walk & Talk—new time!

- ◆ Weekly on Mondays, 9 am;

- ◆ Meet @ parking lot of Woodbridge Lake's North Lagoon Beach Club (off Stonecreek)
- ◆ Contact Kathleen for more info (949) 552-5007

Newport Beach Fashion Island—Walk & Talk

- ◆ 2nd & 4th Friday each month, 10:00 a.m.
- ◆ Meet @ NIKE Goddess store; stay for optional lunch after the walk.
- ◆ Contact Betty @ (949) 275-3888

NEW!!! City of Orange Hart Park—Walk & Talk

- ◆ Meet @ Hart Park, right off the 22 Frwy on Glassell
- ◆ Twice weekly—Wed. & Fri. @ 10 am
- ◆ Contact Kathy @ (714) 634-2585

NEW!!! Rancho Santa Margarita/Mission Viejo—Walk & Talk around the Lake

- ◆ Wednesdays, 6 pm; call for meeting spot.
- ◆ Contact Betty @ (949) 275-3888

Join Total Woman Gym & Spa!!!

You can get a Team Survivor discount by calling Jessica Dunn (949) 733-0478, Mention Team Survivor. This is a women's-only gyms with locations in Irvine, Mission Viejo, Glendale, Westlake Village, Northridge & Woodland Hills. They have cardio, weights, yoga, pilates & more! **we need a minimum of three members to get this discount applied*

Other Related Programs—Partnering Organizations

Encore Program: YWCA Santa Monica/Westside

- ◆ Thursdays, 10:30 a.m. @ Loews Santa Monica Hotel
- ◆ Guided exercise in heated pool and informal peer support for women who have had breast cancer surgery. For other types of classes and workouts, mention Team Survivor and annual membership at this YWCA will be waived. Pay only a small per-class fee.
- ◆ **More info:** Call Sharon at (310) 452-3881

The Wellness Community—Foothills

- ◆ Call (626) 796-1083 for info on these TWC-F classes:
 - Dynamic Strength Training: Tue. 5:30-6:30 pm (Pas), Fri. 1:30-2:30 pm (Pas)
 - Get on the Ball: 2nd & 4th Fri. 1:30pm (Pas)
 - Qi Gong: 1st & 3rd Fri. 1:30pm (Pas)
 - Tai Chi: Wed., 5:00-5:45 pm (Pas)
 - Yoga: Thur 2:30-3:30, pm (Pas), Wed 2-3 pm (Burb)

Exercise for Breast Cancer Survivors-Placentia

- ◆ Tues. 7-8 pm; call Meredith Laskow (714) 524-5913

The Wellness Community—South Bay Cities

- ◆ Classes that TWC-SB offers—for more information & complete list, call (310) 376-3550:
 - Yoga: Wed. 9:30-10:30 am, Fri. 2-3 pm
 - Thursdays, 6-7 pm (**TSLA class**)
 - Tai Chi: Thursdays, 9-10 am
 - Qi Gong: Thursdays, 10:30-11:30 pm
 - Gentle Exercise: Thursdays, 12 pm-12:45 pm

The Wellness Community—Orange County

- ◆ Classes that TWC-OC offers—for more information & complete list, call (714) 543-3200:
 - Tour de Fitness Exercise: 1st & 3rd Tues. 10a-noon
 - Yoga: Wednesdays 10:45 am
 - Qi Gong & Meditation: 1st & 3rd Thurs. 7-8 pm

Dynamic Strength Training—St. Vincent Med Ctr

- ◆ Mon 10:30-11:30a, Tue 2:30—3:30p, Thu 2-3p
- ◆ St. Vincent Medical Center, Seton Hall, 201 S. Alvarado St., L.A. Call Claudia at (213) 484-7887

Lectures & Education

The Wellness Community—FREE CONFERENCE!

1st Annual "JOURNEY TO WELLNESS" event!

- ◆ Free one day event for people with cancer, loved ones and cancer care professionals. Lunch provided.
- ◆ Keynote by oncologist & author Jeremy Geffen, MD, FACP and presentations from team of experts.
- ◆ Extraordinary Photo exhibition: "Faces of Wellness"
- ◆ Sat. Nov. 15th: 9am—3pm call (800) 571-7790 or go to www.thewellnesscommunity.org/conference

UCLA Ted Mann Family Resource Center

Weekly Support Groups—(310) 794-6644

Many options on times, days, and types of groups

Cancer Lecture Series—(310) 794-6644

Nov 18: 7—9 pm "Lymphedema Management & Prevention" Mary Rosenberg, PT, CLT-LANA, Richelle Drake, CLT and Marchelle Brown, CLT

Dec 9: 7—9 pm "Nutrition & Cancer" David Heber, MD, PhD, UCLA Prof. & Dir. of UCLA Ctr for Human Nutrition



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Web: www.teamsurvivor-la.org
www.teamsurvivorcal.org

Please contact us via phone or e-mail if you would like to be removed from our mailing list.

About TEAM Survivor

TEAM Survivor California was founded in 1999 as a nonprofit 501(c)(3) organization that provides free exercise, health education and support programs for all women living with cancer. Our mission is to enable women to take an active role in regaining and maintaining their health and well-being and our programs are designed to make exercise a fun and supportive experience. Participants are required to have a medical release before participating in TEAM Survivor events or programs. To receive a medical release form or for more information about TEAM Survivor, please contact your nearest TEAM Survivor office listed above.

Thank You to Our Host Facilities & Support Organizations

- ◆ Breakthru Fitness (*Pasadena*)
- ◆ Alejandra Boice's Home Gym (*Cypress*)
- ◆ Los Angeles Stentorian Fire Station (*Metro L.A.*)
- ◆ Mount St. Mary's College (*Brentwood*)
- ◆ NIKEgoddess (*Newport Beach*)
- ◆ Partnered for Progress (*Metro L.A.*)
- ◆ Providence / St. Joseph Medical Center (*Burbank*)
- ◆ T.H.E. Clinic (*Metro L.A.*)
- ◆ The Wellness Community—Foothills (*Pasadena*)
- ◆ The Wellness Community—South Bay (*Redondo Beach*)
- ◆ The Wellness Community—West Los Angeles
- ◆ Wilshire Boulevard Temple (*West Los Angeles*)
- ◆ YAS Yoga and Spinning Center (*Venice*)
- ◆ YWCA Santa Monica/Westside

TEAM Survivor Personnel & Program Leaders

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Samantha Wood, MPT
Sharon Donaldson, YWCA Dir. of Programs

Core Strength/Weight Trainers
Mike Strickland, Alejandra Boice

Swim Coach/YWCA Encore Program
Lindsay Connors

Lying Down & Letting Go™ & Yoga Instructors
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Dragon Boat Team Captain
Linda Gero, TK Kimura

Culver City Walk Leader
Gail Kadar

Fullerton Walk Leader
Candace Cunningham

Griffith Park Walk Leader
Patrice Grullion

Huntington Beach Walk Leader
Kathy Gurden, Alejandra Boice

Irvine Walk Leader
Kathleen Rodarte

Long Beach Walk Leader
Ida Thomas

Orange (City of) Walk Leader
Kathy Mijares-Hulsey

Pasadena Walk Leader
Linda Gero

Rancho Santa Margarita Walk Leader
Betty Van Kirk

Santa Monica Walk Leaders
Diane Schreiber, Sonya Telias

Simi Valley Walk Leader
Cathy Kocur

Van Nuys Walk/Bike Leaders
Catherine Wagar, Gertrude Lewis, Georgia Gowin