

# APRIL HIGHLIGHTS

## SOCIAL EVENTS

**Afternoon Tea, Friday, April 9th** - Come enjoy conversation, laughter, different teas and tasty tea sandwiches!

**Dinner & a Movie, Friday, April 16th** - Tailgate Dinner before the movie. "Blind Side" the story of Michael Oher, a homeless, traumatized boy who became an All American football player with the help of a caring woman & her family. Stars Oscar winner, Sandra Bullock.

## ASK THE EXPERT

**"Life is a Ball", Thursday, April 1st** - Stress management & coping techniques with Cheryl Minchella from MVP

**Humor Workshop, Thursday, April 8th** -Peg DeBaise, MFT is here to teach you how you can use humor in everyday life to cope with all your ups & downs.

**Laughing Yoga, Tuesday, April 13th** -The concept of Laughter Yoga is based on a scientific fact that the body cannot differentiate between fake and real laughter. One gets the same physiological and psychological benefits. With Joellen Kuhn from Laughter Rochester.

## WORKSHOPS

**Book Club, Monday April 19th** - This month's selection is "I Drink for a Reason" by David Cross, a comedian best known for his role on TV's Arrested Development. His authorial debut ensures that his voice is heard on every page, mixing bitterness and absurdity, the result of often piercing sarcasm.

**Intro to Machine Quilting, Wednesday, April 28th** - Genesee Valley Quilt Club has donated new sewing machines to Gilda's Club, so we are beginning a new series of classes to give those that have never tried quilting a chance to learn with expert quilter, Nancy Gay. Nancy will discuss basic quilting techniques & start you on a simple quilting project. We'll provide all necessary materials including those new sewing machines (Thank you Genesee Valley Quilt Club!) If you are already a quilter please join us with any project you have going and Nancy will be available to answer questions and give tips. There is no prior sewing experience required for this class, so come on! Give it a try.

**Food for Life, Monday, April 26th** - Sponsored by the Cancer Project and presented by Sandy Baker. As part of the program, participants will watch videos, assist with food preparation and enjoy eating the dishes prepared in class. Some topics covered include Cancer-Fighting Compounds, Immune-Boosting Foods, Foods and Breast Cancer Survival and Foods and Prostate Cancer Survival.

## FOR MEN

**Gilda's Diner, Saturday, April 10th** - Breakfast, Newspaper & Conversation

## CHILDREN & TEENS

**Gilda's Cafe, Saturday, April 10th** -This night is an opportunity for teens and young adults to come together, listen to good music, win a door prize, enjoy custom coffee & fruit drinks and maybe add their talents to the evening with our Open Mic! Anyone with a connection to cancer is welcome. Both teens and young adults are encouraged to bring a friend or 2. The more the merrier!

**Spring Break Spectacular, Mon-Fri, April 19-23** - 12-2pm each day - Lunch is served each day.

Monday, April 19: Tye Dye Day

Tuesday, April 20: Bingo Day with prizes!

Wednesday, April 21: Movie Day: **Planet 51.**

Thursday, April 22: Earth Day Celebration. We will make containers, plant seeds and learn about "Going Green!"

Friday, April 23: Art Day: Piñata making.

## ART CLASSES

Check out the descriptions of art classes on our website: [www.gildasclubrochester.org](http://www.gildasclubrochester.org).

Classes this month include: Spring Flower Earrings, Open Art, Jewelry, Knitting, Artistic Journaling: Expressing feelings thru Art (4 part series), Acrylic Painting & Celtic Earrings.

## EXERCISE CLASSES

Gentle Yoga, Tuesdays, with Barb Silverstein

Gentle Yoga, Wednesdays, with Estelle White

Gentle Exercise with YMCA, Thursdays - Developed by YMCA trainers specifically for members of Gilda's Club.

## **Surviving in Style Fashion Show**

**Sunday, April 11th**

Hyatt Regency, Downtown Rochester

Call clubhouse for information on purchasing tickets - 585-423-9700

# Gilda's Club Rochester Calendar

## April 2010



Cancer Action, Inc.  
255 Alexander Street  
Rochester, NY 14607



Return Service Requested

*Cancer support for the whole family, the whole time.*  
Gilda's Club is a free, nonprofit support community for any one touched by cancer.

