

June 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>Gilda's on the Road - 10-12 noon Wilmot Cancer Center</p> <p>New Member Meeting.....5-6pm GYN Group.....6-7:30pm Women of Color.....6-7:30pm Noogie Nights.....6-8pm</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 Wooden Jewelry box.....6-7:30pm Food for Life.....6-8pm</p> <p style="text-align: right;">2</p>	<p>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>Gilda's on the Road - 10-12 noon Sands Cancer Center, Canandaigua Knitting.....12-1:30pm</p> <p>ASK THE EXPERT Managing Sleep Disturbances Oxana Palesh, PhD, University of Rochester 6pm</p> <p style="text-align: right;">4</p>	<p>Walk with Mary.....10-11am Jewelry.....12-1pm Kids 'N Krafts.....1-2pm</p> <p style="text-align: right;">5</p>	<p>Sunday, June 7th National Cancer Survivor's Day Brunch 12noon-2:30pm</p> <p style="text-align: right;">7</p>
<p>Gilda's on the Road- 10-12 noon Lipson Cancer Center</p> <p>Look Good, Feel Better...10-12noon RSVP ... American Cancer Society 1-800-227-2345</p> <p>Altered Mini Book.....1:30-3:30pm New Member Meeting.....5-6pm</p> <p style="text-align: right;">8</p>	<p>Gilda's on the Road- 10-12 noon Wilmot Cancer Center</p> <p>New Member Meeting...11:30-12:30pm Wellness Group.....12:30-2:30pm Gentle Yoga.....2:30-3:30pm Living with Loss..RSVP req'd..5:30-7pm Prostate Group.....6-7:30pm Food for Life.....6-8pm</p> <p style="text-align: right;">9</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</p> <p style="text-align: right;">10</p>	<p>Gilda's on the Road - 10-12 noon Pluta Cancer Center</p> <p>Acrylic Painting.....5:30-7:00pm</p> <p>ASK THE EXPERT Managing Your Finances Amy Baliva, Consumer Credit Counseling 6 pm</p> <p style="text-align: right;">11</p>	<p>Walk with Kayleigh.....10-11am Bingo.....1-2:30pm Kids 'N Krafts.....1-2pm</p> <p style="text-align: right;">12</p>	<p>GILDA'S DINER FOR MEN ONLY Breakfast, newspapers & conversation 8-10am</p> <p style="text-align: right;">15</p>
<p>Gilda's on the Road - 10-12noon Unity Cancer Center</p> <p>New Member Meeting.....5-6pm Book Club.....5-6:30pm Women of Color.....6-7:30pm Noogie Nights.....6-8pm Breast Cancer Group.....6-7:30pm</p> <p style="text-align: right;">15</p>	<p>New Member Meeting...11:30-12:30pm Wellness Group.....12:30-2:30pm Gentle Yoga.....2:30-3:30pm Food for Life.....6-8pm</p> <p style="text-align: right;">16</p>	<p>Gilda's on the Road - 10-12 noon Wilmot Cancer Center</p> <p>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>Walk with Kayleigh.....9-10 am Knitting.....12-1:30pm Jewelry.....6-7:30pm Spirituality Group.....6-7:30pm</p> <p style="text-align: right;">18</p>	<p>Walk with Mary.....10-11am Kids 'N Krafts.....1-2pm Beaded Ring.....1-2pm</p> <p style="text-align: right;">19</p>	<p style="text-align: right;">20</p>
<p>Gilda's on the Road- 10-12noon Lipson Cancer Center</p> <p>Decorative Painting.....1-2:30pm New Member Meeting.....5-6pm Teen Scene - Sports Night.....5:30-7pm</p> <p>ASK THE EXPERT Acupuncture & Complimentary Treatments Shannon Pinckney 5:30pm</p> <p style="text-align: right;">22</p>	<p>New Member Meeting...11:30-12:30pm Wellness Group.....12:30-2:30pm Gentle Yoga.....2:30-3:30 pm Living with Loss..RSVP req'd..5:30-7pm Prostate Group.....6-7:30pm Multiple Myeloma Group6-7:30pm Food for Life.....6-8pm</p> <p style="text-align: right;">23</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 style="text-align: right;">24</p>	<p>Lung Cancer Support Group at Wilmot Cancer Center 10-12noon</p> <p>Walk with Kayleigh.....10-11am</p> <p>Open Art Room.....1:30-3pm</p> <p style="text-align: right;">25</p>	<p>Gilda's on the Road - 10-12 noon Wilmot Cancer Center</p> <p>Walk with Mary.....10-11am Kids 'N Krafts.....1-2pm</p> <p style="text-align: right;">26</p>	<p style="text-align: right;">27</p>
<p>CLUBHOUSE OPEN 12noon - 7:30pm</p> <p>Wednesday's Wellness & Family groups are meeting at 6pm</p> <p style="text-align: right;">29</p>	<p>CLUBHOUSE CLOSED</p> <p style="text-align: right;">30</p>	<p>CLUBHOUSE CLOSED</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>	<p><i>Don't delay, Call today!</i> 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><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>

HIGHLIGHTS FOR JUNE 2009

NATIONAL CANCER SURVIVOR'S DAY BRUNCH -

Sunday, June 6th -12 noon - 2:30pm

Celebrate this special day with other cancer survivors and their families at Gilda's Club

<p><u>TEENS</u></p> <p>TEEN SCENE - SPORTS NIGHT- Monday, June 22 - <i>Join us for a night full of sports: games, crafts, PRIZES, and the Wii!</i></p> <p><u>ASK THE EXPERT</u></p> <p>MANAGING SLEEP DISTURBANCES - Thursday - June 4th - <i>Dr. Patesh from Strong Hospital will speak and answer your questions.</i></p> <p>MANAGING YOUR FINANCES - Thursday - June 11th - <i>Here is help keeping track of and organizing all your finances.</i></p> <p>ACUPUNCTURE AND OTHER COMPLIMENTARY TREATMENTS - Monday, June 22 - <i>Using acupuncture as a valuable partner in getting through your cancer experience. Shannon Pinckney M.A., will lead this lecture.</i></p> <p><u>EXERCISE CLASSES</u></p> <p>Gentle Yoga, Tuesdays, with Barb Silverstein</p>	<p><u>SOCIAL ACTIVITY</u></p> <p>BINGO, Friday, June 12th - <i>Come play Bingo, enjoy light refreshments and win PRIZES!</i></p> <p><u>MEN ONLY</u></p> <p>GILDA'S DINER, Saturday, June 13th, <i>Breakfast, Newspaper & Conversation</i></p> <p><u>WORKSHOPS</u></p> <p>FOOD FOR LIFE, Tuesday, June 2nd, <i>Sandy Baker will lead this four (4) week class on making healthy eating choices.</i></p> <p>BOOK CLUB, Monday, June 15th, <i>Selection for this month is "The Liar's Club" by Mary Karr</i></p> <p><u>ART CLASSES</u></p> <p><i>Check out the descriptions of art classes on our website:</i></p> <p><i>www.gildasclubrochester.org</i></p> <p><i>Classes this month include, Wooden Jewelry Box, Knitting, Altered Mini Book, Acrylic Painting, Jewelry, Open Art, Beaded Ring and Decorative Painting</i></p>
---	---

SAVE THE DATE:

CAMP OPEN ARMS, JULY 6TH THROUGH 17TH

DAY CAMP FOR KIDS AFFECTED BY CANCER - Call the clubhouse for details.



Gilda's Club Rochester Calendar

June 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.

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

Return Service Requested



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