

MARCH HIGHLIGHTS

SOCIAL EVENTS

St. Patrick's Day Party, Thursday, March 11th - *The whole family is invited to our annual St. Patrick's Day Dinner. There will be music, laughter and crafts (for the kids).*

Scrabble Day, Friday, March 19th - *Do you love to play Scrabble? We'll have a day of activities related to the Scrabble Game: Initial Pin made from Scrabble letters, light lunch ("Scrabbled" Eggs or Alphabet soup?), ending with a fun game of Scrabble.*

Dinner & a Movie (for adults), Friday, March 26th - *"Ice Age, Dawn of the Dinosaurs" is the movie, we'll be dining on "Tyrannosaurus Rex" (tastes a lot like chicken!)*

Spring Egg Hunt, Saturday, March 27th - *Bring the whole family for brunch, crafts and enjoy watching the children win prizes during an egg hunt.*

ASK THE EXPERT

Colorectal Cancer, Tuesday, March 2nd - *Dr. John Monson & Dr. Aram Hezei from Wilmot Cancer Center will provide the newest information on colorectal cancer and answer your questions.*

Sleep from A thru Zzzz, Thursday, March 25th - *Do you have trouble sleeping? Cheryl Minchella from MVP will give you tips on how to get a good night's rest.*

WORKSHOPS

Series for Children & Teens: How to have an Awesome Attitude! 4 Mondays starting March 8th - *This Series will develop skills in meditation, communication and confidence. RSVP*

Book Club, Monday, March 15th - *Call clubhouse for title of the book to be read.*

Gilda's "Food Network" Cooking Class, Thursday, March 18th - *From the show Melissa d'Arabian's \$10 Dinners, "Chef" Mary and the participants will replicate one of Melissa's \$10 meals. RSVP*

FOR MEN

Gilda's Diner, Saturday, March 27th - *Breakfast, Newspaper & Conversation*

CHILDREN & TEEN

Kids 'N "Krafts, Fridays - *Bring the kids along to Noogieland and we'll have some craft materials out for you to play with your child.*

Teen Scene, Monday, March 1st - *Friendship Bracelets, the Wii and a light dinner.*

ART CLASSES

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

Classes this month include: Open Art, Collage Your Life, Knitting, Button Pins, Acrylic/Decorative Painting, Spring Cards, Jewelry and Zentangle (a meditative form of framable doodling).

EXERCISE CLASSES

Gentle Yoga, Tuesdays, with Barb Silverstein

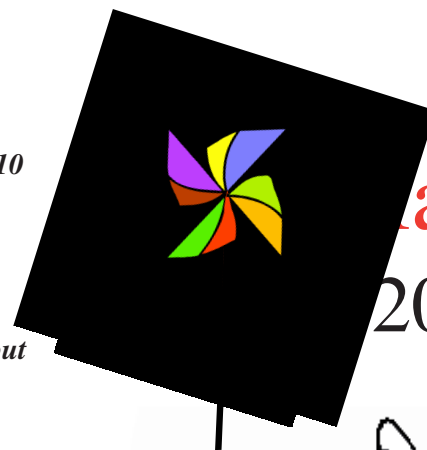
Gentle Exercise with YMCA, Thursdays - *Developed by YMCA trainers specifically for members of Gilda's Club.*

SAVE THE DATE!

Annual Women's Spa Day & Retreat, Saturday, May 22nd

Reserve your spot now!

Gilda's Club Rochester Calendar



March
2010



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
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Rochester, New York
Permit No. 1523

