

HIGHLIGHTS

Please call and reserve at least 48 hours before all activities. 585-423-9700 or email: info@gildasclubrochester.org
Activities without sufficient enrollment may be cancelled.

Parking at Park Avenue Festival

If you are planning on going to the Park Avenue Festival this year (Saturday & Sunday, August 7 & 8) you can park at Gilda's Club lot for a \$5 donation and walk right across the street to join in the fun.

SOCIAL ACTIVITIES

Salad Cook Off! Friday, August 6th - Join us for dinner and help to choose this year's best summer salad. Members are welcome to enter the contest. Prizes awarded for best salads.



Family Carnival!

Saturday, August 28th - Gilda's is putting on a family carnival for the end of the summer. Of course there will be food, prizes & games, a cake walk and face painting.



WORKSHOPS

Intro to Quilting - Wednesday afternoons and/ or Thursday evenings - Quilting classes for beginners or advanced students. We have guest quilting experts Nancy Gay and Linda Cirrincione available to show you the basics, and advanced tips and tricks for your quilting projects. We'll provide sewing machines to use and all the necessary materials to start your first quilt or to create another family heirloom.

Book Club - Monday, August 16th - *The Bean Trees* by Barbara Kingsolver In this debut novel the gritty, outspoken Taylor Greer, who leaves her native Kentucky to head west becomes mother to an abandoned baby and, when her jalopy dies in Tucson, is forced to work in a tire garage

FOR MEN

Gilda's Diner - Saturday, August 14th- Breakfast, Newspaper & Conversation.

Redwings Game - Sunday, August 29th - For Men only, call clubhouse for details & tickets.

CHILDREN & TEEN

Toastmasters for Kids - Wednesday evenings from August 4th-25th - For kids 7-15, Toastmasters has developed a special program to teach children how to speak in front of a group. This can develop self confidence for children in any future classroom or social situation.

Toastmasters for Teens & Young Adults, Wednesday, August 11th - For older teens and young adults, learn how to speak in front of a group in a classroom, or work situation. Great for developing self confidence with this necessary skill now and for your future.

Teen Jewelry Class- Thursdays, August 12 & 26 from : Bring a Friend and make some jewelry!

Kids 'N Krafts - Fridays, August 13th, 20th & 27th- Come over to Noogieland for a special craft project you and your child can create together.

ART CLASSES

Check out the descriptions of art classes on our website: www.gildasclubrochester.org.

Classes this month include: Open Art Room, Capizi Shell Earrings, Teen Jewelry Class, Intro to Polymer Clay, Collaged Fans, Decorative Overhead Fan Pull; Acrylic painting and Jewelry

EXERCISE CLASSES

Gentle Yoga - Tuesdays, with Barb Silverstein

Walk with Mary - Thursday evenings & Friday mornings - Join Mary for a friendly walk around the neighborhood.

Adult Zumba Class- Wednesday, August 4 : Come and try out this dance/exercise class

WEEKLY GROUPS

Please check calendar for days & times.

Cancer Support group - for men & women living with any type of cancer.

Family group - for family members & friends of anyone living with cancer.

Living with Loss - for family and friends of people who have died of cancer. Call for current schedule

Noogieland - Noogieland is a special playroom for children who come to Gilda's Club. Parents can bring their children anytime that they are in the clubhouse when they call ahead at least 48 hours.

NETWORKING GROUPS

Please check calendar for days & times.

Breast Cancer Group
Deaf Woman's group
Gay & Lesbian group
GYN group
Lymphoma/Leukemia group
Melanoma group
Multiple Myeloma group
Prostate group
Spanish Speaking group
Spirituality group
Waldenstom's group
Women of Color group



**Joining Gilda's Club is easy
and it's FREE!**

NEW MEMBER ORIENTATIONS

Tuesdays - 11:30-12:30pm.

Wednesdays - 5-6pm

Call ahead for reservations

423-9700 or email: info@gildasclubrochester.org

Contact Our Program Staff:

