

# July 2009

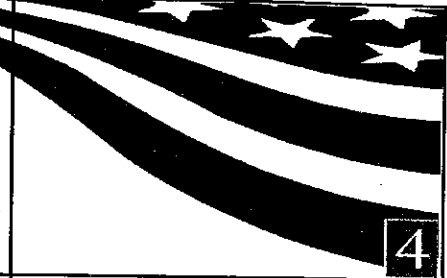
## Gilda's Club Rochester New York

255 Alexander Street • Rochester, New York • (585) 423-9700 • www.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>Monday, June 29th</b> <b>Clubhouse Open</b> <b>12noon-7:30pm</b> <b>Wednesday's Wellness &amp; Family Groups</b> <b>are meeting at 6pm</b></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><b>Clubhouse Closed</b></p>	<p><b>Clubhouse Closed</b></p>	<p><b>Clubhouse Closed</b></p>	
<p><b>CAMP OPEN ARMS</b> 9AM-3PM</p> <p>GYN Group...reservation req'd...6-7:30pm New Member Meeting.....5-6pm Women of Color.....6-7:30pm Noogieland closed for the evening because of camp</p>	<p><b>CAMP OPEN ARMS</b> 9AM-3PM</p> <p>New Member Meeting...11:30-12:30pm Wellness Group.....12:30-2:30pm Gentle Yoga.....2:30-3:30pm</p>	<p><b>CAMP OPEN ARMS</b> 9AM-3PM</p> <p>New Member Meeting....5-6pm Wellness Group.....6-8pm Family Group.....6-8pm Spanish Speaking Group....6:30-8pm Noogieland closed for the evening because of camp</p>	<p><b>CAMP OPEN ARMS</b> 9AM-3PM</p> <p>Gilda's on the Road Wilmot Cancer Center 10-11:30am Gilda's on the Road Pluta Cancer Center 12:30-2:30pm</p>	<p><b>CAMP OPEN ARMS</b> 9AM-3PM</p> <p>Memory wire bracelets.....1-2:30pm</p>	<p><b>SUNDAY, JULY 12</b></p> <p><b>FOR MEN ONLY</b> <b>RED WING'S BASEBALL</b> <b>LIMITED TICKETS</b> <b>CALL CLUBHOUSE</b> <b>FOR DETAILS</b></p>
<p><b>CAMP OPEN ARMS</b> 9AM-3PM</p> <p>Open Art.....5:30-7pm New Member Meeting.....5-6pm Breast Cancer Group.....6-7:30pm Noogieland closed for the evening because of camp</p>	<p><b>CAMP OPEN ARMS</b> 9AM-3PM</p> <p>New Member Meeting...11:30-12:30pm Wellness Group.....12:30-2:30pm Gentle Yoga.....2:30-3:30pm Living w/loss.....5:30-7pm Prostate Group.....6-7:30pm</p>	<p><b>CAMP OPEN ARMS</b> 9AM-3PM</p> <p>Gilda's on the Road Wilmot Cancer Center -10-12noon New Member Meeting....5-6pm Wellness Group.....6-8pm Family Group.....6-8pm Noogieland closed for the evening because of camp</p>	<p><b>CAMP OPEN ARMS</b> 9AM-3PM</p> <p>Walk with Annette(probably pretty slowly!) .....11:30-12:30pm Glass Painting.....1-2:30pm</p>	<p><b>CAMP OPEN ARMS</b> 9AM-3PM</p> <p>Lunch &amp; Games for Adults! (including the Wii) 12-1:30pm</p>	<p><b>GILDA'S DINER-FOR MEN ONLY</b> Breakfast , Newspaper &amp; Conversation 8-10am <b>COOKING CLASS</b> We'll be making freezer jam &amp; salsa to take home - our chef is..... <b>SHIRLEY HUTNER</b> from Ball Home Canning Products 11-1pm</p>
<p>Decorative Painting.....1:30-3pm. Book Club.....5-6:30pm New Member Meeting.....5-6pm Women of Color.....6-7:30pm Noogie Nights.....6-8pm Irish Dancing Class.....6:15-7:30pm</p>	<p><b>Gilda's on the Road</b> Lipson Cancer Center.....10-11:30pm New Member Meeting...11:30-12:30pm Wellness Group.....12:30-2:30pm <b>Gilda's on the Road</b> Unity Cancer Center.....12:30-2:30pm Gentle Yoga.....2:30-3:30pm</p>	<p>New Member Meeting...5-6pm Wellness Group.....6-8pm Family Group.....6-8pm Noogie Nights.....6-8pm Spanish Speaking Group...6:30-8pm Lymphoma/Leukemia Group ..... 6-8pm</p>	<p>Lung Cancer Support Group at Wilmot Cancer Center 10-12noon Knitting.....12-1:30pm</p> <p><b>GILDA'S CLUB PICNIC</b> 5:30-7PM Enjoy hots, hamburger, and salads</p>	<p>Walk with Kayleigh.....10:30-11:30am</p> <p>"Cooking" with Ice Cream (really!) "Chef" Mary is in charge 11:30-1pm Chandelier Earrings.....1-2:30pm</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 compromised &amp; visit the clubhouse when you feel better.</i></p>
<p><b>Gilda's on the Road - 10-12noon</b> <b>Sands Cancer Center - Canandaigua</b> New Member Meeting.....5-6pm Irish Dancing Class.....6:15-7:30pm Teen Scene - Craft Night.....5:30-7pm</p>	<p><b>Gilda's on the Road</b> Wilmot Cancer Center.....10-12noon New Member Meeting...11:30-12:30pm Wellness Group.....12:30-2:30pm Gentle Yoga.....2:30-3:30pm Living w/loss.....5:30-7pm Multiple Myeloma Group....6-7:30pm Prostate Group.....6-7:30pm</p>	<p>New Member Meeting.....5-6pm Musical Hugs for Healing....5:30-7pm Wellness Group.....6-8pm Family Group.....6-8pm Noogie Nights.....6-8pm</p>	<p><b>Teens Only Lunch &amp; Game Day</b> 12noon-2pm</p> <p><b>"MINING FOR GOLD"</b> with <b>REEDS JEWELERS</b> enjoy dinner, mini art classes and exchange your gold pieces for cash! 5:30-7pm</p>	<p>Earth Friendly Shopping Bag ...11-12noon</p> <p>Noogie Lunch &amp; Play Day 12noon-2pm</p>	<p><b>Contact Our Program Staff:</b> 585-423-9700 Mary Casselman-Collazo, LMSW Program Director Annette Leutung, BFA Program Manager Kayleigh Nutting, BA Program Manager</p>