Non-Profit Org.  
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Rochester, New York  
Permit No. 1523

# April 2010



## Gilda's Club Rochester New York

255 Alexander Street • Rochester, New York • www.gildasclubrochester.org  
 To make reservations call (585)423-9700 or email: info@gildasclubrochester.org



Clubhouse Hours  
 Monday-Thursday, 9am-8pm; Friday, 9am-4pm  
 Saturday -see calendar

Clubhouse may close earlier if there are no scheduled activities



| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  |
|--|---|--|---|---|---|
| <p><b>Contact Our Program Staff:</b><br/>                     585-423-9700<br/>                     Mary Casselman-Collazo, LMSW<br/>                     Program Director<br/>                     Annette Leutung, BFA<br/>                     Program Manager<br/>                     Kayleigh Nutting, BA<br/>                     Program Manager</p>   | <p>PLEASE remember to register for all activities.<br/>                     Call at least 48-hours in advance to (585) 423-9700.<br/>                     Activities without sufficient enrollment may be cancelled.</p>  |  | <p><b>Gilda's on the Road</b><br/>                     Unity Cancer Center 10-12noon<br/>                     Gentle Exercise with YMCA.....6-7pm<br/> <b>ASK THE EXPERT:</b><br/>                     Life is a Ball<br/>                     Cheryl Minchella<br/>                     MVP Health Instructor<br/>                     6-7pm</p> | <p>Kids 'N Krafts.....1-2pm<br/>                     Spring Flower Earrings..1:30-2:30pm</p>  |   |
| <p><b>Gilda's on the Road</b><br/>                     Lipson Cancer Center 9:30-11:30<br/>                     New Member Gathering..5:30-6:30pm<br/>                     New Member Orientation.....5-6pm<br/>                     GYN Support Group.....6-7:30</p>  | <p>New Member Orientation .....11:30-12:30pm<br/>                     Support Group.....12:30-2:30pm<br/>                     Gentle Yoga.....2:30-3:30pm<br/>                     Open Art Room.....5:30-7pm</p>   | <p><b>Gilda's on the Road</b><br/>                     Wilmot Cancer Center 10-11:30am<br/>                     Jewelry..... 1-2:30pm<br/>                     New Member Orientation.....5-6pm<br/>                     Gentle Yoga.....5-6pm<br/>                     Support Group....6-8pm<br/>                     Family Group.....6-8pm<br/>                     Noogie Nights.....6-8pm</p>                          | <p>One Stitch at a Time<br/>                     Knitting for a Cause..12-2pm<br/>                     Gentle Exercise with YMCA..6-7pm<br/>                     Gay &amp; Lesbian Group...6-7:30pm<br/> <b>ASK THE EXPERT:</b><br/>                     Humor Workshop with Peg DeBaise<br/>                     6-7:30pm</p>                    | <p>Kids 'N Krafts.....1-2pm<br/>                     Afternoon Tea.....1-2:30pm</p>   | <p><b>GILDA'S DINER</b><br/>                     FOR MEN ONLY<br/>                     Breakfast, newspaper &amp; conversation<br/>                     8-10am<br/> <b>GILDA'S CAFE</b><br/>                     for Teens &amp; Young Adults<br/>                     6-7:30pm</p> |
| <p><b>Gilda's on the Road</b><br/>                     Wilmot Cancer Center<br/>                     11:30-12:30pm<br/>                     New Member Orientation.....5-6pm<br/>                     Breast Cancer Group.....6-7:30pm<br/>                     Melanoma Support Group...6-7:30pm<br/>                     Women of Color.....6-7:30pm<br/>                     Noogie Nights.....6-7:30pm</p> | <p>New Member Orientation .....11:30-12:30pm<br/>                     Support Group.....12:30-2:30pm<br/>                     Gentle Yoga.....2:30-3:30pm<br/>                     Prostate Group.....6-7:30pm<br/> <b>ASK THE EXPERT:</b><br/>                     Laughing Yoga<br/>                     Joellen Kuhn/Laughter Rochester<br/>                     6-7pm</p> | <p>New Member Orientation....5-6pm<br/>                     Gentle Yoga.....5-6pm<br/>                     