

HIGHLIGHTS for JULY

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.

Camp Open Arms

Starts July 12th runs through 23rd - Monday thru Friday
Day Camp for kids from 3-14 years old. Still accepting applications.
Please call clubhouse for details.

CHILDREN & TEEN

Cooking Class for Kids - Thursday, July 1st - "Chef" Kayleigh will be cooking up a delicious menu using fresh fruits and vegetables...with a healthy spin on chocolate pudding!

Zumba for Teens & Young Adults - Wednesday, July 28th - Dance fitness program combines Latin and international music with dance to make exercise fun!

SOCIAL ACTIVITIES

BINGO!

Friday, July 16th - Sponsored by Essence Insurance there will be food, goodies and prizes galore.

GILDA'S PICNIC!

Wednesday, July 28th - Our annual picnic at Gilda's Club, come early to share dinner and then attend your group or just come for the picnic! Zumba for teens & young adults is right after supper.

WORKSHOPS

Look Good...Feel Better - Monday, July 19th - This workshop will be held at Gilda's Club but is sponsored by the American Cancer Society. Please call ACS for reservations 1-800-227-2345. Learn how to apply makeup to make you look & feel better while you are going through treatment.

**Intro to Quilting - Wednesdays afternoons, July 7th, 14th, 21st, 28th
and/or Thursday evenings July 1st, 15th, 21st & 29th**

Quilting classes for beginners or advanced students. We will have guest quilting experts available to show you the basics, 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.

FOR MEN

Gilda's Diner - Saturday, July 17th - Breakfast, Newspaper & Conversation.

ART CLASSES

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

Classes this month include: Open Art Room, Acrylic Painting, Introduction to Rubber Stamping & Card Making, Jewelry, Summer Candle Ring

EXERCISE CLASSES

Hoola Hoop with Bev! - Friday, July 23rd - Bev says Hoola Hooping is more fun now than it was as a kid, and the best exercise ever. Come see if you can still get that baby spinning!

Gentle Yoga - Tuesdays - with Barb Silverstein

Walk with Mary - Thursday July 1st & 29th & Friday July 2nd & 30th - Join Mary for a friendly walk around the neighborhood.

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

July
2010



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

July 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

If you have a cold or another contagious illness, we ask that you be considerate of people whose immune systems may be compromised & visit the clubhouse when you feel better.

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.

12-1:30 Cooking Class for Kids
3:30-4:30 Walk with Mary
5-7:00 Intro to Machine Quilting

Gilda's on the Road
Unity Cancer Center 10-12noon
11-11:45 Walk with Mary
1:30-3:00 Open Art Room



Clubhouse Closed

12-3:00 Intro to Machine Quilting
3-4:30 Acrylic Painting
5-6:00 New Member Orientation
6-8:00 Cancer Support Group
Family Group
Noogie Nights
RSVP Required

Clubhouse Closed

Clubhouse Closed



Camp Open Arms
9am - 3pm
6-7:30 Breast Cancer Group
Melanoma Group
Women of Color

* No Noogie Nights during weeks camp is open

Camp Open Arms 9am - 3pm
11:30-12:30 New Member Orientation
12:30-2:30 Cancer Support Group
2:30-3:30 Gentle Yoga
6-7:00 Intro to Rubber Stamping & Card Making
6-7:30 Prostate Group

Camp Open Arms- 9am - 3pm
12-3:00 Intro to Machine Quilting
5-6:00 New Member Orientation
6-8:00 Spanish Speaking Group
Cancer Support Group
Family Group
* No Noogie Nights during weeks camp is open

Camp Open Arms
9am - 3pm
Gilda's on the Road
Wilmot Cancer Center 12-1:30pm
5-7:00 Intro to Machine Quilting
6-7:30 Spirituality Group

Camp Open Arms
9am - 3pm
BINGO!
6-7:30pm
Sponsored by Essence Insurance
Prizes! Food Goodies!

Gilda's Diner
For Men Only
8-10am
Breakfast, newspaper & conversation

Camp Open Arms 9am - 3pm
Look Good....Feel Better
Call American Cancer Society
for Reservations 1-800-227-2345
10-12noon
No Book Club this month see you in August!

Camp Open Arms
9am - 3pm
11:30-12:30 New Member Orientation
12:30-2:30 Cancer Support Group
2:30-3:30 Gentle Yoga

Camp Open Arms
9am - 3pm
12-3:00 Intro to Machine Quilting
5-6:00 New Member Orientation
6-8:00 Cancer Support Group
Family Group
* No Noogie Nights during weeks camp is open

Camp Open Arms
9am - 3pm
Gilda's on the Road
Wilmot Cancer Center 12-1:30pm
2:30-3:30 Jewelry
5-7:00 Intro to Machine Quilting

Camp Open Arms
9am - 3pm
10-11am Hoola Hoop with Bev!

Gilda's on the Road
Lipson Cancer Center 9:30-11:30am
6-7:30 Women of Color
(Jewelry Night!)
Noogie Nights

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
Multiple Myeloma

12-3:00 Intro to Machine Quilting
5-6:00 New Member Orientation
Gilda's Picnic
5-6:30pm
6-7:30 Zumba for
Teens & Young Adults
6-8:00 Cancer Support Group
Family Group
Noogie Nights
Lymphoma/Leukemia Grp

Gilda's on the Road
Pluta Cancer Center 12-1:30pm
5-7:00 Intro to Machine Quilting
5:30-6:30 Walk with Mary

Gilda's on the Road
Wilmot Cancer Center 10-11:30am
11-11:45 Walk with Mary
1-2:30 Summer Candle Ring

Did you know there are still spots left for **Camp Open Arms**? Call clubhouse for details 423-9700