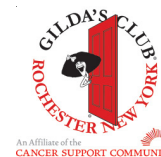
March 2010

Gilda's Club Rochester New York

•255 Alexander Street • www.gildasclubrochester.org •
To make reservations call (585)423-9700 or email: info@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 Wilmot Cancer Center -10-11:30am</p> <p>New Member Meeting....5-6pm Teen Scene....5:30-7pm GYN Support Group....6-7:30pm</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</p> <p>ASK THE EXPERT Colorectal Cancer Drs. John Monson & Aram Hezel 6-7:30pm</p> <p style="text-align: right;">2</p>	<p>Open Art Studio...1-2:30pm</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>Open Art Studio.....5:30-7pm Gentle Exercise with YMCA.....6-7pm</p> <p style="text-align: right;">4</p>	<p>Gilda's on the Road Unity Cancer Center 10-12noon</p> <p>Kids 'N Krafts.....1-2pm</p> <p>Euchre.....12:30-2pm</p> <p style="text-align: right;">5</p>	<p style="text-align: right;">6</p>
<p>New Member Meeting....5-6pm Series for Children & Teens How to have an Awesome Attitude! 6-7:30pm</p> <p>Breast Cancer group.....6-7:30pm Melanoma Support 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 Collage Your Life....6-7:30pm Prostate Group....6-7:30pm</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>One Stitch at a Time Knitting for a Cause....12-2pm</p> <p>St. Patrick's Day Party Dinner & crafts for the kids 5:30-6:30pm</p> <p>Gentle Exercise with YMCA.....6-7pm Gay & Lesbian Support Group6-7:30pm</p> <p style="text-align: right;">11</p>	<p>Gilda's on the Road Pluta Cancer Center 10-12noon</p> <p>Art Room: Button Pin...11-1pm</p> <p>Kids 'N Krafts.....1-2pm</p> <p style="text-align: right;">12</p>	<p style="text-align: right;">13</p>
<p>Gilda's on the Road Lipson Cancer Center 9:30-11:30am</p> <p>New Member Meeting....5-6pm Book Club....5-6:30pm</p> <p>Series for Children & Teens How to have an Awesome Attitude! 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</p> <p>Acrylic/Decorative Painting....5:30-7pm Euchre.....6-7:30pm</p> <p style="text-align: right;">16</p>	<p>Glass Painting Class at Pluta Cancer Center 1-2:30pm RSVP</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>Gilda's "Food Network" Cooking Class From the show Melissa d'Arabian's \$10 Dinners with "Chef" Mary 5:30-7pm</p> <p>Gentle Exercise with YMCA.....6-7pm Spirituality Group...6-7:30pm</p> <p style="text-align: right;">18</p>	<p>Gilda's on the Road Wilmot Cancer Center -10-11:30am</p> <p>Scrabble Day! <i>see Highlights on back for details</i> Letter Pin.....11:30pm Light lunch.....12:30pm Scrabble Game.....1pm</p> <p style="text-align: right;">19</p>	<p style="text-align: right;">20</p>
<p>New Member Meeting....5-6pm</p> <p>Series for Children & Teens How to have an Awesome Attitude! 6-7:30pm</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.....2:30-3:30pm Prostate Group....6-7:30pm Multiple Myeloma Group....6-7:30pm "ZENTANGLE" in the Art Room....5:30-7pm See back for explanation!</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 Lymphoma/Leukemia Group....6-8pm Spanish Speaking Group....6:30-8pm</p> <p style="text-align: right;">24</p>	<p>Lung Cancer Support Group Wilmot Cancer Center 10-12noon</p> <p>Spring Greeting Cards...4:45-5:45pm Gentle Exercise with YMCA.....6-7pm</p> <p>ASK THE EXPERT Sleep from A-Zzzzz Cheryl Minchella, MVP Health Educator 6-7:30pm</p> <p style="text-align: right;">25</p>	<p>Kids 'N Krafts.....1-2pm</p> <p>Adult Dinner & a Movie 5pm dinner 6pm movie "Ice Age: Dawn of the Dinosaurs"</p> <p style="text-align: right;">26</p>	<p>GILDA'S DINER FOR MEN ONLY Breakfast, newspaper & conversation 8-10am</p> <p>Spring Egg Hunt & Brunch Fun for the Whole Family! 11-1pm</p> <p style="text-align: right;">27</p>
<p>Gilda's on the Road Lipson Cancer Center 9:30-11:30am Jewelry.....2-3:30pm</p> <p>New Member Meeting....5-6pm</p> <p>Series for Children & Teens How to have an Awesome Attitude! 6-7:30pm</p> <p style="text-align: right;">29</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</p> <p style="text-align: right;">30</p>	<p>New Member Meeting....5-6pm Wellness Group....6-8pm Family Group.....6-8pm Noogie Nights....6-8pm</p>	<p>PLEASE remember to register for all activities. Call at least 48-hours in advance to (585) 423-9700. <i>Activities without</i> <i>sufficient enrollment may be</i> <i>cancelled.</i></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>If you have a cold or another</i> <i>contagious illness, we ask that you</i> <i>be considerate of people whose</i> <i>immune systems may be compro-</i> <i>mised & visit the clubhouse when</i> <i>you feel better.</i></p>