

HIGHLIGHTS FOR FEBRUARY

SOCIAL EVENTS

Friday, February 12th, Be Your Own Best Valentine - Treat yourself special... We'll make you a Lasagna dinner and then we'll have a special "Valentine" activity planned for you.....it's a surprise!

Friday, February 26th, Dinner and a Movie - "The Proposal" - A pushy Canadian boss (*Sandra Bullock*) forces her young assistant to marry her in order to keep her Visa status in the U.S. Dinner will have a Canadian theme.

ASK THE EXPERT

Thursday, February 4th, Beating the Winter Blahs - Cheryl Minchella, health educator from MVP will give you some tips on how to survive Rochester's Winters!

Thursday, February 11th, Lung Cancer: Diagnosis & Treatment - Drs. Agarwal, Jones & Raymond from the Wilmot Cancer Center will provide up to date information on Lung Cancer Treatment.

Wednesday, February 24th, Cancer & Nutrition - Join Joanne Lipp MS,RD as she explains the importance of good nutrition during cancer treatment and beyond. She will provide tasty samples!

WORKSHOPS

Monday, February 1st, How to Navigate Facebook, etc. - Kayleigh will explain all the ins and outs of how to use Facebook to keep in touch with family and friends and up to date on Gilda's Events!

Friday, February 5th, Everything Chocolate Cooking Class - "Chef" Mary will create delectable delights from her favorite food group -CHOCOLATE!

Monday, February 15th, Book Club - This month's book is the classic short novel from William Faulkner, *The Bear*

ART CLASSES

Check out the descriptions and a photo of the finished product for art classes on our website: www.gildasclubrochester.org.

Classes this month include: Valentine Cards, Inspiration Box, Valentine "Hug" Pillow, Knitting, Acrylic/Decorative Painting, Glass Painting, Jewelry, Open Art.

EXERCISE CLASSES

Tuesday, February 2nd and 9th - Gentle Yoga - with Barb Silverstein

Wednesdays - Gentle Yoga - with Pamela Rands, LCSW
Thursdays, Gentle Exercise with YMCA - developed by YMCA trainers specifically for members of Gilda's

FOR MEN

Saturday, February 20th, Gilda's Diner - Breakfast, Newspaper & Conversation

CHILDREN & TEEN

Monday, February 1st, Teen Scene - A chance for teens to hang out and have some fun together.

Winter Break Extravaganza

Monday, February 15th, Game Day - Join us for lunch, prizes, new Wii games and other fun board games.

Tuesday, February 16th, Cooking Class - "Chef" Kayleigh will whip up a fantastic lunch and reveal some secret recipes.

Wednesday, February 17th, Art Day - Join us for lunch, and artistic collages suitable for all ages.

Thursday, February 18th, Field Trip - Rochester Museum and Science Center - Meet us at RMSC's main entrance at 12 noon.

Friday, February 19th, Movie Day - "Cloudy with a Chance of Meatballs" ...guess what lunch is!!!