Support Group....6-8pm<br/>                     Family Group.....6-8pm<br/>                     Noogie Nights.....6-8pm<br/>                     Spanish Speaking Group .....6:30-8pm</p>   | <p><b>Gilda's on the Road</b><br/>                     Highland Hospital 10-12noon<br/>                     Artistic Journaling:<br/>                     Expressing Feelings thru Art<br/>                     ...5:30-7pm<br/>                     Gentle Exercise with YMCA...6-7pm</p>  | <p>Kids 'N Krafts....1-2pm<br/>                     Acrylic/Decorative Painting...3-5pm<br/> <b>Adult Dinner &amp; a Movie</b><br/>                     5pm Dinner<br/>                     6pm Movie: "Blind Side"</p> | <p><b>Sunday, April 25: 3 p.m.</b><br/>                     An Afternoon of Fine Music<br/>                     ... with Dr. Toy<br/>                     St. Catherine's Church<br/>                     Mendon, NY</p>  |
| <p><b>Gilda's on the Road</b><br/>                     Lipson Cancer Center 9:30-11:30<br/> <b>Spring Break Extravaganza</b><br/>                     Tye Dye Day-12-2pm<br/>                     New Member Orientation...5-6pm<br/>                     Book Club.....5-6:30pm</p>   | <p><b>Spring Break Extravaganza</b><br/>                     Bingo Day (for Kids)-12-2pm<br/>                     New Member Orientation .....11:30-12:30pm<br/>                     Support Group.....12:30-2:30pm<br/>                     Gentle Yoga.....2:30-3:30pm<br/>                     Celtic wire earrings....6-7pm</p>   | <p><b>Spring Break Extravaganza</b><br/>                     Movie Day-12-2pm<br/>                     New Member Orientation....5-6pm<br/>                     Gentle Yoga.....5-6pm<br/>                     Support Group....6-8pm<br/>                     Family Group.....6-8pm<br/>                     Noogie Nights.....6-8pm</p>   | <p><b>Spring Break Extravaganza</b><br/>                     Earth Day-12-2pm<br/>                     Artistic Journaling:<br/>                     Expressing Feelings thru Art<br/>                     ....5:30-7pm<br/>                     Gentle Exercise with YMCA...6-7pm</p>  | <p><b>Gilda's on the Road</b><br/>                     Wilmot Cancer Center 10-11:30am<br/> <b>Spring Break Extravaganza</b><br/>                     Art Day: Pinata Making..12-2pm</p>                                |   |
| <p>Open Art Room.....10-12 noon<br/>                     New Member Orientation...5-6pm<br/>                     Women of Color.....6-7:30pm<br/>                     Noogie Nights.....6-7:30pm<br/> <b>ASK THE EXPERT:</b><br/>                     Food For Life<br/>                     with Sandy Baker<br/>                     6-8pm</p>   | <p>New Member Orientation .....11:30-12:30pm<br/>                     Support Group.....12:30-2:30pm<br/>                     Gentle Yoga.....2:30-3:30pm<br/>                     Multiple Myeloma Group.6-7:30pm<br/>                     Prostate Group.....6-7:30pm<br/>                     Deaf Women's Group....6-7:30pm</p>   | <p><b>Intro to Machine Quilting...12-3pm</b><br/>                     New Member Orientation....5-6pm<br/>                     Gentle Yoga.....5-6pm<br/>                     Support Group....6-8pm<br/>                     Family Group.....6-8pm<br/>                     Noogie Nights.....6-8pm<br/>                     Lymphoma/Leukemia Group..6-8pm<br/>                     Spanish Speaking Group ..6:30-8pm</p> | <p><b>Gilda's on the Road</b><br/>                     Wilmot Cancer Center 10-11:30am<br/>                     Artistic Journaling:<br/>                     Expressing Feelings thru Art<br/>                     ....5:30-7pm<br/>                     Gentle Exercise with YMCA...6-7pm</p>   | <p><b>Gilda's on the Road</b><br/>                     Pluta Cancer Center 10-12noon<br/>                     Kids 'N Krafts....1-2pm</p>   | <p><b>April is Volunteer Month</b><br/> <b>THANK YOU</b><br/>                     to all our wonderful<br/>                     volunteers</p>  |