585-423-9700

Mary Casselman-Collazo, LMSW

Program Director

Annette Leutung, BFA

Program Manager

Kayleigh Nutting, BA

Program Manager

Gilda's Club Rochester

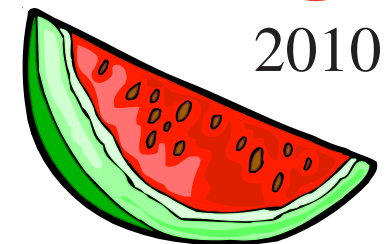
A free cancer support community



An Affiliate of the
CANCER SUPPORT COMMUNITY

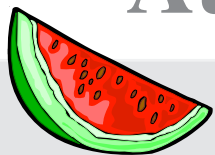
A Global Network of Education and Hope

August 2010



*Cancer support for the whole family
...the whole time.*

August 2010



Gilda's Club Rochester

255 Alexander Street, Rochester, NY, www.gildasclubrochester.org

To make reservations call (585)423-9700
email: info@gildasclubrochester.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Gilda's on the Road Lipson Cancer Center 9:30-11:30 6-8:00 GYN Support Group 2	11:30-12:30 New Member Orientation 12:30-2:30 Cancer Support Group 2:30-3:30 Gentle Yoga 3	12-3:00 Intro to Machine Quilting 5-6:00 New Member Orientation 6-7:00 Adult Zumba Class 6-7:30 Toastmasters for Kids(7-15) Public Speaking Series 6-8:00 Cancer Support Group Family Group Noogie Nights 4	Gilda's on the Road Wilmot Cancer Center 10-11:30 5-7:30 Intro to Machine Quilting 5:30-6:30 Walk with Mary 5	11-11:45 Walk with Mary 3-4:30 Open Art Room Salad Cook Off 5-7pm Join us for dinner & judging Members are welcome to enter the contest 6	Park Avenue Festival Parking \$5 in Gilda's Lot Saturday and Sunday 7
Gilda's on the Road Wilmot Cancer Center 10-11:30 6-7:30 Women of Color Noogie Nights Breast Cancer Group Melanoma Group 9	11:30-12:30 New Member Orientation 12:30-2:30 Cancer Support Group 2:30-3:30 Gentle Yoga 6-7:30 Prostate Group Art Class: Capizi Shell Earrings 10	12-3:00 Intro to Machine Quilting 5-6:00 New Member Orientation 6-7:30 Toastmasters for Kids(7-15) Public Speaking Series 6-8:00 Cancer Support Group Family Group Noogie Nights Spanish Speaking Group 6-7:30 Toastmasters for Teens & Young Adults 11	1-2:30 Teen Jewelry Class 5-7:30 Intro to Machine Quilting 5:30-6:30 Walk with Annette 6-7:30 Gay & Lesbian Group 12	Gilda's on the Road Unity Cancer Center 10-12noon 11-11:45 Walk with Mary 12:30-2:00 Intro to Polymer Clay 1-2:00 Kids 'N Krafts 13	Gilda's Diner For Men Only 8-10am Breakfast, newspaper & conversation 14
Gilda's on the Road Lipson Cancer Center 9:30-11:30 5-6:30 Book Club - <i>The Bean Trees</i> by Barbara Kingsolver 5:30-7:00 Art Class: Collaged Fan (for Adults) 16	Gilda's on the Road Wilmot Cancer Center 10-11:30 11:30-12:30 New Member Orientation 12:30-2:30 Cancer Support Group 2:30-3:30 Gentle Yoga 17	12-3:00 Intro to Machine Quilting 5-6:00 New Member Orientation 6-7:30 Toastmasters for Kids(7-15) Public Speaking Series 6-8:00 Cancer Support Group Family Group Noogie Nights 18	5-7:30 Intro to Machine Quilting 5:30-6:30 Walk with Mary 6-7:30 Spirituality Group 19	11-11:45 Walk with Mary 12-1:00 Cooking with "Chef" Mary 1-2:00 Decorative Fan Pull 1-2:00 Kids 'N Krafts 20	21
Gilda's on the Road Wilmot Cancer Center 10-11:30 6-7:30 Women of Color Noogie Nights 23	11:30-12:30 New Member Orientation 12:30-2:30 Cancer Support Group No Yoga today 5:30-7:00 Acrylic Painting 6-7:30 Prostate Group Multiple Myeloma 24	12-3:00 Intro to Machine Quilting 6-7:30 Toastmasters for Kids(7-15) Public Speaking Series 5-6:00 New Member Orientation 6-8:00 Cancer Support Group Family Group Noogie Nights Lymphoma/Leukemia Grp Spanish Speaking Group 25	Gilda's on the Road Pluta Cancer Center 10- 12noon 1-2:30 Teen Jewelry Class 5-7:30 Intro to Machine Quilting 5:30-6:30 Walk with Mary 26	12-12:45 Walk with Mary and make a smoothie 1-2:00 Kids 'N Krafts 27	Carnival! Saturday 12-2pm For Men Only- Redwings Game Sunday, August 29th 28
Gilda's on the Road Wilmot Cancer Center 10-11:30 2-3:30 Jewelry 30	11:30-12:30 New Member Orientation 12:30-2:30 Cancer Support Group 2:30-3:30 Gentle Yoga 5-6:30 Open Art Room 31		Clubhouse Hours Monday-Thursday, 9am-8pm; Friday, 9am-4pm Saturday -see calendar Clubhouse may close earlier if there are no scheduled activities	PLEASE remember to register for all activities. Call at least 48-hours in advance to (585) 423-9700. Activities without sufficient enrollment may be cancelled.	29