2010

Gilda's Club Rochester Calendar February

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


February 2010



Gilda's Club Rochester New York

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>New Member Meeting.....5-6pm GYN Group.....6-7:30pm Teen Scene.....5:30-7pm</p> <p>How to Navigate in Facebook, etc.5:30-7pm</p> <p style="text-align: right;">1</p>	<p>New Member Meeting...11:30-12:30pm Wellness Group.....12:30-2:30pm Gentle Yoga.....2:30-3:30pm Valentine Cards.....3:30-4:30pm</p> <p style="text-align: right;">2</p>	<p>Gilda's on the Road Wilmot Cancer Center.....10-11:30am</p> <p>Gentle Yoga.....5-6pm New Member Meeting....5-6pm Wellness Group.....6-8pm Family Group.....6-8pm Noogie Nights.....6-8pm</p> <p style="text-align: right;">3</p>	<p>Inspiration Box.....4:30-6pm Gentle Exercise with YMCA...6-7pm</p> <p>ASK THE EXPERT Beating the Winter Blahs MVP Health Educator 6-7:30pm</p> <p style="text-align: right;">4</p>	<p>Gilda's on the Road Unity Cancer Center 10-12 pm</p> <p>Kids 'N Krafts.....1-2pm Everything Chocolate Cooking Class1-2:30pm</p> <p style="text-align: right;">5</p>	<p style="text-align: center;">Sunday, February 7th Walk For Wellness</p> <p style="text-align: right;">6</p>
<p>Gilda's on the Road Lipson Cancer Center.....9:30-11:30am</p> <p>New Member Meeting.....5-6pm Melanoma Support Group..... 6-7:30pm Breast Cancer Group.....6-7:30pm Women of Color.....6-7:30pm Noogie Nights.....6-7:30pm</p> <p style="text-align: right;">8</p>	<p>Gilda's on the Road Wilmot Cancer Center.....10-11:30am</p> <p>New Member Meeting...11:30-12:30pm Wellness Group.....12:30-2:30pm Gentle Yoga.....2:30-3:30pm Valentine "Hug" pillow.....6-7:30pm Prostate Group.....6-7:30pm</p> <p style="text-align: right;">9</p>	<p>Gentle Yoga.....5-6pm New Member Meeting....5-6pm Wellness Group.....6-8pm Family Group.....6-8pm Noogie Nights.....6-8pm Spanish Speaking Group...6:30-8pm</p> <p style="text-align: right;">10</p>	<p>One Stitch at a Time Knitting for a cause...12-2pm Gentle Exercise with YMCA...6-7pm Gay & Lesbian Support Group..6-7:30pm</p> <p>ASK THE EXPERT Lung Cancer: Diagnosis & Treatment Drs. Agarwal, Jones & Raymond from the Wilmot Cancer Center 6 pm</p> <p style="text-align: right;">11</p>	<p>Acrylic/Decorative Painting....3:30-5pm</p> <p>Kids 'N Krafts.....1-2pm Be Your Own Best Valentine Dinner.....5:30-7pm plus Valentine themed activities</p> <p style="text-align: right;">12</p>	<p style="text-align: center;"></p> <p style="text-align: center;">In the case of inclement weather, please call the club- house to check if activities are still being held.</p> <p style="text-align: right;">13</p>
<p>Gilda's on the Road Wilmot Cancer Center 10-11:30am</p> <p>Winter Break Extravaganza: Game Day for Kids & Teens..12-2pm</p> <p>Glass Painting.....2:30-4pm New Member Meeting.....5-6pm Book Club.....5-6:30pm</p> <p style="text-align: right;">15</p>	<p>Winter Break Extravaganza! Cooking Class for Kids....12-2pm</p> <p>New Member Meeting...11:30-12:30pm Wellness Group.....12:30-2:30pm Gentle Yoga..Cancelled..See you in March</p> <p style="text-align: right;">16</p>	<p>Winter Break Extravaganza! Art Day for Kids & Teens....12-2pm</p> <p>Gentle Yoga.....5-6pm New Member Meeting....5-6pm Wellness Group.....6-8pm Family Group.....6-8pm Noogie Nights.....6-8pm</p> <p style="text-align: right;">17</p>	<p>Winter Break Extravaganza! RMSC Field Trip! (Kids & Teens) Meet at 12noon at museum</p> <p>Jewelry5-6:30pm Gentle Exercise with YMCA...6-7pm</p> <p style="text-align: right;">18</p>	<p>Gilda's on the Road Pluta Cancer Center 10-12 pm</p> <p>Winter Break Extravaganza! Lunch & Movie for Kids & Teens 12-2pm "Cloudy with a Chance of Meatballs"</p> <p style="text-align: right;">19</p>	<p>GILDA'S DINER - FOR MEN ONLY Breakfast, newspaper & conversation 8-10am Waldenstrom's Group10-12pm</p> <p>Amerks Hockey Night Fund Raiser Discount Tickets for Members Call Clubhouse for details</p> <p style="text-align: right;">20</p>
<p>Gilda's on the Road Lipson Cancer Center 9:30-11:30am</p> <p>New Member Meeting.....5-6pm</p> <p>Women of Color.....6-7:30pm Noogie Nights.....6-7:30pm</p> <p style="text-align: right;">22</p>	<p>New Member Meeting...11:30-12:30pm Wellness Group.....12:30-2:30pm Gentle Yoga..Cancelled..See you in March Open Art Room.....1:30-3pm Prostate Group.....6-7:30pm Multiple Myeloma Group.....6-7:30pm</p> <p style="text-align: right;">23</p>	<p>Gentle Yoga.....5-6pm New Member Meeting....5-6pm Wellness Group.....6-8pm Family Group.....6-8pm Noogie Nights.....6-8pm Lymphoma/Leukemia Group.... 6-8pm</p> <p>ASK THE EXPERT Cancer & Nutrition Joanne Lipp MS,RD 6 pm</p> <p style="text-align: right;">24</p>	<p>Lung Cancer Support Group at Wilmot Cancer Center 10-12noon</p> <p>Open Art Room.....5-6:30pm Spirituality group.....6-7:30pm Gentle Exercise with YMCA...6-7pm</p> <p style="text-align: right;">25</p>	<p>Kids 'N Krafts.....1-2pm</p> <p>Dinner & a Movie 5pm Dinner 6pm Movie The Proposal</p> <p style="text-align: right;">26</p> <p style="text-align: right;"><i>Don't delay! Call today!</i></p>	<p style="text-align: right;">27</p>
<p><i>If you have a cold or another contagious illness, we ask that you be considerate of people whose immune systems may be compro- mised & visit the clubhouse when you feel better.</i></p>		<p>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.</p>	<p>Clubhouse Hours Monday-Thursday, 9am-8pm Friday, 9am-4pm Saturday -see calendar Clubhouse may close earlier if there are no scheduled activities</p>		<p>Contact Our Program Staff: 585-423-9700 Mary Casselman-Collazo, LMSW Program Director Annette Leutung, BFA Program Manager Kayleigh Nutting, BA Program Manager</p>