## HIGHLIGHTS FOR JULY 2009

### SOCIAL EVENTS

Gilda's Club Picnic, Thursday, July 23rd -*Escape the heat outside and picnic in air conditioning. We'll enjoy hot, hamburgers, and salads. Don't forget to RSVP!*

"Mining for Gold" with Reeds Jewelers, Thursday, July 30th -*Enjoy dinner & mini art classes. Reeds Jewelers will be available to exchange your old gold jewelry for cash. Art classes will be mini versions of Origami, Card Making and a pair of Earrings.*

### WORKSHOPS

Cooking with Ice Cream (really!) with "Chef" Mary, Friday, July 24th - *It'll be a surprise, even to Mary!*

Book Club, Monday, July 20th - This month's selection is "Uncle Tom's Cabin" by Harriot Beecher Stowe.

Irish Dancing, Monday, July 20th and 27th - *Shannonside Dancers will be here to teach simple Irish Step Dancing. Great exercise for that bathing suit body.*

Musical Hugs for Healing, Wednesday, July 29th - *Do you ever hear a particular song on the radio and are suddenly transported back to some moment in your life? Come share your thoughts on how music has impacted your life, sing a little if the spirit moves you, make up lyrics for a well known popular tune and of course smile a lot! Rochester Musician Diane Walker, using music's healing capabilities, will be here to accompany, sing and lead some fun.*

### ART CLASSES

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

*Classes this month include: Memory Wire Bracelets, Open Art, Glass Painting, Decorative Painting, Chandelier Earrings, Earth Friendly Shopping Bags, Knitting.*

### FOR MEN

Red Wings Baseball, Sunday, July 12th - *Tickets limited. Call clubhouse for details.*

Gilda's Diner, Saturday, July 18th - *Breakfast, Newspaper & Conversation*

### CHILDREN & TEEN

CAMP OPEN ARMS - Monday thru Friday, July 6th-17th - *Call Clubhouse for Details.*

Teen Scene Craft Night - Monday, July 27th - *Enjoy snacks, crafts and prizes with Kayleigh.*

Teens Only Lunch and Game Day, Thursday, July 30th - *Enjoy lunch, Wii, prizes and fun with Kayleigh.*

Noogie Lunch and Play Day, Friday, July 31st - *Calling all Noogies for lunch, games, crafts and fun!*

### EXERCISE CLASSES

Gentle Yoga, Tuesdays, with Barb Silverstein

**Please remember to return your Member Survey....we need and value your input!**



# Gilda's Club Rochester Calendar

July  
2009

*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.  
US Postage  
**PAID**  
Rochester, New York  
Permit No. 1523

Return Service Requested

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

